

If quitting was easy, you'd have already done it...what makes it worth it?

Your Personal "Why"

What will you have more of in your life once you quit?

Examples:

** I want to have energy to play with my grandkids * I am tired of spending money on cigarettes * I'm worried about my overall health * I want to be able to exercise more * I want to get rid of the smell * I want to set a good example **

I know I need to quit, but...

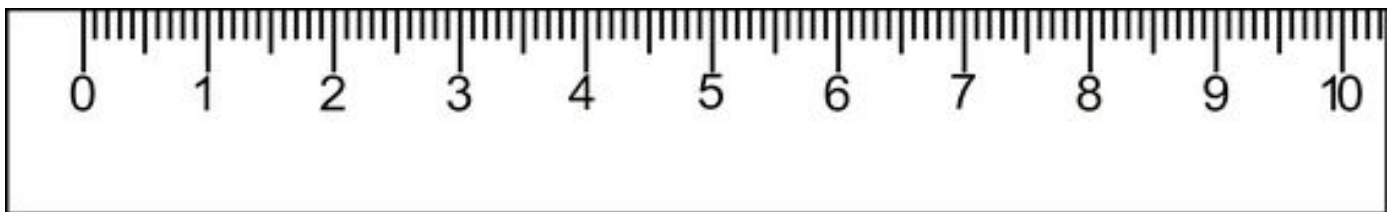
Count the Cost

What will you be missing out on once you quit?

Examples:

** Coffee and cigarette in the morning * It's like losing an old friend * A way to relax * Something to do with my hands **

Readiness Ruler



Willingness to Change



Confidence in Ability



Readiness to Change

This resource is shared for the first of a four-part series presented by White House Clinics. For more information about our organization or for additional support with your efforts in living tobacco free, visit our website at www.whitehouseclinics.com or call 1-855-WHAPPTS. Future sessions will be presented live at 11:00 a.m. EST on our Facebook page on the following dates: May 7, May 14, & May 21, 2020.