

# Staying Quit

## Stay Positive

- Quitting smoking is one of the best things you can ever do for your body
- It is an amazing accomplishment to quit smoking
- Be proud of trying to quit

## Focus On Your Goals

- Write down your personal reasons for quitting
- Hang them on your refrigerator, keep them in your wallet, or behind your employee ID badge to look at as often as possible

## Give Yourself Personal Rewards

- Celebrate quitting smoking as often as you can
- Give yourself small rewards: a small gift or treat like a bubble bath, new book, e-book, magazine, dinner out, or new music

## Remember The Social Rewards

- Imagine yourself telling people you are a nonsmoker
- Imagine other people coming to you saying *WOW! How did you do it?*
- Imagine saying *I am free from smoking!*
- Imagine how you will spend all the money you aren't spending on tobacco