Reasons for Quitting

Make a list of all the reasons why you want to quit smoking. Make the list as long as you can.

Now copy your 5 most important reasons for quitting onto an index card. Keep the card with you and read it often.

The costs of smoking

If you're tired of watching your money go up in smoke, here is one terrific reason to quit: the average smoker spends about $1,820 a year on cigarettes.

How much do you spend?

$ _____ cost per pack

x _____ packs per week

= _____ cost per week

x 52 weeks

$ _____ cost per year