

Rewards I will give myself for quitting:

Try think of 'non-food' rewards



1 DAY	
1 WEEK	
1 MONTH	
3 MONTHS	
1 WHOLE YEAR	

Remember

Your withdrawal symptoms will be strongest during the first few weeks, and you will be tempted to light up.

But the only way to beat your addiction to nicotine once and for all is to stick to the 'not a puff' rule. It will get easier and easier as you go along, so keep going. You can do it!