

Your Reasons for Quitting



My age when I started smoking: _____

Number of years I have been smoking for: _____

Now think about how much you smoke.

Number of cigarettes I currently smoke	
Every day	
Every week	
Every year	
In your life (cigarettes smoked in a year multiplied by the number of years smoked)	

Next, write down how much you're spending on smoking. It doesn't have to be exact, just pick the closest amounts.

Amount I spend on smoking	
Every day	£
Every week	£
Every month	£
Every 6 months	£
Every year	£
Total spent on cigarettes in my life (cost per year multiplied by years smoked)	£

If you quit smoking, what else could you buy with the money you've saved? (e.g. a car or holiday)

Now think about why you smoke and why you want to stop

I smoke because

I like smoking because

I want to stop smoking because

Think about how your life will be once you quit

Quitting smoking will be worth it because

When I quit smoking, I will feel

I will be able to stop worrying about

The people who will be the happiest and proudest that I have quit are
