

Your tobacco-free identity

Your identity shapes your habits. If tobacco is part of your identity, changing how you see yourself is key to quitting.

Your Story

- What got you started with tobacco?
- What's making you want to stop?

Shifting your identity

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Affirming your new identity

Use positive affirmations to reinforce change:

- “I am a non-tobacco user.”
- “I choose a healthy, tobacco-free life.”

Repeat daily to strengthen your commitment.

Spotting and managing triggers

Triggers challenge your new identity. Common ones include:

- Stress
- Social settings
- Routine habits

Build Healthy habits

Replace tobacco with positive activities.

List healthy habits or activities to try:

Create a vision for the future

Imagine your life without tobacco. What will improve?

Describe your future self:

Support and accountability

Support helps you stay on track. Find people who encourage your new identity.

Who can you ask for help or support? Write their names below: