

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Planning for the Unexpected

No matter how much you plan ahead, sometimes situations will come up that will test your commitment to quit smoking, having a smoke free home, or having a smoke free car. You can't be prepared for everything. Creating a network of supportive people can help you handle difficult situations.

## Here are some strategies to keep your reasons for quitting top of mind:

- Tell family and friends that you are quitting and ask for their support
- Have a supportive person you can call during difficult times
- Save your reasons for quitting on your phone as a photo or in a notes app
- Write down your reasons for having a smoke free home and smoke free car
- Be comfortable setting boundaries to protect your goals and your health
- Step away and take 20 deep breaths before making a decision



**Write down your reasons for quitting so you can remind yourself why you chose to stop smoking.**

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**Think about a time you were challenged and overcame your challenge. Answer the questions below.**

**Who did you tell about your victory?**

**How did you feel when you overcame a challenge?**

**Why were you proud of yourself?**



**Breathe**  
Healthy Steps to  
Living Tobacco Free



If you're ready to quit, call Quit Now Indiana at 1-800-QUIT-NOW (1-800-784-8669) or log on to [equitnow.com](http://equitnow.com) for free, personalized support.