

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

# What Are Your Reasons?

Quitting can be tough. Focusing on your reasons to quit smoking will make it easier. There are plenty of reasons people quit smoking.

- Improving your health
- Saving money
- Being a healthy role model for your child
- Being able to run or do other exercise without losing your breath
- Living longer

Whatever your reasons are for quitting, writing those reasons down will be a good reminder later when you may be tempted to smoke/vape again.



Write down one reason to quit on each side of the stop sign. If you have more than eight, feel free to write in the space around the stop sign as well.



**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.