

Name: _____ Date: _____

Reward Yourself

Celebrate all the big and small wins of quitting! Each day that you complete without smoking or when you avoid a trigger point is an accomplishment. Be proud of yourself...and reward yourself in a healthy way.

Reward Ideas:

- Go see a movie
- Have dinner at your favorite restaurant
- Sleep in one morning
- Purchase a new book
- Order a coffee from the local coffee shop
- Attend a concert
- Take a fitness class
- Enjoy a special outing with your family



Plan how you will reward yourself at each point in your journey.



Day One



Week One



Month One

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 for free, personalized support.