Date:

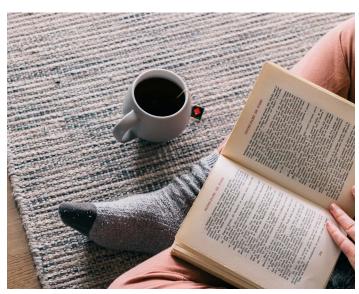
## Name:

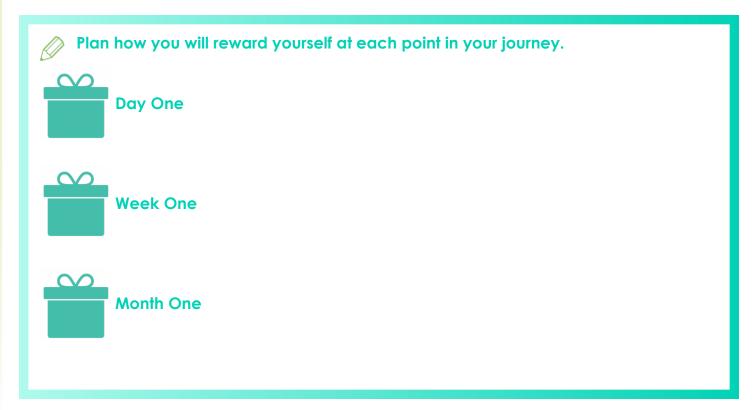
## **Reward Yourself**

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







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.