

My Reasons

to Quit

QUIT DATE _____

WHAT DO I DISLIKE ABOUT SMOKING/VAPING?

HOW IS SMOKING/ VAPING AFFECTING MY HEALTH? MY MENTAL HEALTH?



HOW WILL MY LIFE GET BETTER WHEN I QUIT?

MY TOP 3 REASONS FOR QUITTING

1.

2.

3.

CIRCLE YOUR TOP PRIORITIES

- money
- mental health
- freedom from addiction
- skincare
- friends
- teeth & oral health
- fitness
- physical health
- family