

QUIT JOURNAL



JOURNAL PROMPTS FOR YOUR QUIT JOURNEY.

WHAT ARE YOUR TOP 3
CORE VALUES?
*How does quitting/reducing
help you align with your core
values?*

1.

2.

3.

REFLECTION

REFLECT ON THE WAYS SMOKING OR VAPING IMPACTS YOUR LIFE AND HOW QUITTING OR REDUCING WILL CHANGE IT.

QUITTING OR REDUCING IS IMPORTANT TO ME BECAUSE...

I WANT TO QUIT SMOKING/VAPING, BUT...

SOME BENEFITS OF QUITTING OR REDUCING ARE...

WHAT WILL YOUR LIFE BE LIKE NEXT YEAR IF YOU QUIT SMOKING/VAPING?
What will it be like if you don't quit?

THINK ABOUT YOUR QUIT JOURNEY SO FAR. WHAT BENEFITS HAVE YOU NOTICED?
What makes you feel proud of yourself?

COPING WITH EMOTIONS

WHAT FEELINGS OR ACTIVITIES DO YOU ASSOCIATE WITH SMOKING/VAPING?

Envision yourself in those situations without smoking or vaping—what are you doing instead?

WHAT ARE 3 THINGS YOU ARE GRATEFUL FOR TODAY?

✦

✦

✦

Think about the last time you smoked or vaped. What emotions were you trying to feel or avoid?

When I feel stressed or anxious, I will _____ instead of smoking/vaping.

ANGER ANXIETY BOREDOM
SADNESS CONFUSION
FEAR LONELINESS

WITH THE INTENTION OF BEING KINDER TO YOURSELF, WHAT SELF-CARE ACTIVITIES CAN YOU DO TO FEEL GOOD THIS WEEK?

GOAL SETTING

BRAINSTORMING CAN HELP IDENTIFY WHAT THINGS ARE HELPING OR STOPPING YOU FROM ACHIEVING YOUR GOALS.

I WANT TO FEEL _____ WHEN I QUIT SMOKING/VAPING.

WHAT IS ONE THING YOU CAN DO TODAY TO FEEL MORE READY TO QUIT/REDUCE?

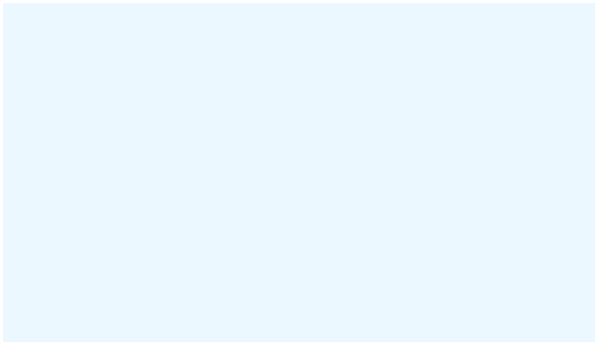
HOW WILL YOUR LIFE BE BETTER WHEN YOU QUIT/REDUCE SMOKING OR VAPING?

WHAT POSITIVE HEALTHY BEHAVIOUR(S) CAN YOU ADD TO YOUR LIFE AS YOU MOVE AWAY FROM SMOKING/VAPING?

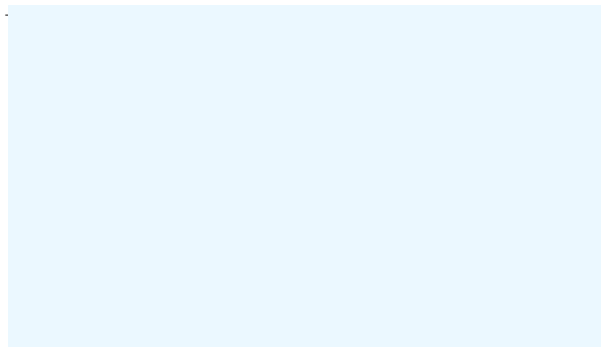
Write down a health goal for your nicotine-free life.

PROBLEM SOLVING

WHAT ARE SOME WAYS TO BOOST YOUR MOOD?



WHEN A CRAVING HITS, I WILL



REFLECT ON A CHALLENGING TIME YOU EXPERIENCED. WHAT HELPED YOU OVERCOME THE SITUATION?

HOW CAN YOU PRACTICE SELF-CARE WHEN QUITTING/REDUCING FEELS HARD OR OVERWHELMING?

What could you do to cope with something that is out of your control?

GO FOR A WALK

DEEP BREATHING

TALK TO A FRIEND



BUILDING CONFIDENCE

WRITE A PEP TALK TO GIVE YOURSELF THE NEXT TIME YOU FEEL DOWN OR FULL OF DOUBT.

I FEEL STRONGEST WHEN...

I FEEL PROUD OF MYSELF WHEN...

I WILL SPEAK TO MYSELF COMPASSIONATELY WHEN I SLIP OR RELAPSE BY REPEATING THIS MANTRA:

A CHALLENGE THAT I HAVE OVERCOME IS...