

Ready to stop smoking?

Take Action: Make a Plan



Take these steps to quit smoking.

Write down your reasons to quit.

Make a list of all the reasons **you** want to quit. For example, your reasons to quit might be to set a healthy example for your children and to save money. Keep the list with you to remind yourself why quitting is worth it.

Set a quit date.

- Pick a date that gives you enough time to get ready to quit. But make sure it's soon enough that you don't lose your motivation.
- Tell your family, friends, and coworkers about your quit date so they can support you.

Make a quit plan.

- Think about situations that might trigger you to smoke. Plan how you will handle them without smoking.
- Right before your quit date, go through your house, car, and workplace to get rid of anything that has to do with smoking. Throw away all your cigarettes, ashtrays, lighters, and matches.
- Clean your clothes so they don't smell like smoke.

[Use this online quit plan tool](https://smokefree.gov/build-your-quit-plan) <https://smokefree.gov/build-your-quit-plan>

OR call the tobacco quitline at 1-800-QUIT-NOW (1-800-784-8669) for free support and help setting up your quit plan.

**STOP
SMOKING**



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Office of Disease Prevention and Health Promotion <http://www.health.gov>