

# Preparing to Quit

**Congratulate Yourself!**

**You have made a personal pact with yourself to quit. Make a note on your calendar that shows your quit date. Prior to quitting, rid yourself of tobacco in your home, car, office or most common places.**

**Spend a little time each day seeing in your mind what you will do instead of using tobacco during stressful times.**

**Tell everyone you know that you plan to quit and when! Ask them to help you.**

**Find different things to do instead of using tobacco, like chewing gum, sucking on mints/cinnamon sticks, or eating carrots.**

**Go Slow! Take one day at a time!  
Prepare to Succeed! Do whatever it takes!**

**Start believing that you are becoming a non-tobacco user. Believe your reasons to quit are more important than anything else!**

**Ask people you live with not to smoke around you.**