

# Making a Plan to Stop Tobacco Use

## ALL MY REASONS

I will write down my personal reasons not to use tobacco. I feel strongly about these and they are important to me.

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## Things I Can Do Instead of Using Tobacco

### Times it will be hard

After eating (e.g.)

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### What I can do instead

Take a brisk walk (e.g.)

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## Triggers

Sometimes there are people, places or things you will need to avoid for a short period of time until you feel stronger as a non-smoker. Write those triggers on the lines below.

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