



Ready, Willing, and Able?

ON A SCALE OF 1-10 (10=VERY MUCH AND 1=NOT AT ALL) ASK YOURSELF THESE QUESTIONS:

How ready are you to quit smoking? _____

How important is it for you to quit smoking at this time? _____

How successful do you think you would be if you quit smoking tomorrow? _____



If you are not at an 8 for any of these questions, what would it take to make it an 8?
