

**Here write down the top 3 reasons why you want to stop the smoking:**

1.

2.

3.

If you smoke 10 cigarettes a day that's 1 hour spent smoking.  
That's one (7 hour) working day a week. That's 10 working weeks a  
year spent smoking.

**It takes on average 6 minutes to smoke a cigarette what might you do  
with that time instead?**

Ideas: Meditation; Exercise; Eat a healthy snack; write; draw; learn or practice  
a new skill; journal – things that might support long terms goals. Create a list  
of ideas:

**Keep a record of daily triggers for the smoking:**

The first cigarette of the day:

- When, Where, Doing what, With Who? How do you feel before and after?

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Other Cigarettes in the day:

- When, Where, Doing what, With Who? How do you feel before and after?

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7