

Goal: Stop smoking completely

Start Date: 11/20/2019

**Reasons I want to quit:**

1. Get rid of my anxiety
2. Be more social with my friends
3. Stop hiding my smoking from others

**Activities I enjoy that I want to do more:**

1. Working out at the gym
2. Playing video games with friends
3. Drawing

**Things in my environment that I need to change:**

1. Get rid of JUUL
2. Rearrange my room to make it feel different

**Triggers:**

1. Other people smoking
2. Alcohol
3. Coffee

**I smoke when I'm/because I'm:**

1. Bored
2. Anxious
3. Tired

**Ways to avoid:**

- Tell friends that I'm quitting
- Only have 2 beers max / don't drink alone
- Reduce coffee intake temporarily

**Instead I'll:**

- Text a friend
- Do deep breathing/meditation
- Create a sleep routine. Bed at 12 AM, wake up at 8 AM / start working out 3x a week (M/W/F)

**How I'll handle slip-ups:**

Remember tomorrow is a new day. Call roommate. Go to the Grotto.

**Goal:** \_\_\_\_\_ **Start Date:** \_\_\_\_\_

**Reasons I want to quit:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Activities I enjoy that I want to do more:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Things in my environment that I need to change:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Triggers:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Ways to avoid:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**I smoke when I'm/because I'm:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Instead I'll:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**How I'll handle slip-ups:**

\_\_\_\_\_  
\_\_\_\_\_