

# Celebrate You!

## Reflect

Think about how far you've come. When did you begin this journey? How long have you stayed tobacco free?

What was your quit date?

How long have you remained tobacco free?

## Remember

What do you think about this accomplishment?

How do you feel about yourself as you reflect on what you've accomplished?

## Reward

Have you taken time to celebrate your efforts and all that this means to you? Sometimes, even after we make great strides, we move on to other tasks and minimize what we have achieved. Taking time to celebrate is a good reminder of the importance of what you have done and how it is improving your life. Here are some things to consider. First, celebrations can take many forms but planning something concrete is important. Sometimes a lack of ideas may keep us from taking steps to plan something meaningful. Here are some ideas to get you started:

- Go out to your favorite restaurant
- Attend a concert or sporting event
- Buy equipment for your hobby and set aside uninterrupted time for your hobby
- Spend a day at the mall looking, shopping, and people watching
- Go hiking at a state or national park
- Get a massage
- Enjoy an evening of miniature golf or a day on the golf course
- Take a road trip
- Go out dancing
- Spend a day at the beach

What other ideas appeal to you?

Second, celebrations take planning and effort so putting a time and date on your schedule will help to make your celebration a priority.

And finally, enjoy the moment! Remember to stay mindful of your accomplishments while you are celebrating. Keep in mind that this is about recognizing you and what you've achieved, so enjoy!