

My Quit Story

You've made some great progress and you are learning daily how to live life tobacco free. This is an opportunity to reflect on your story about quitting. What led you to this decision? How is your life changing? What benefits are you noticing. Take a moment to write your story and then share it with someone in your life.

1. When did your use of tobacco start? What led you to it and how did it become a habit?

2. What caused you to want to make a change and set a quit date?

3. How has the process of quitting been for you?

4. Now that you are not using tobacco, how is your life changing?

5. What benefits are you noticing?

6. What other benefits do you envision as you move forward without the use of tobacco?