



6. Who is in my support group?

- From work?

- Outside of work?

7. How will I create an environment to quit smoking?

8. What will I do if I smoke after my quit date?

9. What is my goodbye message to cigarettes?

10. What is my quit date? (Put it on your calendar.)

11. When will I make my doctor's appointment to discuss my quit plan and treatment options with him or her?

******CELEBRATE YOUR SUCCESS****CELEBRATE YOUR SUCCESS******