








**STOP
SMOKING
LONDON**

MY QUIT JOURNEY

MONTH _____
MY QUIT DATE _____

1	2	TIP  Make a list of your reasons for quitting – keep them to hand to remind you.	3	4	5	TIP  Make sure you have your stop smoking aids to hand.	6
7	8	9	10	11	TIP  Remember the 4 Ds if you get a craving: 1. Delay 2. Distract 3. Deep breathing 4. Drink water	12	13
14	TIP  Put the money you would have spent on tobacco in a jar – watch that money build up.	15	16	17	18	19	TIP  Save up those 'little jobs' – they can keep you distracted when you have a craving.
20	21	22	TIP  Plan ahead for how you will manage when you are around smokers.	23	24	25	26
27	28	29	30	TIP  Don't forget! Take the time to reward yourself for being smokefree.	31	Notes	