



Getting Ready to Quit

Once you've made the decision to stop using tobacco, the next step is to set a quit date. The **Be Tobacco Free** challenge is on November 18th—The Great American Smokeout—and could be the perfect quit date for you.

Make a Plan

Once you've set the date, you can begin establishing your plan, which is a crucial component for success. Here are some things to consider:

- Think about past quitting attempts. What worked and what didn't?
- Keep track of when you smoke or use tobacco and what the trigger is.
- Come up with substitute activities when you have a craving.
- Tell your friends and family about your quit date.
- Find a support system such as a class or a friend who also wants to quit.
- Decide if you are going to use nicotine replacement therapies and contact Free & Clear to learn more.
- Choose whether or not to use alternative approaches, and get a head start by making appointments, or getting supplies & tools.

Get Motivated

Now is the time to renew your motivation for quitting, and prepare yourself for the big day. Here are some suggestions to make your quit date easier:

- Get rid of all smoking and tobacco equipment such as lighters, ashtrays, pipes, and cigarettes.
- If you smoke or use tobacco in your house or car, deep-clean them by your quit date.
- Remind others that your quit date is coming soon.
- Think of incentives to reward yourself with all the money you will be saving.
- Make a list of your top 5 reasons for quitting and read it often.
- Keep a list of alternative behaviors to using tobacco handy so that you can turn to it in times of need.
- Keep focused on your goal—you can do it!