



Reasons for Stopping Smoking Worksheet

Instructions: Write down the 3 most important reasons why you want to stop smoking. You may add to this list after thinking about it for a while.

Copy at least three of these reasons to quit onto the 3 X 5 card given to you by your facilitator. Keep this card in your package of cigarettes or wallet so that you cannot overlook it. Read the reasons on this card right before you smoke, at least 3 times per day.

Examples:

1. So I'll be around to watch my children or grandchildren grow up
2. To keep my diabetes from getting worse
3. So I'll feel better by having more energy and not coughing all the time

1.

2.

3.

4.

5.

Is the cost of cigarettes a reason to quit smoking? Calculate the cost through the American Cancer Society's Website or see the estimate below. <http://www.cancer.org/Healthy/toolsandcalculators/calculators/app/smoking-cost-calculator.aspx>

Cost of smoking for one week at an average of \$5.31 per pack

1/2 pack	1 pack	1-1/2 packs	2 packs	2-1/2 packs
\$18.59	\$37.17	\$55.76	\$74.34	\$92.93

Cost of smoking for one year at an average of \$5.31 per pack

1/2 pack	1 pack	1-1/2 packs	2 packs	2-1/2 packs
\$969.74	\$1,939.48	\$2,909.22	\$3,878.96	\$4,848.69