

# Reasons for quitting smoking

It's important to be clear about your reasons for quitting, as these will motivate you to stay quit. For example, are you quitting for your family? Are you trying to save money? Are you just plain sick of cigarettes and your addiction to them? Or do you have other reasons entirely?

List your reasons for quitting on the form below, dividing them into benefits you expect to reap in the first few weeks after quitting, and those that are likely to not appear for months or years. For example, saving money will be experienced quickly after quitting, while feeling fitter, or living long enough to achieve your goals is a long-term benefit.

Print it out and keep it handy – review it whenever you feel your resolve slipping. If you want to put a picture in your reasons for quitting sheet (e.g. of your family), just use several lines.

If saving money is an important reason for you, then we recommend you use the cost calculator on the Quit website (<http://www.quit.org.au/>) to find out how much you can save by quitting for a month, a year, 10 years and longer.

If your health is a strong motivator, check out the Harms of Smoking and Health Benefits of Quitting advice sheets to find out more about how smoking is harming your body, and the health gains you can expect to experience once you've quit.

Rank your reasons by their importance to you, using a 3-point scale where 1 = moderately important, 2 = very important, and 3 = extremely important.

<b>MY REASONS FOR QUITTING SMOKING</b> BENEFITS START WITHIN WEEKS	<b>IMPORTANCE</b>

<b>MY REASONS FOR QUITTING SMOKING</b> LONGER-TERM BENEFITS ONLY	<b>IMPORTANCE</b>