

5 Keys To Success Worksheet

Quitting smoking is hard, but it's not impossible.
Here are some keys to success:

1. GET READY

- Set a quit date and stick to it.
- Get rid of all tobacco products in your home and car.
- Think about past quit attempts. What worked and what did not?

2. GET SUPPORT AND ENCOURAGEMENT

- Tell your family, friends and coworkers you are quitting.
- Talk to your doctor or other health care provider.
- Get group or individual counseling. It doubles your chance of success.
- Get free support by calling 1-800-207-1230.

3. LEARN NEW SKILLS AND BEHAVIORS

- When you first try to quit, change your routine.
- Reduce stress.
- Distract yourself from urges to smoke or use tobacco.
- Plan something enjoyable to do every day.
- Drink a lot of water and other fluids.

4. GET MEDICATION AND USE IT CORRECTLY

Talk with your health care provider about which medication will work best for you:

- Bupropion SR—available by prescription.
- Nicotine gum—available over the counter.
- Nicotine inhaler—available by prescription.
- Nicotine nasal spray—available by prescription.
- Nicotine patch—available over the counter.
- Nicotine lozenge—available over the counter.
- Varenicline tartrate—available by prescription.

5. BE PREPARED FOR RELAPSE OR DIFFICULT SITUATIONS

- Avoid alcohol.
- Be careful around other smokers.
- Improve your mood in ways other than smoking.
- Eat a healthy diet, and stay active.



My Quit Date:



Who I Will Reach Out To:



Behaviors I Will Focus On:



My Medication Plan:



How I Will Prepare:

For more keys to success, visit:

http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/you_can_quit/five_keys/

THEQUITLINK

The Maine community of online support to quit smoking