

A Positive Attitude

A positive attitude is more likely to help you to change from being a smoker to a non-smoker.

Feel positive by making a list of the advantages of being a non-smoker.

Look over the following checklist and see if any of the following benefits apply to you. Then make your own list.

- I will reduce the risk of serious illness.
- I'll have more money.
- I'll stop smelling of tobacco.
- I'll no longer feel anti-social.
- I will no longer be a slave to tobacco. I'll be in control!
- I will be proud of myself and my achievement.
- I will have more self-respect.
- My children are less likely to worry about me.
- My children are less likely to smoke.
- My children will no longer breathe in my smoke.
- I can give my baby a better start.
- I will have nicer teeth and smile.
- I will be a different person.