

Tips for Staying Motivated and Smoke-Free

The best advice on how to stay motivated and smoke-free comes from successful ex-smokers. Here is a collection of quotes and ideas you may find helpful today, tomorrow, and in the months ahead. Hang this list on your refrigerator or write your favorites on index cards and carry them with you. Refer to these thoughts anytime you get discouraged or have a craving to smoke.

"Perhaps I am stronger than I think." —Thomas Merton

"I may be disappointed if I fail, but I am doomed if I don't try." —Beverly Sills

"Great works are performed not by strength, but by perseverance." —Samuel Johnson

- *I'll look at today – only today – and I know I can live without smoking.*
- *Make a list of your friends and determine who are the most positive thinkers among them – make them a regular part of your life.*
- *I look in the mirror today and feel great. I'm excited about taking charge of my behavior.*
- *It's never too early to congratulate myself on my progress.*
- *Any day I'm struggling, I can turn to my network of friends. We are in this together.*
- *I'll continue to take it "a day at a time."*
- *If you want things to be different, the answer is to become different yourself.*
- *I set goals and I reach them. I know what I want out of life. I go after it and get it.*
- *I am in control of myself in every way – at all times and in all situations.*
- *I would rather be me than anyone else in the world.*
- *Never talk defeat. Use words like hope, belief, faith, victory.*
- *The loss I feel today will pass, of that I'm certain.*
- *I'm the master of my mind for these 24 hours ahead of me.*
- *My new path offers me changes that I had not imagined in the past.*
- *Always bear in mind that your resolution to succeed is more important than any other thing.*

Three Tips to Staying Smoke-Free:

- Remind yourself, each day, how far you've come and how hard it was to get there. Do you want to go through it again?
- Remember your reasons for quitting in the first place.
- Regaining control over tobacco and the sudden cravings is important. Tell yourself: "I'm in control."