

# Keeping Motivated

After you quit using tobacco, find ways to motivate yourself to stay quit. You might want to reward yourself for each week you stay tobacco free.

Do the math, just how much money per week are you saving by not using tobacco?

You could go out to dinner with the money you are saving... Or get a new game or movie. Or save for something special.

*“Did I reward my- myself after I quit smoking? Of course I did. I shopped. This year's a big year. I'm taking more vacations. Just living more healthier is how I reward myself.”*

Do something that will help you to feel good about your efforts.

Because you deserve to feel good . . . you're doing something amazing.

If after everything you've done, you relapse into smoking again, stay motivated and try again. Remember why you want to quit.

Review your list of reasons you quit as often as needed. You can quit for good.

Don't give up!

Quit again! Talk with your healthcare provider if needed.

They can offer support and other tips to help you get back on track.

The best way to reward yourself for quitting smoking is to stay quit.

Keep motivated and enjoy life...