

Quitting Tobacco: Have Your Own Reasons

Millions of people have kicked the habit for good. There's no reason you can't quit too.

One thing that can help is having reasons to quit that mean a lot to you.

Maybe you're ready to take better care of yourself, and quitting tobacco is an important part of that goal.

Maybe you're tired of getting colds that seem to linger a little longer than they should.

Or maybe you want to be able to climb up a flight of stairs without needing to catch your breath.

Or maybe you want to set a better example for your children or grandchildren.

Whether you're quitting to protect your health, to be there for your kids, or just to save money, find your own reasons to quit.

That works a lot better than trying to quit because your partner or kid or doctor thinks you should.

It may help to write down your reasons for quitting.

You can look at them whenever you need encouragement to keep going.

And that can remind you why you decided to quit in the first place.

Quitting is hard to do, and it may take you more than one try to quit for good.

But you've already taken a big first step by deciding to do it.

So keep moving forward. And remember your reasons.