



Quit Smoking Worksheet #7: Plan How to Reward Yourself

How To Use This Worksheet: Complete the items below and then print out the worksheet to keep handy. You can also print out the worksheet first and then fill it out by hand. (To print, click on “file” then “print” in the upper left of the page.) When you exit the worksheet, you can choose to save the information to your computer, or you can exit without saving it. (To exit, click on the **X** in the upper right of the page.)

(1) It’s important to recognize and celebrate progress.

Quitting smoking is hard and it happens one minute, one hour, one day at a time. Recognize your progress and reward yourself throughout your quit. Consider celebrating milestones by treating yourself to a nice dinner, a day at the movies, or any other smokefree activity.

This is how I will reward myself for reaching important milestones...

After 24 hours of living smoke-free, I will...

After three days of living smoke-free, I will...

After one week of living smoke-free, I will...

After one month of living smoke-free, I will...

After three months of living smoke-free, I will...

After six months of living smoke-free, I will...

After one year without smoking, I will...

(2) How can your family and friends help you celebrate each day, month, and year that you are smoke-free? List three ideas below:

1. _____

2. _____

3. _____