



Quit Smoking Worksheet #8: Make a Plan for the Day Before Your Quit Date

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 plan what you will do on the day before your Quit Date.

If tomorrow is your Quit Date, it’s important to do activities today that will prepare you for tomorrow. You’ve probably thought about quitting for some time, you have a Quit plan, and you’re ready. For today, do things that will **(a)** smoke-proof your environment **(b)** give you the tools you need and **(c)** boost your confidence.

(2) The day before my Quit Date, I will:

- Throw away all cigarettes. Every one of them. I’ll get them out of hiding places, too (sweater pockets, glove compartments).
- Get rid of cigarette cases, ashtrays, lighters, and matches.
- Replace ash trays with cigarette substitutes, like healthy snacks, even in the car.
- Review my reasons for quitting. (Some people like to carry their lists with them. Have you found new reasons since you first made the list? Add those.)
- Make sure I have filled and picked up my prescription for any of the prescribed medicines and/or that I have any of the over-the-counter nicotine replacement therapies I am planning to use.

- Get a good night's sleep.
- Resist negative thinking. Negative thinking can lower my confidence and get in my way. I want to stay positive about my ability to quit.

(3) On the day before your Quit Date, how can you get help from others?

- Talk with your support team. Let them know how they can help.
- Go online to read testimonials or chat with someone live. (Testimonials by older adults who have quit smoking are available from [Clear Horizons: A Quit Smoking Guide for People 50 and Older](#), developed by the National Cancer Institute.)
- Post a message on your social networking website.
- Call a quit line coach at (877) 44U-QUIT or (877) 448-7848, or (800) QUIT-NOW or (800) 784-8669. (Quit lines are free, anonymous telephone counseling services.)

What other ways can you get help from others on the day before your Quit Date?

1. _____
2. _____

(4) What can you tell yourself the day before your Quit Date to help you succeed? Write your top three ideas in the lines below.

Some examples include, "I'll feel better when I quit." "I have what it takes to get this done." "The years have given me the good sense and wisdom to quit."

Tell yourself:

1. _____
2. _____