*** KICK IT: A Guide to Smoking Cessation in the Workplace***

**My Action Plan**

**Bottom Line: Having a specific action plan can improve your chances of quitting smoking for good.**

1. **Write a clear statement about why you’ve stopped smoking.**
2. **List your concerns about quitting.**
3. **Prepare for withdrawal.**
4. **Acknowledge the skills and knowledge you already have.**
5. **Identify your social support.**
6. **Identify your smoking patterns and triggers.**
7. **Determine how to change the things that remind you of smoking.**
8. **Set a quit date.**
9. **Put the date in writing!**

**I have committed to stop smoking on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. On that day and each day afterwards, I will not smoke. I will do whatever it takes to keep this promise so I can have a new and better life without cigarettes.**

Your signature here

Source: [www.gosmokefree.gc.ca](http://www.gosmokefree.gc.ca)