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

**You Can and You Will!**

Whenever you feel discouraged, want to quit, have a craving, or just experienced a slip or relapse, say these OUT LOUD and believe it!

* I am a non-smoker. I do not smoke. This will be the first and last conscious thought every day.
* These are my reasons for quitting: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. I will avoid any of the things I strongly associate with smoking.
* I will go for a short walk. I will focus on the pleasure of breathing clean, smoke/free air. This will help my heart and lungs!
* I am proud of myself! I will continue to think positively about the changes I’ve made. I will not worry if I feel “down” for a few days.
* I can do this. Although it takes a bit of time to heal, I will get healthier and stronger each day.
* I will reward myself. I will indulge myself with some time, activities, or things that are just for me. I will use the money I have saved from not buying cigarettes for something special!

Source: <http://www.gosmokefree.gc.ca>