**Take Action! Steps to prepare:**
Designing a personal plan can help you through the challenges of quitting. Start by telling yourself you can succeed. You can do this! If you’ve struggled in the past, have confidence in quitting now.
Smoking can be integrated in parts of our life that we may not be aware of. It is very important to start breaking the pairing of activities done with smoking.

Take action!
Here is a “to do” list to prepare you for quit date:

- Discuss quitting and treatment options with your doctor. Get a prescription for the recommended medication(s).
- Set a quit date for at least 2 weeks out
- Start your medication(s) at least 2 weeks prior to your quit date
- Track your cigarettes: each time you smoke write down your mood and activity, time, need
- Change “your smoking place” to a different location, one less comfortable
- Do not smoke and drink coffee together, break the pairing by doing an activity in between
- Do not smoke in your car
- Wait at least 30 minutes after a meal to smoke
- Do not smoke while on the phone or computer
- Three days before quit date, change your brand of cigarettes to a brand that taste bad
- Start exercising
- Clean your environment (home, office, car, etc.) of all cigarettes and ashtrays. Throw them away.
- Find and plan to attend a support group