

Dear Me,

This is a reminder from your strongest self — the version of you that's taking back control.

You're here because you've made a decision: to stop smoking. Not because it's easy, but because it's worth it. When the cravings hit or your motivation dips, read this. Let it remind you why you're choosing freedom.

Why You're Quitting:

- You're tired of being controlled by a habit that offers nothing back.
- You want to breathe freely again — to walk, run, laugh without coughing or losing breath.
- You want to be present and healthy for the people who love you.
- You want your life to be your own — not owned by addiction.

Think of Your Family.

- You're choosing to be there longer — to watch your kids, grandkids, or loved ones grow up.
- You're setting an example — showing that strength isn't never falling, it's getting up and choosing better.
- The time, energy, and money you save will now go to them, not cigarettes.

Here's What You Get in Return:

- Within 20 minutes: Your heart rate drops.
- Within 24 hours: Carbon monoxide clears from your lungs.
- Within 2 weeks to 3 months: Your lung function improves and circulation increases.
- Within 1 year: Your risk of heart disease is cut in half.
- Every day: You get your freedom back.

When It Gets Tough, Tell Yourself:

- “This feeling will pass. It’s just a wave — and I can ride it.”
- “Every minute I don’t smoke, I win.”
- “I am not giving something up — I’m getting my life back.”

Reward Yourself.

- Use the money you save for something you truly love.
- Celebrate your wins — 1 day, 1 week, 1 month. Every one matters.
- Look in the mirror and say: “I’m doing this.”

Make It Personal.

Write below the names of people you're quitting for. Draw something. Add a photo. Make this a living page.

For: \_\_\_\_\_

For: \_\_\_\_\_

For: \_\_\_\_\_

You don’t need to be perfect. You only need to keep going. One hour at a time, one day at a time.

You've got this.

— Me