



Achieving lasting success



As time passes it's possible to forget the effort you put into stopping the smoking habit.

Breaking an addiction is something to be proud of. You really deserve lots of support and congratulations. If you can do this, doesn't it make you wonder what else you can achieve?



This exercise is designed to help you take stock of where you are now and build on your success.

My effort to stop smoking was worthwhile because:

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Since I stopped smoking my life has changed in the following ways:

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I can now look forward to:

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What does successfully stopping smoking say about me?

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The qualities and strengths that have helped me stop smoking are:

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If I can stop smoking, I should also be able to:

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