

Home Practice: Reasons I want to Quit Smoking and Change Drinking

Quitting smoking and changing drinking are very important, but challenging, goals. When the challenge gets tough, it can be easy to forget or to minimize the reasons that we wanted to change these habits. Creating a list that you can refer to in difficult times will help keep you motivated to meet your goals.

Please list the reasons you want to quit smoking and change your drinking.

I want to quit smoking because....

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

I want to change my drinking because....

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____