

Reasons why I

want to quit smoking

- I want better all-round health.
- I don't want to die of a heart attack.
- I don't want to die of cancer.
- I don't want to die at an early age.
- I want to set a good example for my children / nieces / nephews.
- I'll have more money to spend on other things.
- I want to have an easier time breathing when I go up steps or play sports.
- I want to have a healthy baby.
- I want my meals and drinks to taste better.
- I want healthier skin and complexion.
- I want to breathe fresh air.
- I'm tired of my clothes, house, and car smelling.
- I want to be in control and not have cravings for cigarettes.
- I want to be able to travel more easily.
- I don't want to lose my job because I take too many smoke breaks.
- I don't want to support tobacco companies.
- I'm tired of seeing cigarette butts lying around.
- I want my friends and family to enjoy visiting my home.
- Other

This checklist is brought to you by the Pennsylvania Medical Society's Institute for Good Medicine. To learn more about smoking cessation, go to www.myfamilywellness.org.



Institute for
Good Medicine®

Pennsylvania Medical Society

777 E. Park Drive
Harrisburg, PA 17105
(717) 558-7750
www.myfamilywellness.org