

Giving up for good checklist



I want to feel better.



I don't want my children to become smokers.



I don't want to feel out of breath.



I could do with the money for other things.



It smells, makes the house dirty, and clings to clothes.



I want my breath to smell fresh.



I don't want premature wrinkles.



It's not fair to the people I work, live, and go out with.



I'm afraid of getting cancer.



It's anti-social.



I don't like being addicted.



I want to live to see my children grow up.