

YOUR QUITTING CHECKLIST

Here's a checklist of some of the ways you can prepare yourself for giving up.

Print out a few copies, so you've got one at home, at work, and one to give to someone else who wants to stop smoking.

1. Get your personalised Click2Quit Plan free at www.niquitin.co.uk
2. Choose a date for your official quit day - in about two weeks time.
3. Ask a couple of friends or family to be your support team on days you feel tempted.
4. Give your home, office and car a thorough clean and remove all the smoking-related materials.
5. Buy some fresh-smelling candles or flowers for your home.
6. Wash or dry clean most of your clothes just before you give up, to motivate you to keep them that way.
7. Buy plenty of the NiQuitin product of your choice (patches, lozenges or gum).
8. You're about to end a long-standing relationship. So write a goodbye letter to cigarettes. Keep it handy and read it if times get tough for a quick reminder of why you stopped smoking.
9. Wash your hair on the day you quit so you're not reminded of the smell of cigarettes.
10. Treat yourself to some new clothes that you'll want to keep free from smells and stains.
11. Have a manicure, to celebrate that your hands no longer belong to a smoker and that nicotine stains will soon be a thing of the past.
12. Buy some whitening toothpaste - now smoke isn't discolouring your teeth, you'll want them to look their best. Why not try Aquafresh or Macleans?
13. Keep your list of reasons to quit close at hand. On the fridge at home, or on your computer screen.
14. Mark off your progress on a Calendar to see how far you've come.
15. Take up a new hobby - if your hands have something new to do, they might not miss cigarettes as much, and nor will you.