



Take some deep breaths **4**



Remove reminders of smoking **21**

Never stop trying! **10**



My quit journey notes:

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Don't hesitate to ask for help! **5**

My reasons to stay quit:

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24



Avoid stressful situations **12**




18



Do a good deed! **9**

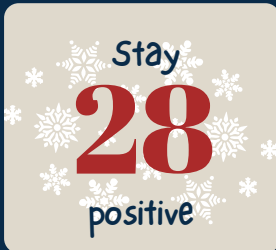
Check out our free quit materials **7**



Pick a quit date! **1**



Stay **28** positive



30

Download our free app to quit smoking & vaping kickitca.org/app



My New Year Resolutions:

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.....

.....



Remind yourself of your reasons for quitting **27**

Call 800-300-8086 for free quit support! **13**



16

Change your routine



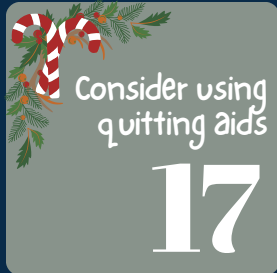
Enroll online for our free quit coaching services **11** kickitca.org



31




Consider using quitting aids **17**



Support others on their quit journey **29**



Text "Quit Smoking" or "Quit Vaping" to 66819 **6**



Chat with a Quit Coach: kickitca.org/chat **15**



Build your quit plan! **3**



14

Be thankful!



Call or text **26** a friend!



Watch our Quit Vids youtube.com/kickitca **20**



8

Set up rewards for quit milestones



22

Get active!



23

Play with your pet!



Keep your mouth busy **2** with healthy snacks.



Let loved ones know you are quitting **19**



Write down your smoking triggers & coping strategies:

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25

