



# Staying motivated to stay smoke free

Often the things that motivate you to start making changes, are not the same things you need to stay quit. So it's important to think about what motivates you to continue staying quit. It's easier to maintain changes if you have at least one thing that motivates you.

Some examples of motivators:

- Being satisfied and happy with what you have achieved. For example, you're now smoke free and feeling pleased with yourself about it.
- Enjoying finding other things to do with non-smoking friends.
- Being smoke free is more in line with who you are and what you believe in.

It may be useful to think about these motivators and how they are relevant to you. To do this, try completing the below statements. You can print these off later to fill in:

The thing I am most satisfied about with my new smoke free status is:

The thing I most enjoy about my new smoke free status is:

My identity, beliefs and values match my new behaviour of:

