



Set a goal and create action plans



Your reasons for change

A good place to start when you're trying to quit smoking, is to think about the most important reasons you want to quit.

It can be helpful to note down these reasons and to remind yourself of them, especially when you lack motivation to keep going.

You can write your reason (or reasons) in the space below.

The most important reason for wanting to give up smoking is:

If you need some ideas for reasons why you want to quit, take a look at [What to expect when you quit smoking](#).

Setting a quit date and goal

There are two main ways to plan to quit smoking.

One way is to 'stop smoking completely'. As the name suggests, you smoke as usual until you quit smoking altogether on your quit date.

The other way to quit smoking is to 'cut down to quit'. This is where you reduce the amount you smoke over a few weeks, up until a quit date. At this point you stop smoking completely.

Set a quit date

Whatever option you choose, it's important to set yourself a quit date. This is a date where you plan to be completely smoke free by. It's a good idea to choose a date when you have some clear days afterwards. Also avoid a date when you have any events shortly after that are likely to be hard to avoid smoking. For example, an event with friends who smoke.

We've provided a space below where you can set your quit date, alongside your goals.

Learn more about setting a quit date and other [tips and advice for how to stop smoking](#).

Set sub-goals

Whatever way you quit smoking, you may find setting some sub-goals helpful.

Some examples of sub-goals:

- Get some nicotine replacement therapy (NRT) from the NHS ready for my quit date (free or prescription charge only)
- Remove all smoking related items from my house by my quit date
- Find out which are some apps/websites that might help me stop smoking
- Learn ways to manage my withdrawal symptoms and cravings when I stop smoking
- Find out where the local stop smoking services are in my area
- Learn about some strategies to help manage my emotions
- Plan some rewards you can use to keep yourself motivated when you quit smoking
identify some social support (people who can help and encourage you once you have quit)
- Tell my family and friends about my quit date.

Write your quit date and own goal

My quit date is

My sub-goal is

Making a plan

One way you can increase your chances of successfully quitting smoking is by planning how you are going to make the changes you want.

An 'action plan' is a detailed plan of what exactly you are going to do to achieve your goal and how you are going to do it.

The following steps can help you make an 'action plan' for achieving your goal and sub-goals. Below, we have taken some of the sub goal examples from the previous page and turned them into action plans.

Goal: Get some nicotine replacement therapy (NRT) from the NHS ready for my quit date

Action plan:

- **What:** Set a quit date, then search the internet to find out where I can get NRT locally in my area
- **Where:** At home on my phone
- **When:** On Saturday morning

Goal: Plan some rewards you can use to keep myself motivated when I quit smoking

Action plan:

- **What:** Set a quit date, and then think of some motivating rewards I can give myself when I reach certain milestones with my smoking. For example, I stay smoke free for 1 week
- **Where:** At home on my phone
- **When:** After dinner on Monday

There's no limit on the number of plans you can set relating to your goal.

Remember to refer to your overall and specific goals when creating your action plan.

Add your action plan

What:

For example, look for stop smoking apps on my phone

Where (setting or environment):

For example, at home

When:

For example, on Friday nights

Feel free to make another action plan on the next page.

Add your action plan

What:

For example, look for stop smoking apps on my phone

Where (setting or environment):

For example, at home

When:

For example, on Friday nights