



>**Insight** – Insight involves the depth of one’s understanding including one’s ability to accurately identify and define the reasons and evidence indicating a need for change. Insight is variable as opposed to being constant and therefore can be gained or lost at any time. Why do you know that you need to quit?

>**Internal Motivation** – This involves one’s personal reasons for wanting to address and change a problem. Internal motivation can be closely linked with the inward development of a hope and a desire for change and internal motivation is strongly influenced by our values (what’s important to us) When you think about what is most important to you in life, what helps build an inner desire to quit?

>**External Motivation** – External motivators are those things which come from outside of an individual which push that person toward change and support the process when things get tough. What consequences and incentives help sustain your drive to want to quit? Who can support you in the change process?



When you think you have failed, remember that each time that you have tried is just another brick in your WALL of SUCCESS...
... So keep on trying and you will keep on building upward
,,, regardless of what happens today



My Smoking Cessation Plan:

Name:

Quit Date:

Insight – My plan to keep trying and not give up thinking about quitting smoking is:

External Motivation & Support – My plan to seek help from others and to keep the pressure on myself to quit is:

Internal Motivation: The following things will keep me motivated:

Coping Skills and Strategies – I will use the following coping skills and strategies to work toward being smoke-free:

