MY SMOKEFREE ADVANTAGE LIST

MAKE A LIST.

Note down all the benefits of quitting and all the drawbacks of tobacco addiction.
Look at it regularly and add to it.

Here are a few examples:

improved endurance / less shortness of breath – better kissing / no more kissing an ashtray for your partner – greater productivity / less stress – more radiant complexion / fewer wrinkles – more relaxed in company / no more smoke–filled air – more pocket money / fewer expenses – whiter teeth – more free time – better sense of taste…

BENEFITS OF A SMOKE-FREE LIFE

DRAWBACKS OF SMOKING