

# SESSION 8: REWARDING YOURSELF

VAPING IS EXPENSIVE. NOT ONLY DO YOU PAY FOR PODS OR E-JUICE, BUT YOU ALSO PAY OTHER COSTS, SUCH AS TRANSPORTATION AND PERSONAL TIME.



USE THIS WORKSHEET TO IDENTIFY WAYS YOU WILL REWARD YOURSELF WITH THE MONEY YOU HAVE SAVED BY QUITTING VAPING.

\*BASED ON A WEEKLY EXPENDITURE OF \$25

**1 MONTH  
VAPE FREE:**

**YOU SAVED \$100**

## REWARD INSPIRATION

(\$15) MOVIE TICKETS  
(\$30) DINNER W/FRIENDS  
(\$75) NEW PAIR OF SHOES  
(\$100) SKI LIFT TICKET

**HOW I WILL REWARD  
MYSELF**

**6 MONTHS  
VAPE FREE:**

**YOU SAVED \$600**

## REWARD INSPIRATION

(\$200) AIRPODS  
(\$300) 2+ YEARS VIDEO  
STREAMING SUBSCRIPTION  
(\$400) SKYDIVING  
(\$500) GAMING CONSOLE

**HOW I WILL REWARD  
MYSELF**

**1 YEAR  
VAPE FREE:**

**YOU SAVED \$1200**

## REWARD INSPIRATION

(\$1000) NEW PHONE  
(\$1100) WEEKEND TRIP TO  
NYC  
(\$1200) ROUND TRIP  
FLIGHT TO EUROPE

**HOW I WILL REWARD  
MYSELF**