

SESSION 9: STAYING MOTIVATED

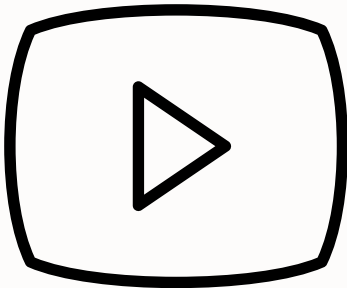


LIST THE TOP 3 WAYS YOU ARE STAYING MOTIVATED DURING YOUR QUIT JOURNEY.

1. _____

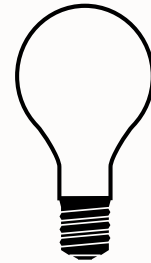
2. _____

3. _____



SESSION 9 SUMMARY: 5 WAYS TO STAY MOTIVATED

- REMIND YOURSELF WHAT YOU WILL GAIN FROM STAYING QUIT
- CELEBRATE SHORT-TERM GOALS AND NOTICE POSITIVE CHANGES
- TRACK AND CELEBRATE YOUR PROGRESS WITH A FRIEND
- READ ABOUT THE DANGERS OF VAPING
- TRACK HOW MUCH MONEY YOU'RE SAVING



3 ADDITIONAL WAYS TO STAY MOTIVATED:

- GET A WHITE BOARD AND WRITE "X DAYS SINCE I LAST VAPED" TO VISUALIZE HOW LONG YOU'VE BEEN QUIT
- JOIN A GROUP OF INDIVIDUALS WHO ARE ALSO QUITTING
- IMAGINE YOURSELF VAPE-FREE. HOW DO YOU SEE YOURSELF? WHAT QUALITIES DOES "FUTURE YOU" HAVE?