

REWARDS

Kicking Smoking's Ass! by Mike Fook

STOPPED SMOKING DATE _____

List the reward you will give yourself after each milestone is reached:

12 hours _____

24 hours _____

36 hours _____

2 days _____

2.5 days _____

3 days _____

4 days _____

5 days _____

1 week _____

10 days _____

2 weeks _____

3 weeks _____

1 month _____

From there you can probably go by month. Do something special every month on the date of your stop smoking anniversary. If you are still having severe problems fighting the desire to smoke - you should keep rewarding yourself every day or week, not wait as long as a month. Whatever motivates you!

When you make it 30 days without smoking that is KICKING ASS and you've probably completely booted smoking from your life. You must stay on guard, but, it should be a WHOLE lot easier from that point forward. Remember, you're moving FORWARD - never back to what you were.

You're a WINNER now!