

Personal list of benefits gained from stopping smoking permanently

After considering the benefits listed above, give some thought to your own position. Write a list of your own personal benefits in the following table.

1	_____
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____
8	_____
9	_____
10	_____

Think about these benefits and enjoy them. Mentally rehearse all of the desired outcomes of your new life as a permanent non-smoker.