

BREATHE FREE: STOP SMOKING PLEDGE TO MYSELF



As of _____, my official "Quit Date," I pledge to commit to breathing free!

My main reasons for quitting smoking: _____

I have found a buddy I will call daily: _____. I recognize that this may be one of my life's great challenges, but I also know that:

**Smoking is a poison to my body.
I need my body to live.
I owe my body this respect and protection.
Smoking is not longer an option in my life!**

Upon signing this contract, I make a commitment to myself to breathe free and free myself from the limitations placed on me by my dependence on tobacco. I don't know what will happen, or how difficult it will be, but I can get help from _____ and I commit to obtaining permission and guidance from my physician before I begin the program.

I also know that staying smoke free (not having "just one") after the initial breathe free period is important, and I have asked my friends and family to support me, and not smoke around me. I will also continue to talk daily to my buddy for at least six months, and then become a buddy to others.

By committing to a life breathing free, I will assure myself a healthier future, and I will protect the well being of my loved ones and everyone around me who will no longer be exposed to the dangers of secondhand smoke. I know that I am not only motivated, but committed and willing to make the effort to become a nonsmoker. From now on, smoking is no longer an option in my life. I deserve to give myself the healthiest life possible and breathe free!

Signature

Date

As a reminder, always consult your doctor for medical advice and treatment before starting any program.