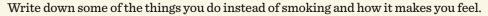
GO! Quitting work plan



Your quit date is here...

Be kind to yourself





Things to do	How I feel
Go for a walk at lunch	Fresh and in control

QUIT STEP

Make a reward plan

What are you going to do to reward yourself for quitting

How many days?	What am I going to do for myself?
1 week	Treat myself to a nice meal

