

Inova TobaccoNET

Session 6: Personal Activity

Welcome to the Week After Quit Week!

Congratulations, You Are Tobacco-Free!

Be very proud of yourself for beating one of the hardest addictions.

Your Activities for the Week:

1. Call Your Share Buddy at Least Once Daily

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Time of Call							

2. Visualize During your Breathing Exercise

As you continue to practice this, visualize the healthy, tobacco-free body you want to have.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breathing Exercise							

3. Positive Affirmation

Pick a positive affirmation that best describes exactly what you want to achieve. Repeat several times during the day.

My Positive Affirmation: _____
