

# YOUR TOBACCO-FREE JOURNEY

This guide is designed to support your decision to quit tobacco. It offers space to reflect, stay organized, and take steps toward a healthier future.

## Recognize Your Motivations

Take a moment to reflect.

**What's pushing you to take this step?**

- ☐ I want to feel healthier
- ☐ I want to be there for my family
- ☐ I want to save money
- ☐ I want more energy
- ☐ I want to be free from cravings
- ☐ I want to take control of my life

**Other reasons that matter to me:**

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## BUILD YOUR SUPPORT CIRCLE

### WHO CAN YOU COUNT ON?

**NAME:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

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**Talk to them.** Tell them what you're working on and how they can support you. Notice the tough moments.

## WHEN DO CRAVINGS USUALLY HIT? WHAT PATTERNS DO YOU NOTICE?

**MY TRIGGERS:**

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**HEALTHIER THINGS I CAN DO INSTEAD:**

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## CELEBRATE THE SMALL WINS

Each day is progress. Every hour is a win. How will you reward yourself along the way?

- ☐ Treat myself to something I enjoy
- ☐ Write down how I feel
- ☐ Spend time with people who support me

**OTHER IDEAS:**

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**Oregon Latino Health Coalition**

Health and wellness through equity and justice