

# 10 TIPS TO QUIT

## TOBACCO & NICOTINE

Quit Now

Enroll online  
[www.kickitca.org](http://www.kickitca.org)



@kickitca



### 1. FIND YOUR REASON

Whether it's for your health, your family, or your wallet, find a powerful reason to get motivated. This will help you stay strong when you're tempted.

### 2. SET A QUIT DATE

Pick a specific date to stop. Putting it on the calendar makes your commitment real.

### 3. MAKE A PLAN

Know your triggers (like stress, coffee, or alcohol) and plan exactly what you'll do instead when they hit.

### 4. CALL FOR BACKUP

You're twice as likely to succeed with help. Call Kick It California to speak with a free Quit Coach at **1-800-300-8086**

### 5. GET YOUR CREW ON BOARD

Tell your friends and family you're quitting. Let them know how they can support you.

### 6. USE A QUITTING AID

Talk to your doctor about using nicotine patches, gum, or other FDA-approved meds. They cut withdrawal symptoms and increase your chances.

### 7. CREATE SMOKE-FREE ZONES

Make your home and car 100% smoke-free to remove temptation and help others breathe easier.

### 8. CHANGE YOUR MINDSET

Stop seeing yourself as a smoker who is "trying not to smoke." You are a nonsmoker now. For nonsmokers, lighting up is never an option.

### 9. EXECUTE ON YOUR QUIT DATE

When your quit day arrives, actually stop. A plan is useless without action.

### 10. NEVER QUIT QUITTING

Most people try several times before succeeding. If you slip up, don't treat it as a failure. Get back on track—every attempt brings you closer to your goal.