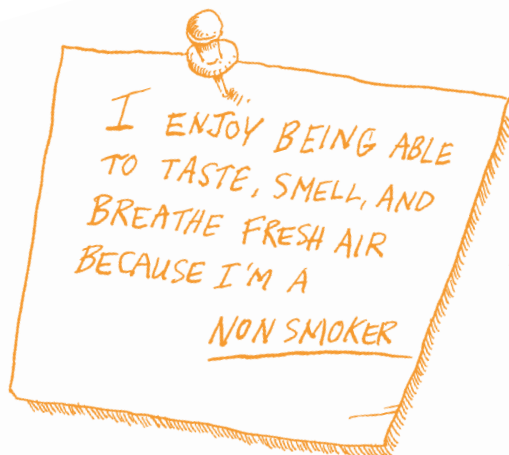
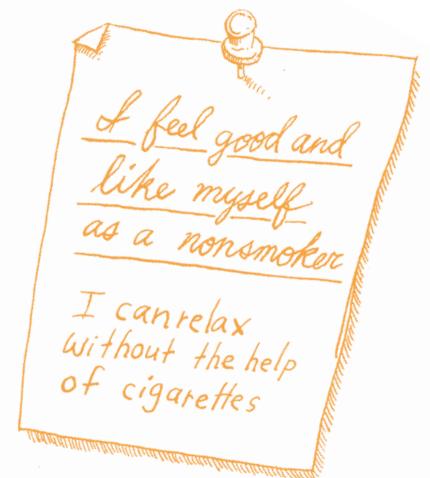


# Positive Thinking

*Repeat these things to help you feel good about quitting:*

- I don't need to smoke anymore.
- My child is more healthy because I don't smoke.
- I enjoy wearing the clean-smelling clothes of a nonsmoker.
- I like not spending money on cigarettes.
- I enjoy riding in the clean-smelling car of a nonsmoker.
- As a nonsmoker, I am setting a good example for my children.
- I am in control as a nonsmoker.
- I enjoy living in a clean-smelling home now that I'm a nonsmoker.
- As a nonsmoker, I am becoming the person I want to be.
- With each breath of clean air, my body is more healthy and strong.
- I look more attractive as a nonsmoker.
- My physical and mental health is better now that I'm a nonsmoker.
- As a nonsmoker, I can be more active and feel more healthy each day.
- I enjoy having more energy now that I'm a nonsmoker.



**Call for FREE help to quit smoking!  
1-800-300-8086**