

Creating Your Future:

What will life be like in the future if you continue to smoke as you do now? What will it be like when you make the decision to quit?

Imagine going forward into the future and compare your two futures – ask yourself what will life be like? What will I be seeing, hearing and feeling? What will my health be like? What will I be doing or not doing? What will others (e.g. family, friends) be saying? How much money will I have saved or spent on smoking?

	CONTINUE SMOKING	FREE OF SMOKING
5 years from now		
10 years from now		
15 years from now		
20 years from now		
25 years from now		

Once you have completed the exercise and vividly imagined your future, compare each future over and over and ask yourself – which future do I want to create? And what decision will I be making in the now to create it?