

# Quitting smoking how to do it

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BUSTER**

I carefully thought about it and came up with an action plan as follows.

I want to start the whole process by writing down at least five reasons why I should quit this habit with the most important reason being the harm it makes on my health. I will have the list of these reasons wherever I go so that I will always be reminded of how important they are. Secondly, I will set the quitting day to be my birthday that will appear in three months from now. Thirdly, I will inform all my friends and family members of this decision that I will be undertaking to make a change in my life. I will also ask all of them for their support in the whole process as well as identify one friend who is equally thinking of quitting smoking as I do. I will also make sure that all the cigarettes and tobacco products found in my home and everywhere I spend most of my time are removed before the quitting day.

After the quitting day, I will keep myself busy at all times to avoid the craving. I will find something to keep my fingers busy as well as drink a lot of water and sugary drinks such as juices that will help increase my sugar levels. I will also stay close to my quit mate whom we shall always encourage each other to stay strong in the process.