



QUIT KIT

Your Quit Kit

Clarity. Courage. Freedom. One breath at a time.

support@sanityforsmokefreeworld.com

Intro Letter

Dear You,

You're here — and that means something incredible. You're ready to choose clarity, courage, and freedom over the smoke that's been clouding your mind and body.

This Quit Kit isn't just about not smoking. It's about reclaiming your sanity — one clean breath, one pure moment, one good choice at a time.

There is a perfect quit, there is a path forward. You're not broken, you're becoming free!

We're with you every step.

— *Sanity For Smoke Free World*



17 Your Personal Quit Plan

- Quit Date: _____
- Top 3 Reasons I Want to Quit:
 1. _____
 2. _____
 3. _____
- My Triggers to Watch For: _____
- My Coping Strategies: _____
- Who I'll Reach Out to for Support: _____
- How I'll Celebrate Milestones: _____



Trigger Tracker

Table Columns:

- Time / Situation
- What Happened
- How I Felt
- Did I Smoke? (Y/N)
- What I Could Try Next Time

(Repeatable rows for daily or weekly use.)



Craving Survival Toolkit

10 Things to Do Instead of Smoking

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Breathing Exercise (4-7-8):

Inhale for 4 sec → Hold 7 sec → Exhale 8 sec

Ride the Wave:

Cravings peak and pass — usually within 5–10 minutes.

Distraction Ideas:

Walk, stretch, sip water, call a friend, journal.

Affirmation:

“This feeling will pass. I choose freedom.”

Motivational Journaling Prompts

- What would my life feel like smoke-free?
- What am I afraid of — and what's possible beyond it?
- Who am I becoming as I quit?
- What's one way I've already proven I'm strong?

Health & Freedom Timeline

- **20 minutes** → Blood pressure drops
- **8 hours** → Oxygen levels return to normal
- **24 hours** → Risk of heart attack begins to drop
- **72 hours** → Nicotine is gone from your body
- **2 weeks – 3 months** → Lung function improves
- **1 year** → Heart disease risk cut in half
- **5 years+** → Body continues repairing itself

Daily Sanity Affirmations

- “I’m not starting over. I’m starting stronger.”
- “Every breath is a step toward freedom.”
- “I’m not broken. I’m healing.”
- “It’s hard — and I’m doing it anyway.”
- “I deserve a life I don’t have to escape from.”

Quit Date Countdown Calendar

30-day calendar with space for notes and wins.

Columns: *Day* | *Notes* / *Wins*

Encouragement checkpoints at Day 1, 3, 7, 14, 30.