

Am I Ready to Make a Change?

Fill out this Worksheet and review your responses. Are your reasons to stop smoking or chewing tobacco more important to you than the reasons you wrote down about continuing to smoke or chew? If so, explore our website, heartnetwork.org, and contact the NYS Smokers' Quitline at 1-866-NY-Quits (1-866-697-8487) or online at www.nysmokefree.com

Things I like about Smoking or Chewing Tobacco

Things I don't like about Smoking or Chewing Tobacco

Things I don't like about Stopping Smoking or Chewing Tobacco

Things I like about Stopping Smoking or Chewing Tobacco

Reasons for Staying the Same

Reasons for Making a Change