

What can you save (and gain) when you quit smoking?



A typical pack of cigarettes costs \$5.31. If you smoked a pack a day, quitting will save you \$1,900 each year.



Consider putting the money you save into a jar or piggy bank where you can watch your money grow.



You can also write a victorious message under the lid of your money jar that you can see every time you deposit your money.

Don't know what to get yourself?

Here are a few ideas to get you started:

Under \$10:

- ice cream
- nail polish
- socks
- notebook

Under \$20:

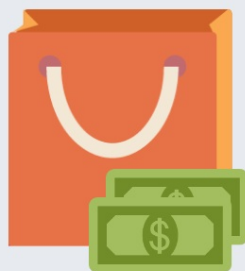
- CD or DVD
- dinner at favorite restaurant
- new book

Under \$40:

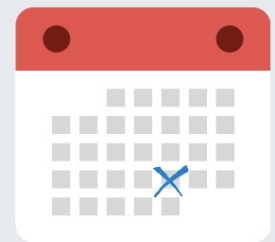
- headphones or earbuds
- shirt or blouse
- pedicure

I want to splurge!

- spa day
- video game
- new outfit
- gym membership
- mini vacation



Treat yourself to something whenever a milestone has been reached!



Create a calendar marked with milestones, even small ones (5 minutes, 1 hour, 1 day).



The possibilities are endless now that you're saving a lot of money this year. Don't be afraid to splurge! You can also treat yourself by "upgrading" something you usually get (i.e., getting the quality brand of shampoo; watching a movie in 3-D)



Don't be afraid to tell a friend or family member about your milestones. Whenever one has been reached, celebrate together!



Most importantly, don't give up! Whenever things seem difficult, remind yourself why you're doing this, and remember your wishlist to incentivize your goals!



For more ideas, check out
Amazon.com
Overstock.com
Target.com

If you have any questions regarding Stop My Smoking, please contact us at help@stopmysmoking.com. Visit us at stopmysmoking.com