

TOP 10 LIST:

Which of the points below would assist you to consider thinking about becoming tobacco-free?
(Rate the following from 1 to 10. #1 – most important reason and #10 – least important reason)

- ___ Reduced sense of smell
- ___ Cancer-causing agents entering your lungs
- ___ Acne and sores take longer to heal
- ___ Smells bad
- ___ Persistent cough
- ___ Expensive addiction
- ___ Decreased ability to exercise and play sports
- ___ Yellow teeth, yellow fingers, and wrinkles
- ___ Hardening of blood vessels in the heart and brain
- ___ Increased chance of heart attack or stroke

Most Important _____

Why? _____

Least Important _____

Why? _____

TOP 10 LIST:

Identify your own reasons to be tobacco-free. List them here:

1. _____
2. _____
3. _____
4. _____
5. _____