

Goal-Setting Letter for a Smoke-Free Lifestyle

Dear [Your Name],

As you embark on your journey towards a smoke-free lifestyle, it is important to set clear, achievable goals. Here are some goals to consider:

- **Short-Term Goal:** Reduce cigarette consumption by 50% over the next month.
- **Mid-Term Goal:** Quit smoking completely within the next three months.
- **Long-Term Goal:** Maintain a smoke-free lifestyle for at least one year.

To support these goals, consider implementing the following strategies:

1. Identify triggers that lead to smoking and find alternatives.
2. Seek support from friends, family, or support groups.
3. Keep track of your progress to stay motivated.

Remember, every step you take towards a smoke-free life is a step towards better health and well-being.

Sincerely,

[Your Name]