

Maintaining Your Tobacco-Free Status

Dear [Name],

Congratulations on your decision to remain tobacco-free! Your commitment is incredibly valuable, and it is essential to stay motivated as you continue on this journey.

Motivational Tools

- **Set Realistic Goals:** Establish short-term goals to celebrate your progress.
- **Build a Support Network:** Engage friends, family, or support groups to share experiences and encouragement.
- **Track Your Success:** Keep a journal of your achievements and how you feel each day.
- **Reward Yourself:** Treat yourself for reaching milestones to reinforce positive behavior.
- **Visual Reminders:** Create a vision board with images and quotes that inspire you to stay tobacco-free.

Remember, every day without tobacco is a victory. If you feel tempted, reflect on the reasons you chose to become tobacco-free and utilize your support network.

Stay strong and motivated!

Sincerely,
[Your Name]