

I came across this once and thought it was very insightful. The more time you have away from the pot habit, the more items you will probably have for this list, and the stronger you will likely feel about them. Nevertheless, this is a great exercise no matter where you are in the process. This list can be very useful, when you are tempted, in stopping you from deceiving yourself into letting smoking back into your life.

You may not be able to relate to all of these, but you will probably relate to a good many. Read through this list out loud. Use a highlighter to mark the ones that are most meaningful to you personally. Add to the list at the bottom, both now and as the weeks pass. Read through it again out loud. Read through it out loud often to cement in your mind the vital things you are gaining in your life by your decision to stop smoking.

## The “I Love” List

- I love thinking and speaking coherently.
- I love not having the munchies.
- I love being a better parent.
- I love eating healthy food and sweating out the toxins.
- I love drinking lots of good water.
- I love not having this secret from people who don't smoke.
- I love being able to sleep without smoking.
- I love saving money for other things that are important to me.
- I love catching up with friends I haven't seen in years.
- I love remembering.
- I love keeping my word to friends and family.
- I love that they notice I look healthier and sound happier.
- I love talking to and spending quality time with my \_\_\_\_\_.
- I love looking to the future and making plans.
- I love breathing easier; each breath makes my lungs cleaner.
- I love being awake during the day.
- I love that I have plans, and that I will keep them.
- I love that I have a social life that extends beyond the couch.
- I love speaking in sentences without forgetting what I was saying.
- I love being free to do what I want without worrying if the bowl is full.
- I love not waiting to score.
- I love having time to think and ponder about humans and our souls.
- I love feeling my body is lighter and my mind is clearer.
- I love that the house is clean enough to invite people over!
- I love feeling better about myself.
- I love being free.
- I love that I LOVE being free.
- I love \_\_\_\_\_
- I love \_\_\_\_\_
- I love \_\_\_\_\_
- I love \_\_\_\_\_
- I love \_\_\_\_\_
- I love \_\_\_\_\_
- I love \_\_\_\_\_
- I love \_\_\_\_\_