

Let's go ahead and create a list of your lost opportunities over the years. I know there are plenty. This may be a difficult exercise for you to do, but you need a constant reminder of the negative aspects of your smoking. Lost opportunities will rise in one of the following categories below.

1. Family
2. Friends
3. Finances
4. Occupation
5. Athletics
6. Recreation
7. Health
8. Spirituality
9. Education

Be honest with yourself. Where do you think you could have been in life, if you were not held back by this habit?

Signature: _____

Today's Date: _____