READY. QUIT. SOLID.

MY QUIT JOURNEY

Quitting Nicotine is hard.

It can take many quit attempts before you quit for good.
Having a plan and having goals can keep you focused and kick the habit.
Nicotine Replacement Therapy includes options like patches, lozenges, gum, and other products. These can help you quit smoking by easing the withdrawal symptoms. When combined with support from friends, family, or counseling, these can boost your chances of quitting successfully.

Remember, One day at a time.



My Personal Quit Journal

Name:

Address:

Local AMS/GP:

I have started my Personal Quit Journal on

Date:

What's Your WHY?

Staying on Track with a Clear Reason to Quit

Having a strong, personal reason to quit smoking—whether it's for your health, your family, your culture, or your future—can be the anchor that keeps you grounded during tough moments.

When cravings hit or triggers appear, reminding yourself why you started this journey helps you stay focused and committed. This internal motivation gives your quit attempt meaning and direction, making it easier to resist temptation and push through discomfort.

By regularly reflecting on your reason—whether it's wanting to breathe easier, live longer, or be a role model—you strengthen your resolve. This mental habit builds resilience and helps you make choices that align with your goals, even when the urge to smoke feels strong.

The 4 D's: Quick Tools to Manage Cravings

When cravings strike, the 4 D's offer simple, effective strategies to help you stay smoke-free:

Delay:

Wait a few minutes before acting on the craving. Most urges pass within 5–10 minutes.

Distract:

Do something else to take your mind off smoking. Go for a walk, call a friend, or drink water.

Deep Breathing:

Take slow, deep breaths to calm your body and mind. This helps reduce stress and anxiety.

Drink Water:

Sip cold water slowly. It helps flush out toxins and gives your hands and mouth something to do.

What's Your WHY?

When you are open to personal development, understand your values, discover a deep sense of meaning, purpose and understand what matters to you. You can begin your journey. What is your why? What is driving your passion to quit? This could be your family, health or personal growth.

60 DAYS Smoke/Vape-Free Tracker

MONTH: _____

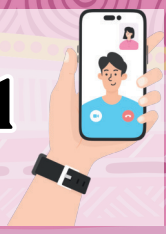
1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

60 DAYS Smoke/Vape-Free Tracker

MONTH: _____

31	32	33	34	35
36	37	38	39	40
41	42	43	44	45
46	47	48	49	50
51	52	53	54	55
56	57	58	59	60

For Support I Will Call



Name:

Number:

Address:

Name:

Number:

Address:

I Can Call These People Because



Being surrounded by Mob that support you and you can yarn to is so important because it helps you to see that you're not alone in this journey

Letter To My FUTURE Self

Dear me,

Signed:

Date:



TIPS TO CURB YOUR CRAVINGS

NATURE & COUNTRY

Going for a gentle walk in nature, connecting to Country and the fresh air can help you clear your head and focus on your goals.





YARN UP

Phone a friend, or pop over to a loved ones place for a cuppa. Yarnin with someone you trust & who supports you on your quit journey can help you feel better about what might be weighing on your mind.

CONNECTION

Keep busy by doing something you love. That could be arts, weaving, catching up with a friend, or connecting with family. Filling your day with the things that make you happy can have a positive impact on your overall mental and physical health.



READY.
QUIT.
SOLID.

WHAT'S YOUR TIP?

_____

_____

_____

What Will I Do When I Have A Craving?





I will:

Because:

I will:

Because:

What Will I Do When I Have A Craving?





I will:

Because:

I will:

Because:

What happens to your body when you stop smoking?

READY. QUIT. SOLID.

1 HOUR



Your heart rate has dropped and has started to return to normal

12 HOURS



Your body has cleansed itself and increased your oxygen level

2 DAYS



You may notice increased sense of smell and taste

2 WEEKS



Your circulation has started to improve

1 MONTH



You may experience less shortness of breath

3-9 MONTHS



Your lung function has increased by 10%

1 YEAR



You have lowered your risk of a heart attack by 50%

5 YEARS



You have reduced your risk of certain cancers by 50%

10 YEARS



Your risk of developing and dying from lung cancer has reduced by around 50%

15 YEARS



Your risk of coronary heart disease has become close to someone who doesn't smoke

20 YEARS



Your risk of stroke is close to someone that doesn't smoke

I AM THANKFUL FOR

Write something you are thankful for!

A

Beach

C

D

E

Family

G

H

I

J

K

L

M

N

O

P

Q

R

S

T

U

V

W

X

Y

Z

HELP KEEP OUR MOB SAFE

SAY NO TO SMOKING



HEART HEALTH

Smoking impacts your heart. When you stop smoking your heart rate goes back to normal, and your risk of heart attack lowers



BODY HEALTH

In 5 years of not smoking you could reduce your risk of certain cancers by 50%.



LUNG FUNCTION

Your lungs get damaged when smoking. But in 1 month without smoking your shortness of breath has lowered and in 3 months your lung function has increased by 10%



OUR BABIES

Our babies are affected when we smoke during pregnancy. They have slower growth and development



BRAIN IMPACTS

Smoking actually increases anxiety and tension. Teenage years can harm the parts of the brain that control learning, memory, impulse control and emotional regulation



OUR CHILDREN

Second hand smoke exposure to our children can cause health problems for our little ones. Such as respiratory illness and growth development

READY. QUIT. SOLID.


WATCH NOW

"THE 1% IS EVERYTHING THAT COUNTS. YOU ONLY GET ONE LIFE, YOU ONLY GET ONE BODY. YOU HAVE TO LOOK AFTER IT"

TAMIKA UPTON



SCAN QR CODE

FOR FULL VIDEO

READY. QUIT. SOLID.

WHAT IS MY INSPIRATION

"Smoking cigarettes is not part of who we are as Aboriginal people"

-Heather Duncan

This Week I Am GRATEFUL For

Week 1

Week 2

Week 3

Week 4

This Week I Am GRATEFUL For

Week 5

Week 6

Week 7

Week 8

DO YOU KNOW WHAT'S IN YOUR VAPE?



Batteries

Cadium is found in batteries and is also an ingredient found in vapes



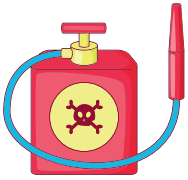
Car Coolant

A chemical called Diethylene Glycol is found in car coolant and is also found in vapes



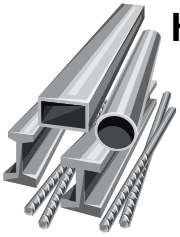
Perfumes

Acetaldehyde is used to make perfumes and is also found in vapes



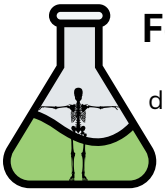
Weed Killer

Acrolein is an ingredient in weed killer and is also found in vapes



Heavy Metals

Nickel, Tin and lead are found in vapes



Formaldehyde

used to preseve dead lab specimens and dead bodies

Break Exhaust Fumes



Benzene is found in car exhaust fumes and is also found in vapes

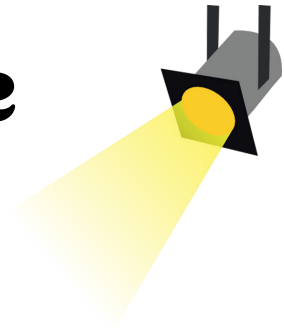
Nail Polish Remover



Nail polish remover is found in vapes



Favourite Quotes



Write down some of your favourite quotes that have inspired you!



> Smoking was in my family but I want to show our little ones in community that there are healthier lifestyles

BRIAN KELLY

BUNDJALUNG



Inspiration Spotlight

Write who you look up to, who inspires you to keep pushing.
You can even stick a photo of them!

HOW LONG DOES IT TAKE FOR YOUR BODY TO START REPAIRING AFTER SMOKING

DRAW LINES TO MATCH THE TIME FRAMES

Increased sense of smell and taste	1 HOUR
Circulation has started to improve	12 HOURS
Improved shortness of breath	2 DAYS
Heart rate has started to return to normal	2 WEEKS
Lung function increased by 10%	1 MONTH
Increased oxygen levels	3-9 MONTHS

HOW LONG DOES IT TAKE FOR YOUR BODY TO START REPAIRING AFTER SMOKING

DRAW LINES TO MATCH THE TIME FRAMES

Lowered the risk of heart attack by 50%	1 YEAR
Your risk of a stroke is close to someone that doesn't smoke	5 YEARS
Reduced your risk of certain cancers by 50%	10 YEARS
Your risk of coronary heart disease has become close to someone who doesn't smoke	15 YEARS
Developing and dying from lung cancer has reduced by around 50%	20 YEARS

I AM Strong

ENOUGH BECAUSE

"I don't want to be a statistic. I want to be there for my family and I want to enjoy the rest of the time I have on this earth"

-Maria Saunders

MY Gratitude JAR

Write inside the jar - All the things you are thankful for!



ONE POSITIVE Thing That Happened This Week

Week 1

Week 2

Week 3

Week 4

ONE POSITIVE Thing That Happened This Week

Week 5

Week 6

Week 7

Week 8

I Am Lking Forward To

"You eat better, you sleep better, the whole lot"
-Jill Jessup

believe
achieve
succeed

SAY NO TO VAPING!

Lets protect our mob Ready.Quit.Solid works to provide awareness around smoking and vaping within the community and help mob find the right support for them.

Wouldn't drink it? Why vape it?
Know the facts





NAIL POLISH REMOVER

Acetone that is used for nail polish remover is found in vapes.



WEED KILLER & BUG SPRAY

Chemicals that are found in weed killer and bug spray are inside vapes. These chemicals can damage our bodies.



CHEMICAL EXPOSURE

The stuff in vapes clouds isn't good for us. It has metals and chemicals that can hurt us.



BRAIN IMPACTS

Affects your memory, attention, learning and mood. Vaping can also make conditions like anxiety and depression worse.



LUNG DAMAGE

Vaping can mess up our lungs, causing inflammation and making it hard to breathe.



HEART RISKS

It can put stress on our hearts, making our blood pressure go up. Putting us at risk of heart problems.



ADDICTIVE GRIP

Nicotine found in vapes mess with our brains, making us crave more and more.



LONG TERM RISK

We don't know all the long-term effects of vaping

I Am PROUD Of Myself For:



I come from a big smoking family and if I show them that I can stop, it encourages them to stop as well. Maybe I can put a stop in our line to stop smoking forever

ALOFIANA KHAN-PEREIRA

BUNDJALUNG

What Makes Me SMILE :)









“IT’S WHAT JOURNEY YOU WANT TO HAVE AND THE PATH THAT YOU’RE FOLLOWING THAT CAN REALLY GUIDE YOU IN THE RIGHT DIRECTION”

DYLAN LUCAS

SCAN QR CODE

FOR FULL VIDEO



READY. QUIT. SOLID.

Letter To My PAST Self

Dear me,

Signed:

Date:



FOLLOW US ON OUR SOCIALS

READY. QUIT. SOLID.

Facebook

Youtube

Instagram

Tiktok

Email us for more posters and resources

readyquitsolid@galambila.org.au

