

Dear Future Me,

I am writing this letter to remind you of what you want. You've smoked (and hated being a smoker) for 20 years. It's been a ~~eternity~~ clutch & a chain. I know how badly you want to quit. You no longer want to be controlled by this addiction & you want to be happy and healthy!

Smoking hurts your pocket book, it hurts your lungs in the morning. You once used to be an athlete - but now you're panting every step you take - every stair you climb.

The anxiety is the WORST. Always wondering if that cough means you've got cancer. Are you going to die? Did this decision you made to smoke at 13 years old end up being your death sentence?

But here's what I see for you, future me - A version of yourself FREE from this addiction. No longer spending tons of money on poison. You're taking walks, exercising, regaining your breath. Maybe you'll even run a marathon (lol)

I imagine how proud you'll feel being smoke-free for a day, a month, a year. You'll feel energized & revitalized! A new lease on life!

I know quitting won't be easy. It's been your coping mechanism for a long time. But I believe you will find ways to overcome. When it gets hard, remember WHY you're doing this. For your family, for your health, for YOURSELF!

YOU CAN DO THIS!!!! You are stronger than you know - stronger than this addiction. and you deserve a life FREE from cigarettes.

I am ROOTING for you!! I hope one day you  
look back at this letter with pride & gratitude because  
you made the choice to quit — AND IT CHANGED  
EVERYTHING!!!

With hope, love & determination,

Your former self

Xo