

# Vaping and habits...

## Challenges to inspire you

**Would like to change your vaping habits, but don't know where to begin?** Here are some challenges to inspire you.

### If you want to reflect on your vaping habit

- Today, I will take note of every time I vape.
- Today, I will make a list of the reasons I vape.
- Today, I will make an inventory of the reasons I would like to change my habits.
- Today, I will write down why it is important to me that I make changes.
- Today, I will make a list of the positive people who can support me in changing my habits.
- Today, I will make a list of the things and activities that make me feel good and calm me down.
- Today, I will make a list of my good deeds and my past successes to inspire me.
- Today, I will make, or will ask my good friends to help me make, a list of my qualities and my strengths.

### If you want to reduce your vaping habit

- Today, I will not vape during my school breaks.
- Today, I will go out and vape on only one break, not two.
- Today, I will vape with a lower level of nicotine.
- Today, I will go to the recreation room to talk with my friends or the school counsellor during lunch period.
- Today, I will talk about my desire to reduce my vaping with a friend of my choice.
- Today, I will go take a "fresh air" break and take a walk without vaping.
- Today, I will vape without nicotine.

### **If you want to quit vaping**

- Today, I will leave my vaper at home.
- Today, I will use the breaks between classes to join a group of friends in the cafeteria or school library.
- Today, I will participate in a lunch-hour activity organized at school or go to the gym.
- Today, I will vape without nicotine.
- Today, I will spend more time with my group of friends who don't vape.
- Today, I will call the nurse at the Smoking Cessation Centre to make an appointment by calling 1-844-440-AIDE (2433).
- Today, I will consult [the Quash app](#).
- Today, I will focus on an activity that I enjoy, and I will take the time to enjoy it. (For example: listen to good music, read my favourite comic, eat a meal that I like or play a round of my favourite video game.)

### **No matter which challenge inspires you, don't forget to celebrate every little victory.**

For example, if you hope to not vape for a whole day but you succeeded for a whole afternoon, that's a success. Your challenges must be realistic to avoid getting discouraged and to make you want to continue to try.

**Did you notice that these are daily challenges? The advantage is that since every day is a new one, even if the day before seemed hard to you, you can always try again today. Keep going, you can do it!**



This tool is developed by Tangage in  
collaboration with the Fondation André-Boudreau.

**Respire.**