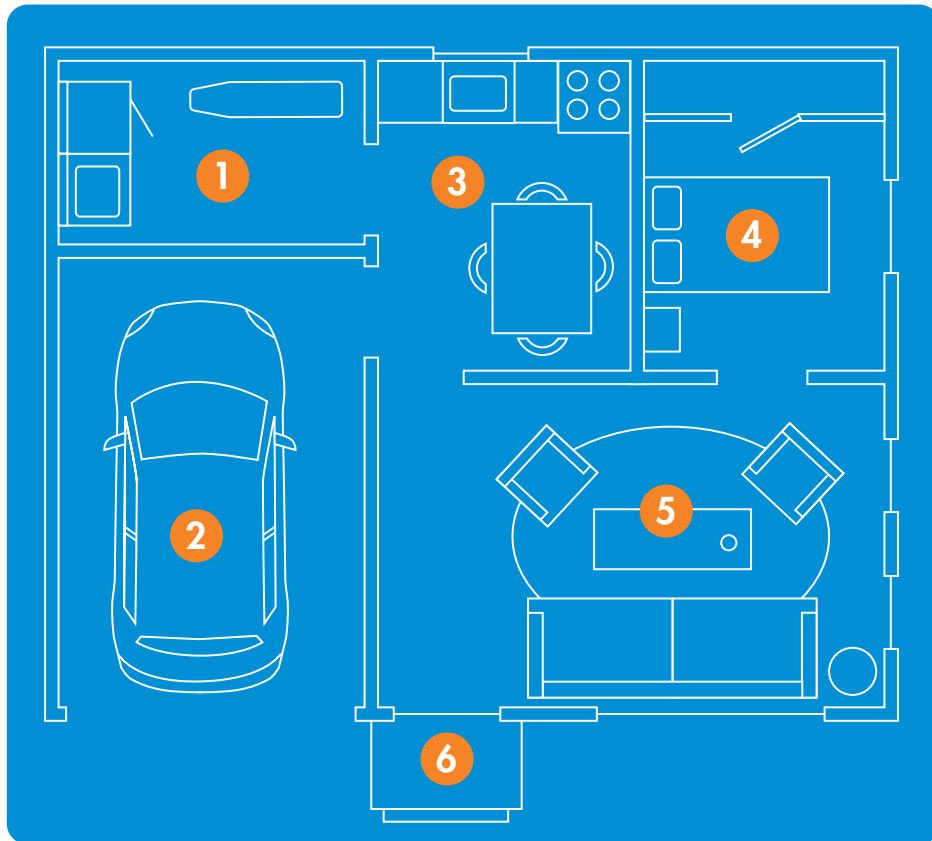


Ready for a fresh start? It's easy. All it takes is a little clean up. Go through every place where you may have cigarettes and get rid of them. Go through all your bags and the glove compartment of your car. Check coat pockets. And don't just throw the cigarettes in the trash. Destroy them! Tear them in half. Run water over them. Flush them down the toilet. Oh, and get rid of all the butts, too.

Make sure to throw away ALL of your cigarettes; don't keep an "emergency" pack hidden anywhere, because that is planning for failure rather than success. And this week is all about planning for success.

The time you spend on this activity can vary. If you only have a few minutes, just try picking up a few new tips. If you have more time, do a clean sweep of your house and car. It's up to you.



1 LAUNDRY ROOM

Wash that smoke right out of your clothes. And towels, too. If you smoke in your bedroom, strip those sheets. Try using a fabric sheet in the dryer to scent your clothes — it will give you an extra reminder of how fresh and clean you'll smell when you don't light up.

2 GARAGE

Cigarettes, lighters, empty packs — trash them. Vacuum the interior of your car. Wipe down surfaces to remove ash. Really clean out that ashtray. Wash it out if you have to. Get rid of that stale smoky smell. You might want to buy a car air freshener as well. A great place to get one is at a car wash. While you're there, why not wash your car, too?

3 KITCHEN

Is this a possible slip-up site? Think about it. Morning coffee? Reading the paper? Buy tea instead of coffee to try to break that link. Read the paper somewhere else. And if you smoke after meals, get up and do the dishes by hand. Got lighters around? Time to toss them. And don't forget any you may have hidden.

4 BEDROOM

Get rid of all traces of cigarettes in your bedroom. Go through all your closets and check pockets, handbags, briefcases, and suitcases for cigarettes, lighters, and matches. Don't just toss 'em. Destroy 'em. Buy fresh flowers, a scented candle, or an air freshener to create a pleasant, peaceful atmosphere. If you smoke when you wake up, get up and brush your teeth right away instead.

5 LIVING ROOM

This is a great place to make some tidy changes. Vacuum. Use carpet freshener, too. Clear the air. Open up windows to let a fresh breeze in and get the smoke out, but make sure you consider the weather and safety first. Dump the ashtrays and clean and hide them. Or replace them with a dish of sugar-free candy or toothpicks. Move your favorite smoking chair. Rearrange the furniture. Buy new pillows. By changing your environment, you may be less likely to fall into old habits.

6 PATIO

Do a clean sweep. Neaten up that deck. Search for old cigarette butts on the ground and get rid of outdoor ashtrays. Replace them with potted plants — a healthy reminder of all that good clean oxygen you'll be breathing.