

# Stop Smoking Declaration of Independence

## **Declaration of Independence**

I do hereby declare my independence from all forms of tobacco. It is my right and privilege as a human being to have a strong healthy body. I know that the use of tobacco seriously damages my health and may eventually cause my death. I am strong enough to determine my own path in life, and so I now freely state that I will ALWAYS stay free of the use of tobacco from this point forward. I do solemnly state that I will faithfully follow each and every one of the techniques found in this stop smoking program. I make this promise to myself, my family, my friends, my fellow human beings and the Universe.

Date: \_\_\_\_\_

Signature: \_\_\_\_\_