

## Invite Imagination

When changes seem too hard or overwhelming, it can be helpful to simply put the barriers aside for a while. Yes, they are still there... but we may be able to think more positively if we could just see past them.



Identify your biggest barrier right now in quitting smoking (or smokeless tobacco). It could be stress or cravings or something else.



Imagine that you have a magic wand – just for a few minutes). Wave your wand and make that barrier or problem go away for now.



Now that the barrier is gone, you have quit smoking – just take a minute to think about it... It's six months later. What would your life be like? What would be different? Who would be the happiest that you have done this?



Imagine...what you could accomplish if you could get past the tough spots. You don't have a magic wand. But what would help you get around that one biggest barrier?