

*Abundant-Chi Community Acupuncture Center*  
*Deah Kinion, L. Ac. (507) 990-3299*

CHI: pronounced CHEE is Chinese for vitality, life force, or breath.

REASONS I WANT TO QUIT:

- |    |     |
|----|-----|
| 1. | 6.  |
| 2. | 7.  |
| 3. | 8.  |
| 4. | 9.  |
| 5. | 10. |

MY COPING & STRESS MANAGEMENT PRACTICES WILL INCLUDE:

- |    |     |
|----|-----|
| 1. | 6.  |
| 2. | 7.  |
| 3. | 8.  |
| 4. | 9.  |
| 5. | 10. |

I will carry this list with me, look at it, add to it, reflect on it & use it!