

Narja Campbell Written Journals

Day 1

Today is the day I decide to quit smoking. Let's see how this goes for me, seeing as to how in the past week I had maybe 7-15 cigarettes. But I got to admit before that it was maybe a pack every two days. Well wish me luck.

Day 3

Yesterday was the day I "broke my fever" so to say. All day I wanted a smoke so bad, but being accountable for it makes you try harder to quit. I feel really good though. Just keep praying I'm going to do this, my goal I set is for 35 days. If I can do that then I'm good. Till next time.

Day 6

Still going strong. This cold turkey stuff ain't so bad. Life still seems to be getting better, best part not being so winded all the time. But I still love it. Wish I would've done this before.

Day 7

Today was a good day. Havi9ng two kids doesn't help when trying to quit. See, I know that sounds bad, but anyone who has toddler & infant kids (you feel my pain) they can be stressful. Trying to get my catering off the ground so that helps keep my mind off of smoking. But I'm doing good I guess, going to join a gym. Yeahhh!

Day 12

Time is flying by, li didn't even realize I was almost at two weeks. Kids aren't as stressful as I thought they were. You see that's the power of nicotine. You think you need it to calm the stress in your life, but all you need is just plain ol' patience.

Day (I think) 16

Yeah 16, so who would have told that when you quit smoking you notice how much everyone else smokes. One friend told me he smokes 30 a day. 30!!!

Day 18

Had a catering event last night. Didn't smoke!!! I broke down on the last one, but not this time. It's getting so much easier. Once again, I AM SO GLAD I QUIT SMOKING!!!

Day 19

All is well, I can't complain, this is getting easier by the min.

Day 23

Thirteen more days to go, I got this son. People actually believe me now. If you know me then you know I'm a joker. But whatever, they know what the deal is.

Day 24

Nothing to report, but still goin strong.

Day 26

So this might be my last entry. Just want to thank the lovely folks reading this, you were my motivation. Thank my wife who also said she had to see it to believe it. And the one reason you are hearing my story, GOD. Had a great time quitting and plan on staying smoke free. Peace; I'm out.

-Narja L. Campbell

*If anyone wants to call and chat and get advice or just a word of encouragement, my cell phone number is 850 385 7803.