



Success Story Submission Form

Tobacco Cessation

Please answer the following questions and submit your completed form to WFHT.TN@tn.gov. Please complete the [photo waiver form](#) if you choose to submit a photo(s) with your success story. Would you like to hear about successes from other state employees? [Click here](#). With permission, some success stories may be filmed.

Tell us about the healthy changes you've made. What results have you seen because of these changes?

What inspired you to make those changes?

How many years did you smoke or use tobacco products?

What resources, if any, did you use to quit?

How do you stay motivated to stay tobacco-free?

Have you participated in any of your department's Wellness Council challenges or events? If so, which ones?

What's your favorite part of any of your department's Wellness Council challenges or events?

What obstacles did you face during your journey and how did you tackle them?

What's your advice for others?

What have you learned about yourself during this journey?