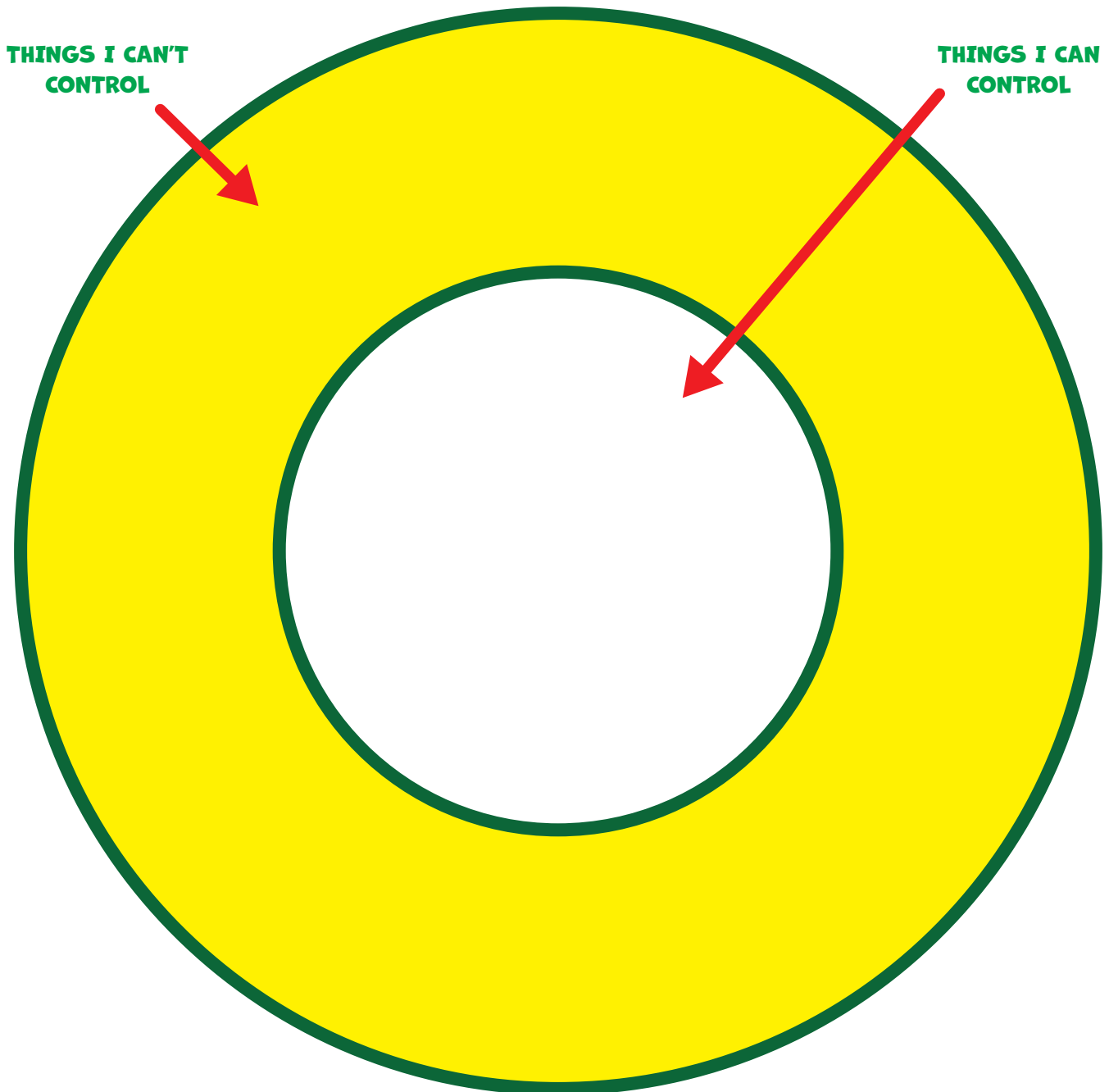


CIRCLE OF CONTROL

THINK OF A SITUATION IN YOUR LIFE AND WRITE IN THE CIRCLE THINGS THAT YOU CAN/CAN'T CONTROL.



SOMETIMES OUR SITUATIONS CAN FEEL CHAOTIC BUT IT'S HELPFUL TO RECGONISE THAT IN EVERY SITUATION, NO MATTER HOW SMALL, WE HAVE CONTROL OVER SOMETHING.