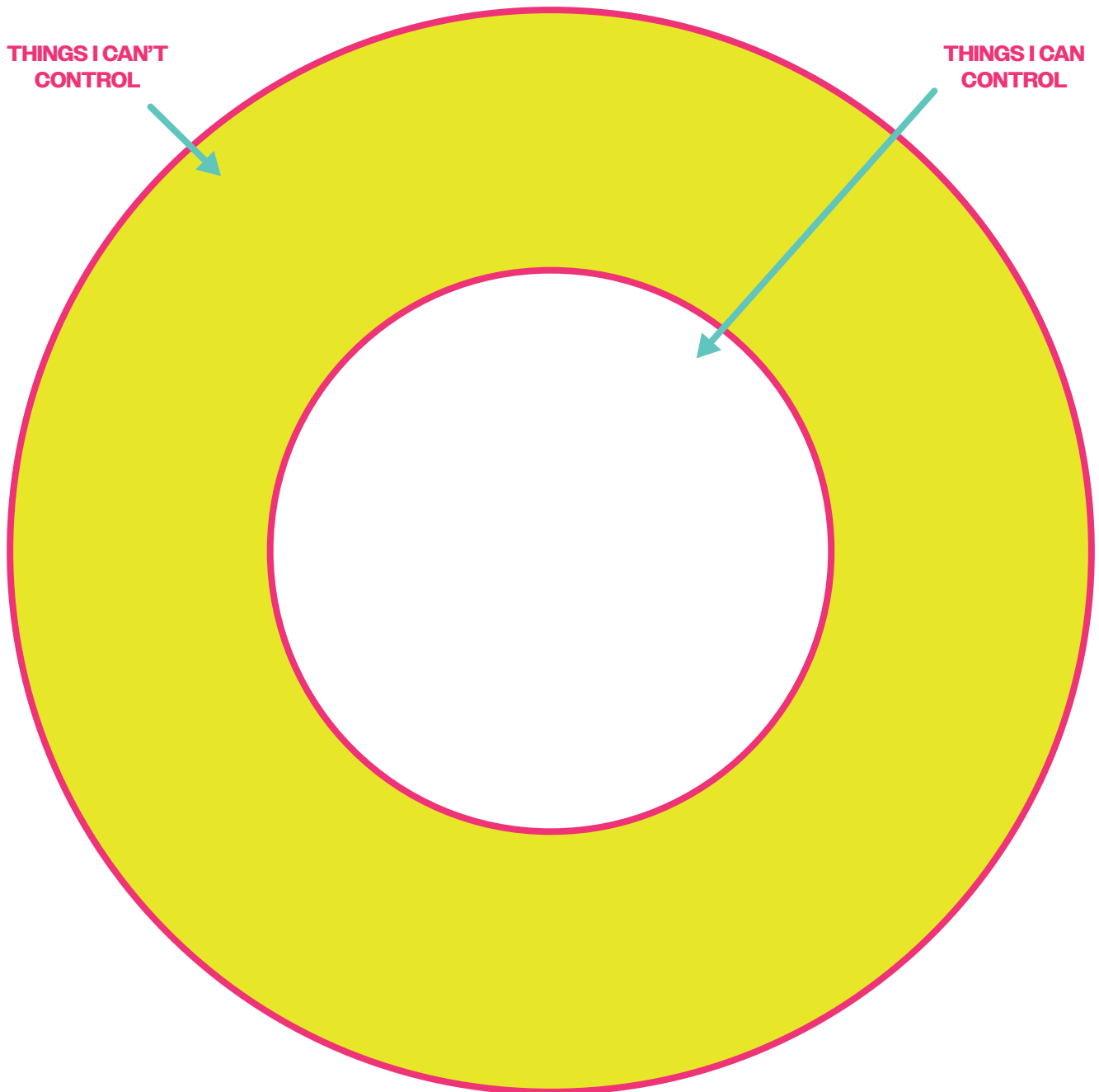


circle of control

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.