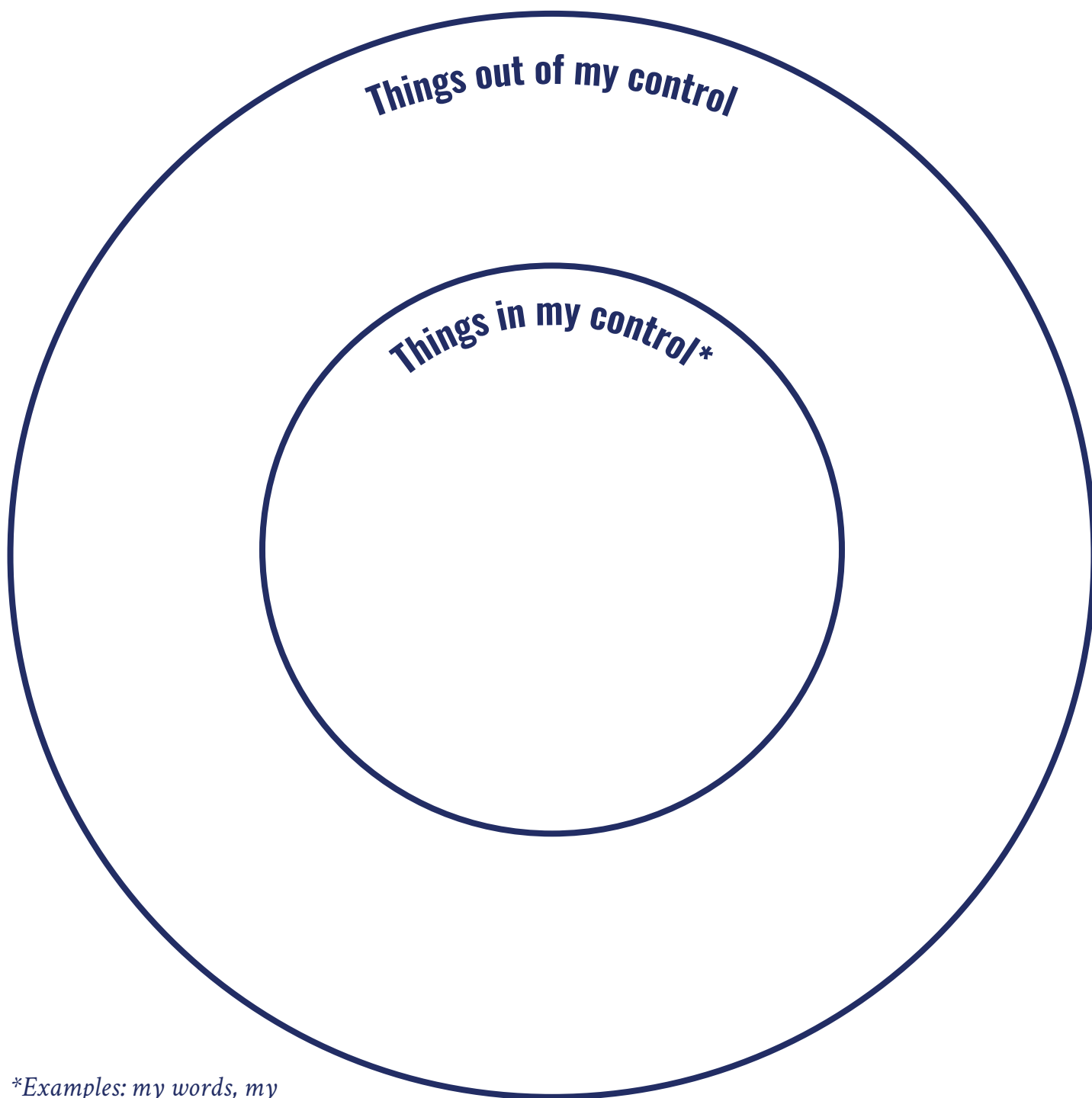


Circle of Control

To reflect on things we ultimately have control over, place those things inside the circle. And things we don't have control over, place outside the circle.



**Examples: my words, my actions, my decisions, and how I take care of myself.*