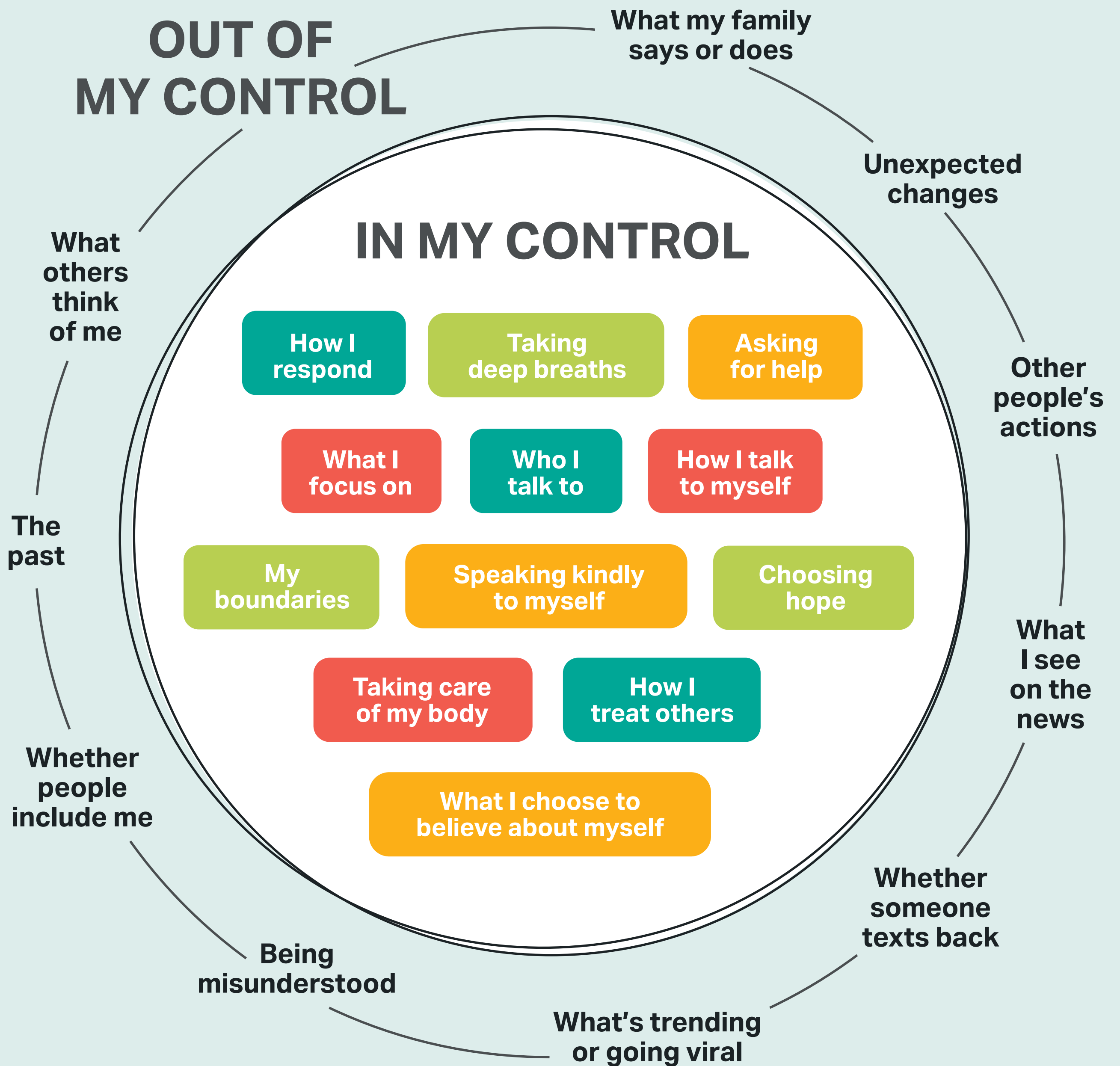


# CIRCLE OF CONTROL

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When life feels overwhelming, it helps to pause and remember: not everything is mine to carry. Focusing on what is in your control helps you breathe, reset, and take one small step forward. Let this be your reminder—you don't have to do it all, and you're never alone.