Control Plan

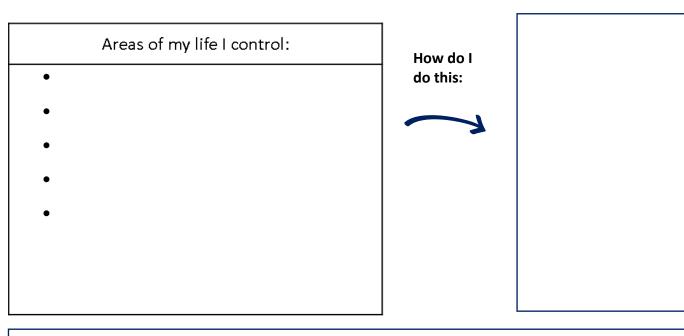| Areas of my life I control: |
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How do I do this:

Something new I would like to try to control about my life is:

How will I do this?

How can other people help me?

AND

Or…