

A spiral-bound notebook is shown from a slightly elevated angle. The left side of the notebook is bound with a silver-colored metal spiral. The page is white and features a quote in large, bold, black, sans-serif capital letters. The notebook is resting on a dark brown wooden surface with a visible grain. The background is a blurred green, suggesting an outdoor setting. The lighting is soft, coming from the upper right, casting a gentle shadow of the spiral binding onto the page.

**LIFE BEGINS  
AT THE END  
OF YOUR  
COMFORT ZONE**