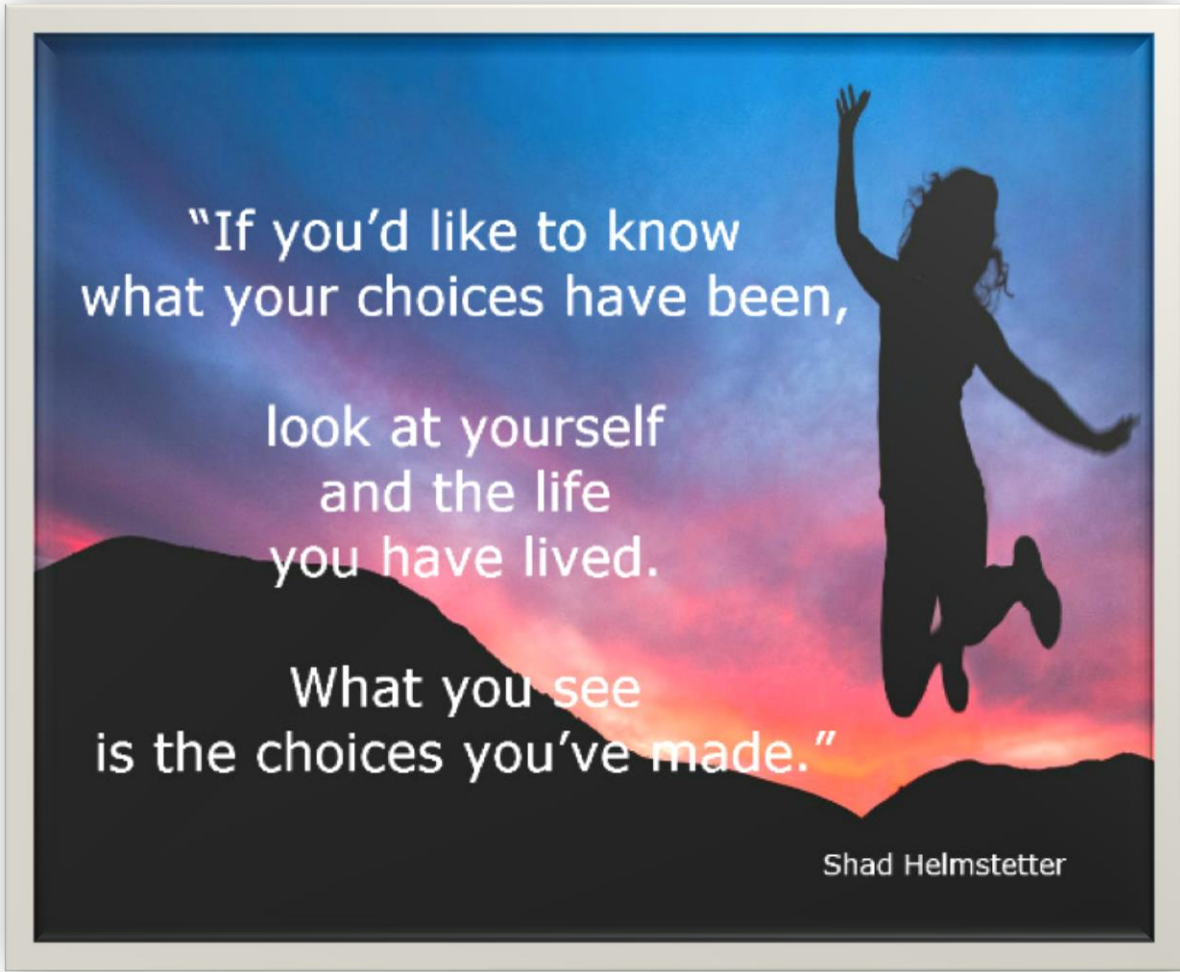
A framed poster with a sunset background. The sky transitions from a deep blue at the top to a vibrant orange and red near the horizon. A silhouette of a person is captured mid-jump on the right side of the frame, with one arm raised and legs bent. The foreground shows dark silhouettes of hills or mountains.

"Your choices
are yours alone.

They are as much
a part of you

as every breath you will take,
every moment of your life."

Shad Helmstetter

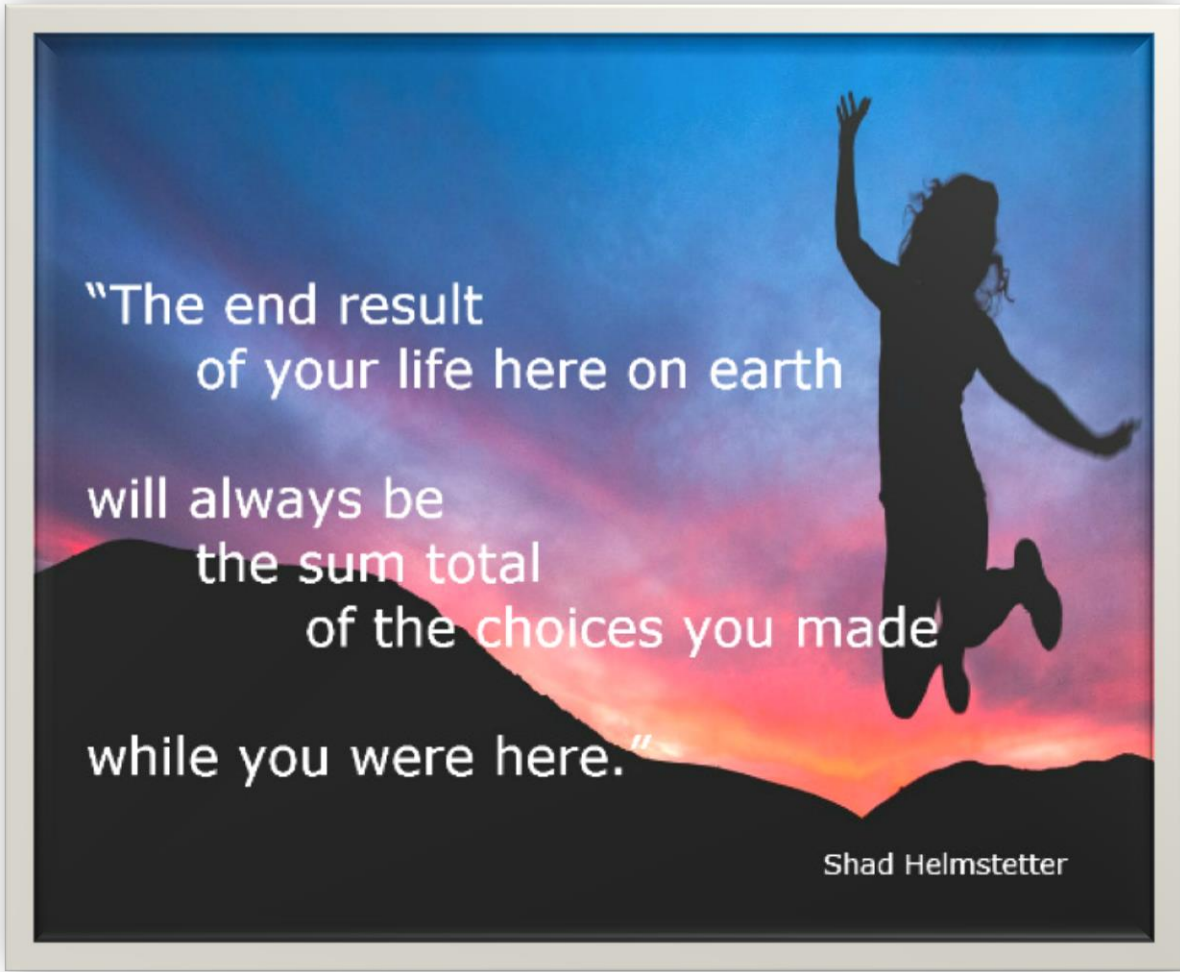
A framed poster with a sunset background. The sky transitions from a deep blue at the top to a vibrant orange and red near the horizon. In the foreground, there are dark silhouettes of hills or mountains. On the right side, a person is captured in mid-air, jumping joyfully with their arms and legs outstretched. The overall mood is one of freedom and achievement.

“If you’d like to know
what your choices have been,

look at yourself
and the life
you have lived.

What you see
is the choices you’ve made.”

Shad Helmstetter

A framed poster with a sunset background. The sky transitions from a deep blue at the top to a vibrant orange and red near the horizon. In the foreground, there are dark silhouettes of rolling hills. A person is captured in mid-air, jumping joyfully with their arms raised and legs bent. The text is overlaid on the left side of the image in a white, sans-serif font.

"The end result
of your life here on earth
will always be
the sum total
of the choices you made
while you were here."

Shad Helmstetter