

PASSIONATE ABOUT LEARNING, GROWTH, AND MAKING THE MOST OF EVERY OPPORTUNITY



Hello! My name is Zydrick Joe C. Osin and I am 21 years old. I am currently a fashion model and an active Sangguniang Kabataan (SK) official in my barangay. I take pride in representing my community and making a positive impact on the youth through leadership and various initiatives.

I come from a loving and supportive family that has always encouraged me to pursue my passions. We enjoy spending time together, whether it's celebrating special occasions or simply bonding over meals. My family plays a big role in shaping who I am today, and I am grateful for their constant guidance and motivation.



# WORK-LIFE HARMONY

## PRIORITIZE

Focus on what truly matters. Learn to say no and invest your energy in high-impact tasks

## SET BOUNDARIES

Keep work and personal life separate. Clear boundaries protect your mental health and relationships

## SELF-CARE

Take time to rest, exercise, and enjoy hobbies. Recharge to stay productive and focused

## FLEXIBILITY

Life changes adapt your schedule as needed while staying aligned with your goals