

Mandala chart

Write the core goal in the centre square. Around it, name the 8 pillars that would make it happen. Copy each pillar into the centre of its own block, then fill the 8 squares around it with actions you can do.

		Pillar 1			Pillar 2			Pillar 3

			Pillar 1	Pillar 2	Pillar 3			
		Pillar 4	Pillar 4	Core goal	Pillar 5		Pillar 5	
			Pillar 6	Pillar 7	Pillar 8			

		Pillar 6			Pillar 7			Pillar 8