

# 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.

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|--|----------|--|--|----------|--|--|----------|--|
|  |          |  |  |          |  |  |          |  |
|  | 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 |  |          |  |

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|  |          |  |  |          |  |  |          |  |
|  | Pillar 6 |  |  | Pillar 7 |  |  | Pillar 8 |  |
|  |          |  |  |          |  |  |          |  |