MANDALA CHART

BLANK 9 x 9 / One goal. Eight focus areas. Up to 64 actions.

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	A / focus area			B / focus area			C / focus area	
			A / focus area	B / focus area	C / focus area			
	D / focus area		D / focus area	MY GOAL	E / focus area		E / focus area	
			F / focus area	G / focus area	H / focus area			
	F / focus area			G / focus area			H / focus area	

FILL IT OUT

1. Write one clear goal in the yellow cell. Include a target date.

2. Add eight supporting focus areas in the center block, A through H.

3. Copy each area to the matching letter in its outer block.

4. Add up to eight actions around each outer focus area.

5. Schedule three actions for this week. Review weekly.

MY NEXT THREE ACTIONS

1. _____

2. _____

3. _____

Review date: _____

Print landscape. Use fit to printable area for A4.

MANDALA CHART

3 x 3 STARTER / Choose your goal and its eight supporting focus areas.

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A / FOCUS AREA	**B / FOCUS AREA**	**C / FOCUS AREA**
D / FOCUS AREA	**MY MAIN GOAL** Target date:	**E / FOCUS AREA**
F / FOCUS AREA	**G / FOCUS AREA**	**H / FOCUS AREA**

START HERE

1. Put your outcome and timeframe in the center.

2. Name eight things your goal depends on: skills, habits, resources, or support.

3. Transfer this center block to page one. Match the letters, then add actions.

A USEFUL GOAL

Finish my first half marathon in six months.

POSSIBLE FOCUS AREAS

Running, strength, recovery, fueling, schedule, mindset, support, and race prep.

Leave uncertain spaces open. Begin with the actions you can name now.

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MANDALA CHART

COMPLETED EXAMPLE / First half marathon in six months

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Choose a plan	Schedule runs	Map a route	Choose suitable sessions	Schedule strength	Prepare equipment	Schedule rest	Track sleep	Protect bedtime
Set out kit	**A: Running**	Follow plan effort	Check technique	**B: Strength**	Log exercises	Pack post-run clothes	**C: Recovery**	Note fatigue
Log distance and effort	Keep a backup route	Sunday plan review	Record loads	Ask for feedback	Review with plan	Keep rest days free	Adjust busy weeks	Review recovery
Plan groceries	Prepare meals	Pack run snacks	**A: Running**	**B: Strength**	**C: Recovery**	Block run times	Add travel buffer	Plan around work
Plan drink access	**D: Fueling**	Practice race breakfast	**D: Fueling**	**First half marathon in six months**	**E: Schedule**	Choose fallback time	**E: Schedule**	Check weather
Log what works	Pack post-run food	Set meal reminders	**F: Mindset**	**G: Support**	**H: Race prep**	Prep weekly calendar	Set reminders	Protect review time
Write race reason	Set process goals	Log small wins	Tell a friend	Find a local group	Arrange run partner	Choose an event	Read course guide	Check cutoff times
Choose a start cue	**F: Mindset**	Plan for setbacks	Ask plan questions	**G: Support**	Coordinate home schedule	Plan race travel	**H: Race prep**	Test race kit
Limit comparisons	Note lessons	Review progress	Share weekly update	Thank supporters	Ask for help early	Confirm entry details	Write packing list	Plan race morning

HOW TO READ IT

The main goal stays in the yellow center cell.

Each focus area appears twice: once beside the goal and once in its outer block.

The eight surrounding cells in each outer block contain its actions.

These 64 entries mix habits, weekly tasks, and one-time decisions.

MAKE IT YOURS

This example illustrates goal planning. It is not a running program. Choose actions and a training plan that fit your starting point.

START WITH THREE

Pick three useful actions, schedule them this week, and review what happened.

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