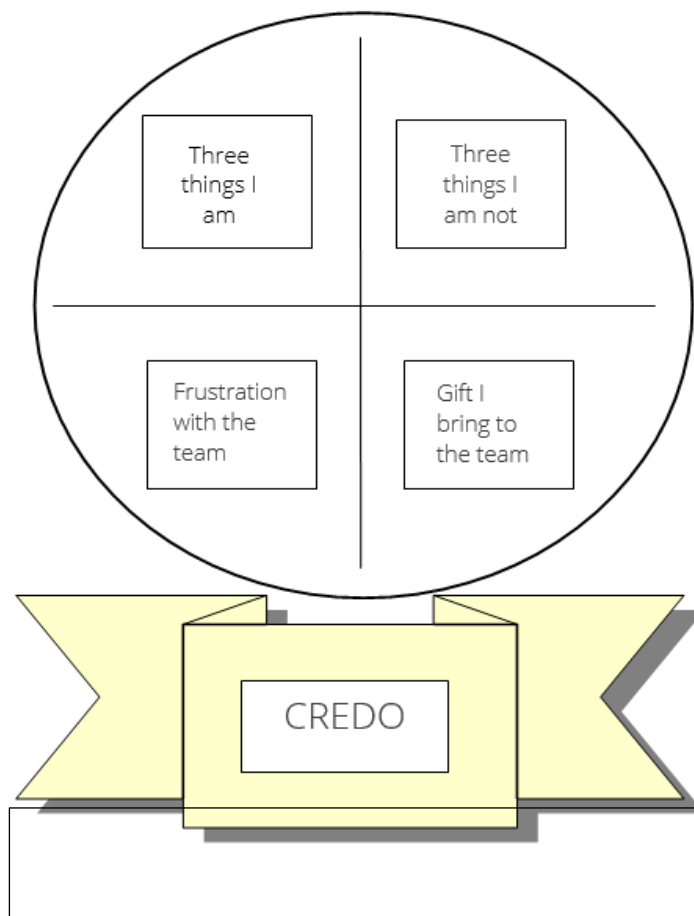


TEAM SPIRIT - PERSONAL MANDALA

A mandala is a visual representation of prized values, beliefs and viewpoints held by individuals and groups that captures their essence of spirit. Mandala is the sanskrit word for circle. Use the attached sheet to create your personal mandala. Use only pictures, icons, images that symbolize your response to each quadrant. These images should be drawn by you – let your inner artist shine! No clipart or emojis here.

- Three things I am (things you are particularly proud of in any realm of personal or work life);
- Three things I am not;
- Gift I bring to the team (personal strengths or capacity that you typically exhibits in teamwork);
- Source of frustration with teamwork (an irritation or upset that you have experienced with this team or other teams).

The Credo is your essential, guiding principle or perspective that you rely on as a guide for everyday life (Your WHY). Use words to express this thought, belief or phrase. Place your name in the box below your Credo. **



Materials adapted from Cynthia Lamberth, President/Owner of Consulting Partners & Executive Director of the Kentucky Population Health Institute and Heermann, B. (1997). *Building team spirit: Activities for inspiring and energizing teams* (No. 658.3128 H459). New York: McGraw-Hill.

