



MI YO IDEAL

MANDALA

mandalascreativos.com

¿ CÓMO ES MI YO IDEAL ?

Large grey rectangular area for writing the overall description of the ideal self.

EMOCIONALES

FÍSICAS

MENTALES

Eight horizontal grey bars for listing emotional characteristics.

Eight horizontal grey bars for listing physical characteristics.

Eight horizontal grey bars for listing mental characteristics.

¿ QUÉ ACCIONES REALIZA MI YO IDEAL ?

Large grey rectangular area for writing the actions performed by the ideal self.