



## **Buddhism - the Eightfold Path**

This is a picture of the wheel representing the 8-fold path in Buddhism.

Your task is to consider how you could improve your practice in relation to any of these areas.

This is a personal project, which you may share if you would like - but it may be that you would prefer to work on it privately.

So the 'tangible' task is to make your own representation of the Eightfold Path - with labels - for us to see. It doesn't have to be a wheel, anything which joins eight separate ideas will work so be creative.