Te Whare Tapa Whā

Tinana

Daily, Minimum Positive Actions

Wairua

Things that uplift your Wairua

Whānau

3 People that you trust , who you can go to for support (let them Know)

Hinengaro

Your Bucket list, your Dreams, and Aspirations

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- ☐
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Resource developed by Alex Milner October 2019- Based on Te Whare Tapa Wha by Sir Mason Durie