

# *Tihei Mauri Ora*

Dream Setting

This is a roadmap to help unlock the path towards aspirations.

The first step is imaging your best life -  
What does life, school, work, food, the environment, your marae, your  
whānau, or your community look like?

Set a timer for 5 minutes to write or draw...

What does my best life look like?

# Ki Te Whai Ao

Next Steps Forward

You have a vision for your best life.

Now, write one of those dreams below to set as a goal.

By talking to people and searching on the internet, identify all of the steps, big and small, you can take this to achieve this goal.

Where can you share your vision? Who can support your goal?

# *Ki Te Ao Mārama*

Into Reality

Once you've got an idea of what needs to be done to achieve your goal, it's time to turn these plans into reality.

In 7 minutes, determine what steps you can take towards your goal this week.

What habits can you create? What possibilities can you create?

What steps can you take today?