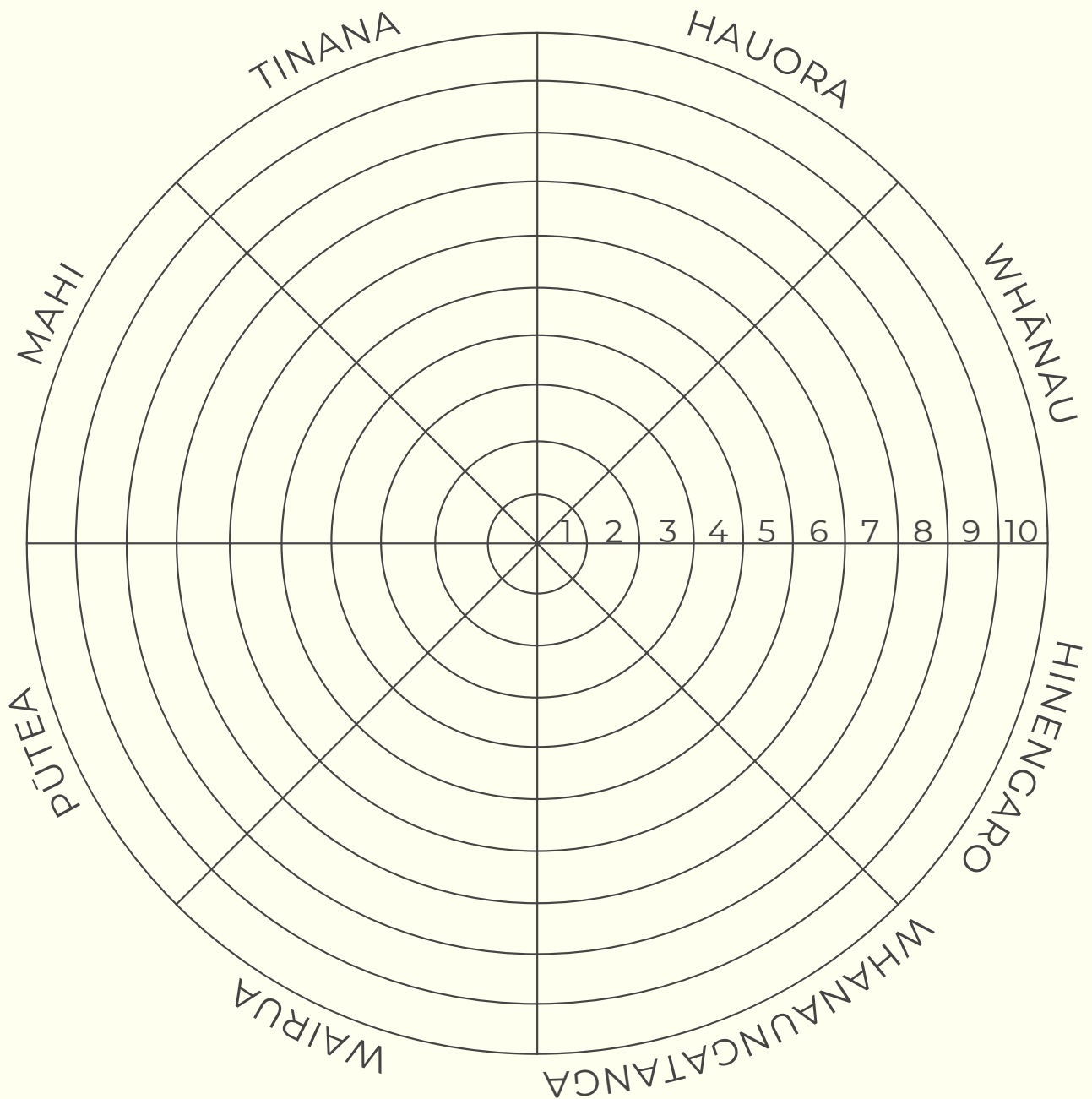


TE KĀPEHU WHETŪ

OUR TŪPUNA USED THE STARS TO NAVIGATE MANY THINGS. YOU CAN USE THIS TOOL TO HELP YOU BETTER UNDERSTAND WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED. THINK ABOUT THE 8 CATEGORIES BELOW, AND RATE THEM FROM 1 - 10.



Hauora - Health

Hinengaro - Mental Wellbeing

Wairua - Spiritual

Mahi - Work

Whānau - Family

Whanaungatanga - Relationships

Pūtea - Finances

Tinana - Physical Wellbeing

