

Taha Tinana:
Physical Health



I take care of this side of me by...

One thing I could do to improve this side of myself is...

Taha Whānau:
Family Health



I take care of this side of me by...

One thing I could do to improve this side of myself is...

Taha Hinengaro:
Mental Health



I take care of this side of me by...

One thing I could do to improve this side of myself is...

Taha Wairua:
Spiritual Health



I take care of this side of me by...

One thing I could do to improve this side of myself is...

Whenua: Land, Roots

I take care of this side of me by...

One thing I could do to improve this side of myself is...

