

Unu Ora

We have all had learnings this year. What has or has not served us well?



He whāinga:

He aha ngā āhuatanga kei roto i a koe, me pupuru tonu, me tuku, me whakamutu noa atu ?

What will I let go of, take with me, or stop doing?



Ōku whāinga:

My aspirations, my goals for the coming year. What are they?

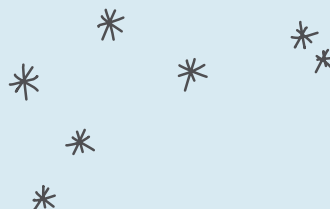
Ōku whāinga

our aspirations our goals and objectives. The key is to ensure they are meaningful, have intention and purpose.



Te whakamahara i ngā mate:

Remembering those who have passed. Who were they? What did they mean to you and what taonga, learning did you receive from them?



Woo