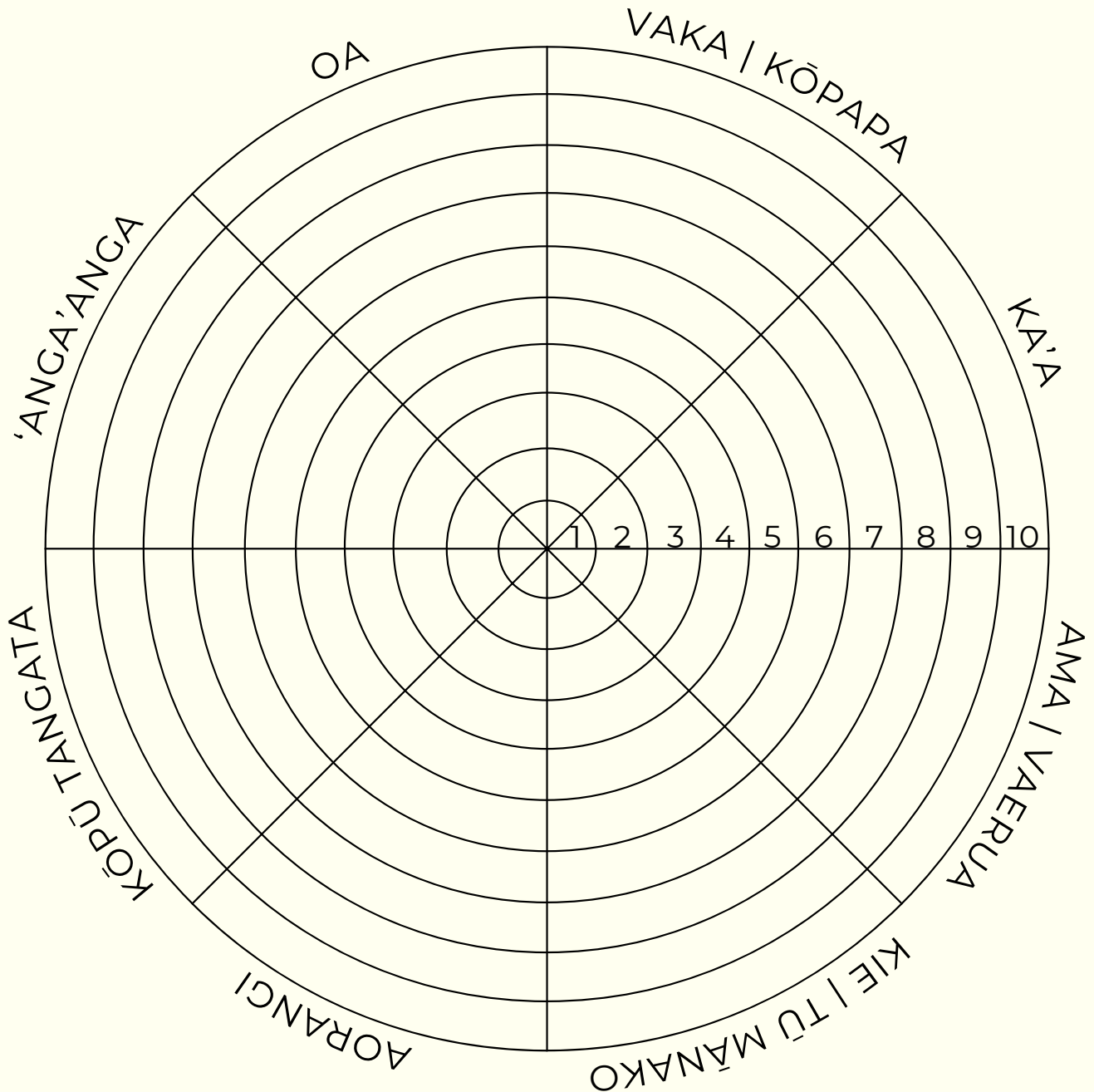


'ĒTŪ KAVEINGA

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.



Oa | Social Wellbeing

Ka'a | Resiliency

Kie/Tū Mānako | Mental/Emotional

Kōpū Tangata | Family

Vaka/Kōpapa | Physical Wellbeing

Ama/Vaerua | Spiritual Wellbeing

Aorangi | Environment

'Anga'anga | Work

