

TE WHARE TAPA WHĀ



Wairua - anything/ anyone that motivates & inspires you



Whānau - family and social groups you are involved with



Hinengaro - anything related to your study



Tinana - any physical activity

Picture your usual weekly schedule and highlight every slot with the appropriate colour

AM/PM TE WĀ	MONDAY RAAHINA	TUESDAY RAATU	WEDNESDAY RAAPA	THURSDAY RĀPARE	FRIDAY RAMERE	SATURDAY RĀHOROI	SUNDAY RĀTAPU
< 6am							
6-7am							
7-8am							
8-9am							
9-10am							
10-11am							
11am-12pm							
12-1pm							
1-2pm							
2-3pm							
3-4pm							
4-5pm							
5-6pm							
6-7pm							
7-8pm							
8-9pm							
9-10pm							
10-11pm							
11pm-12am							
12am<							

What areas are well supported? What areas need more focus?