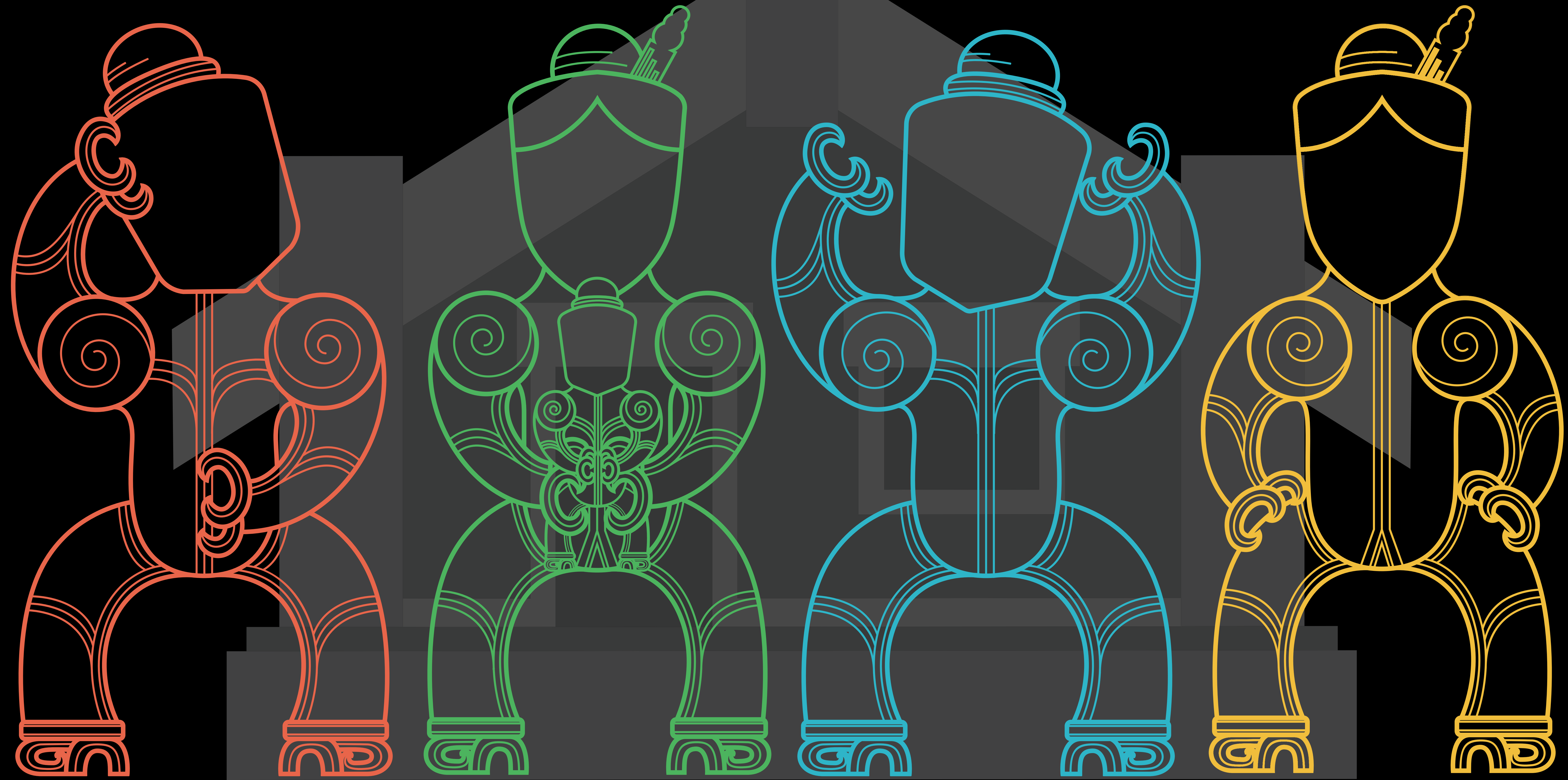


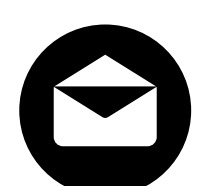
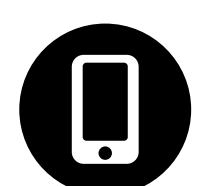
# TE WHARE TAPA WHĀ



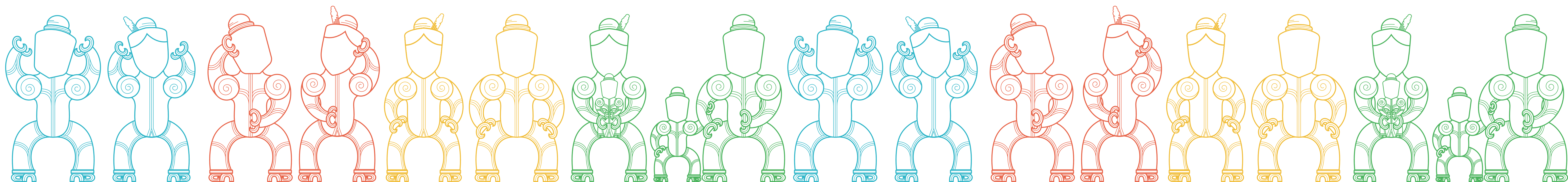


# TE WHARE TAPA WHĀ

HABIT TRACKER & JOURNAL



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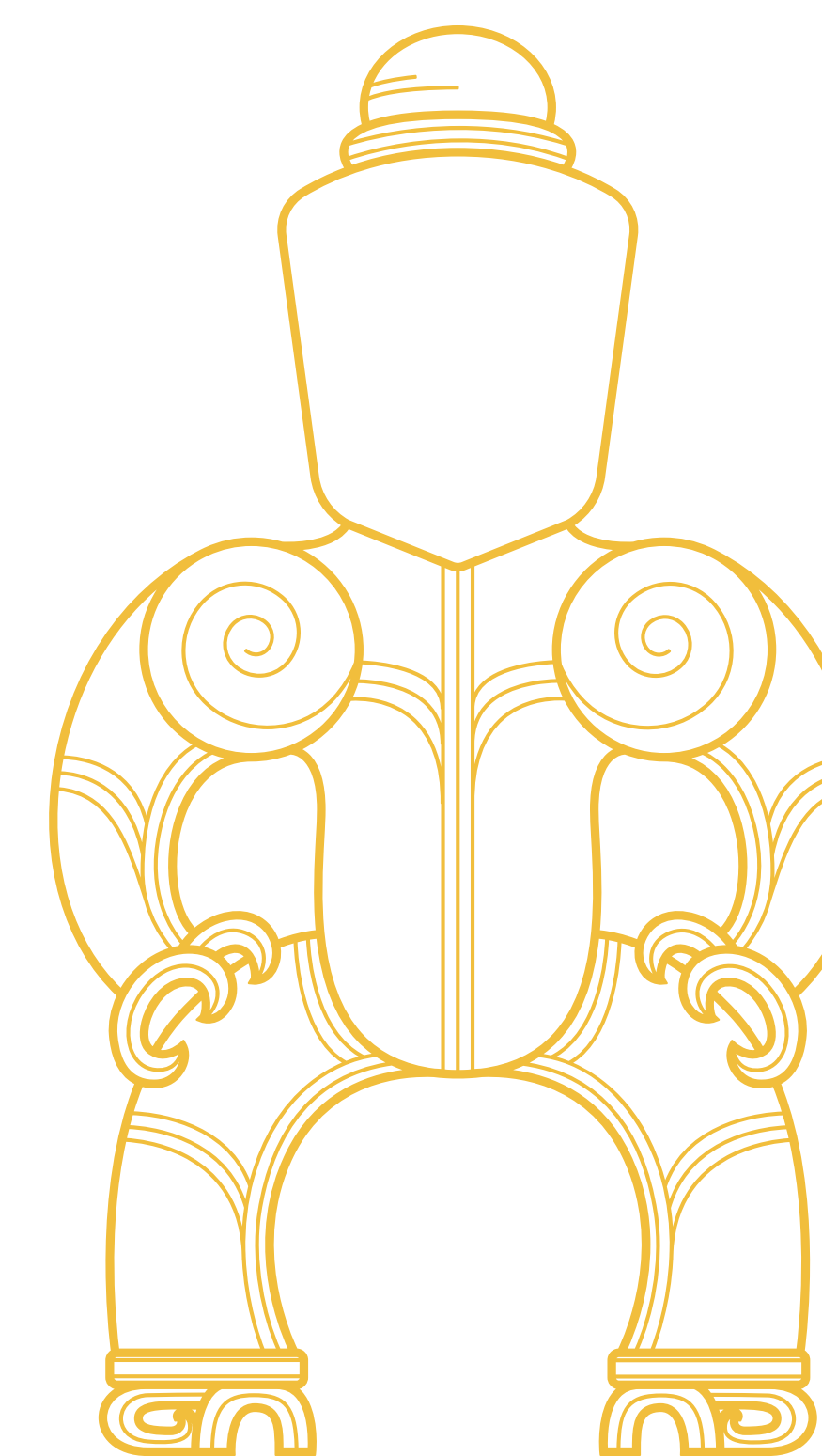
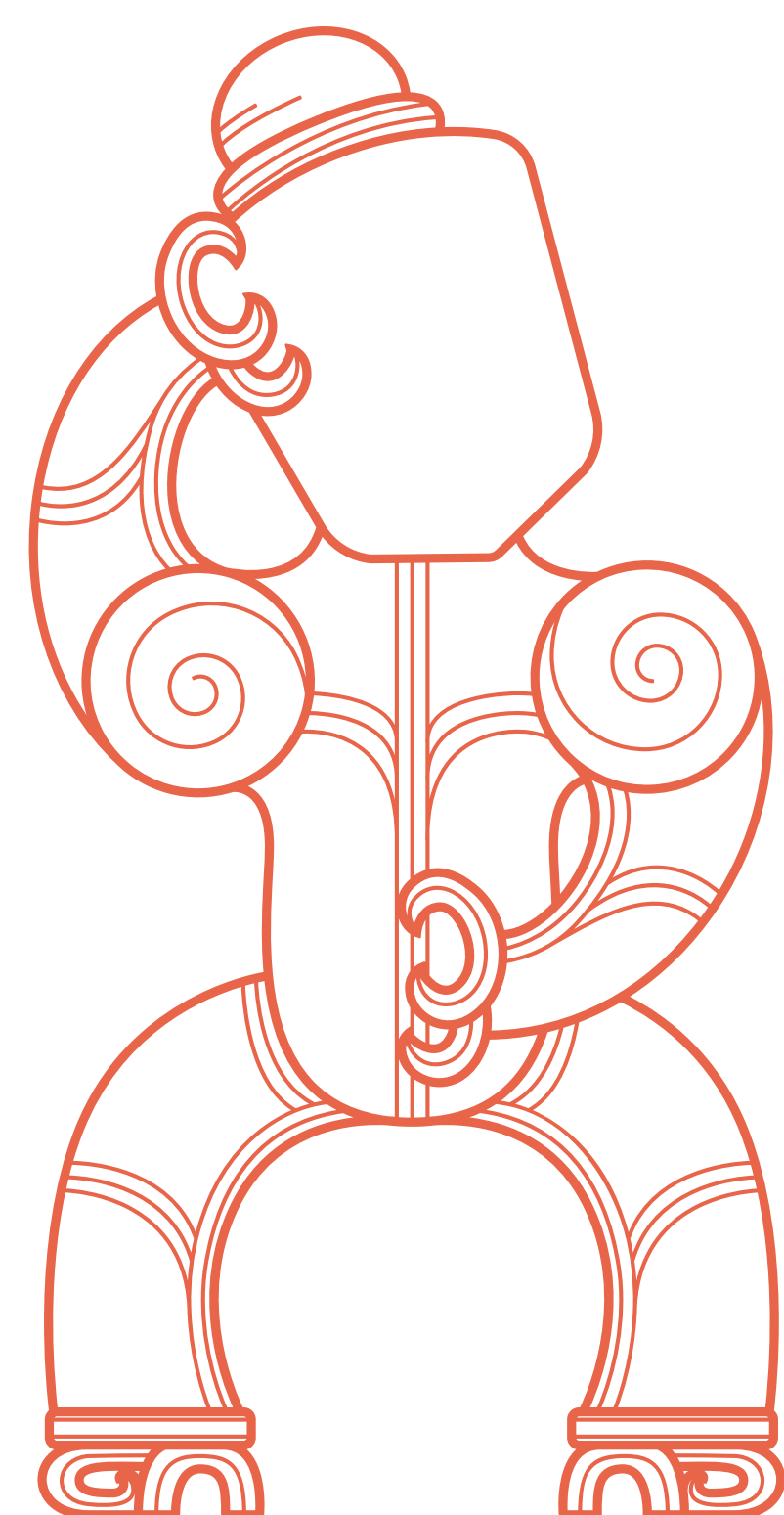
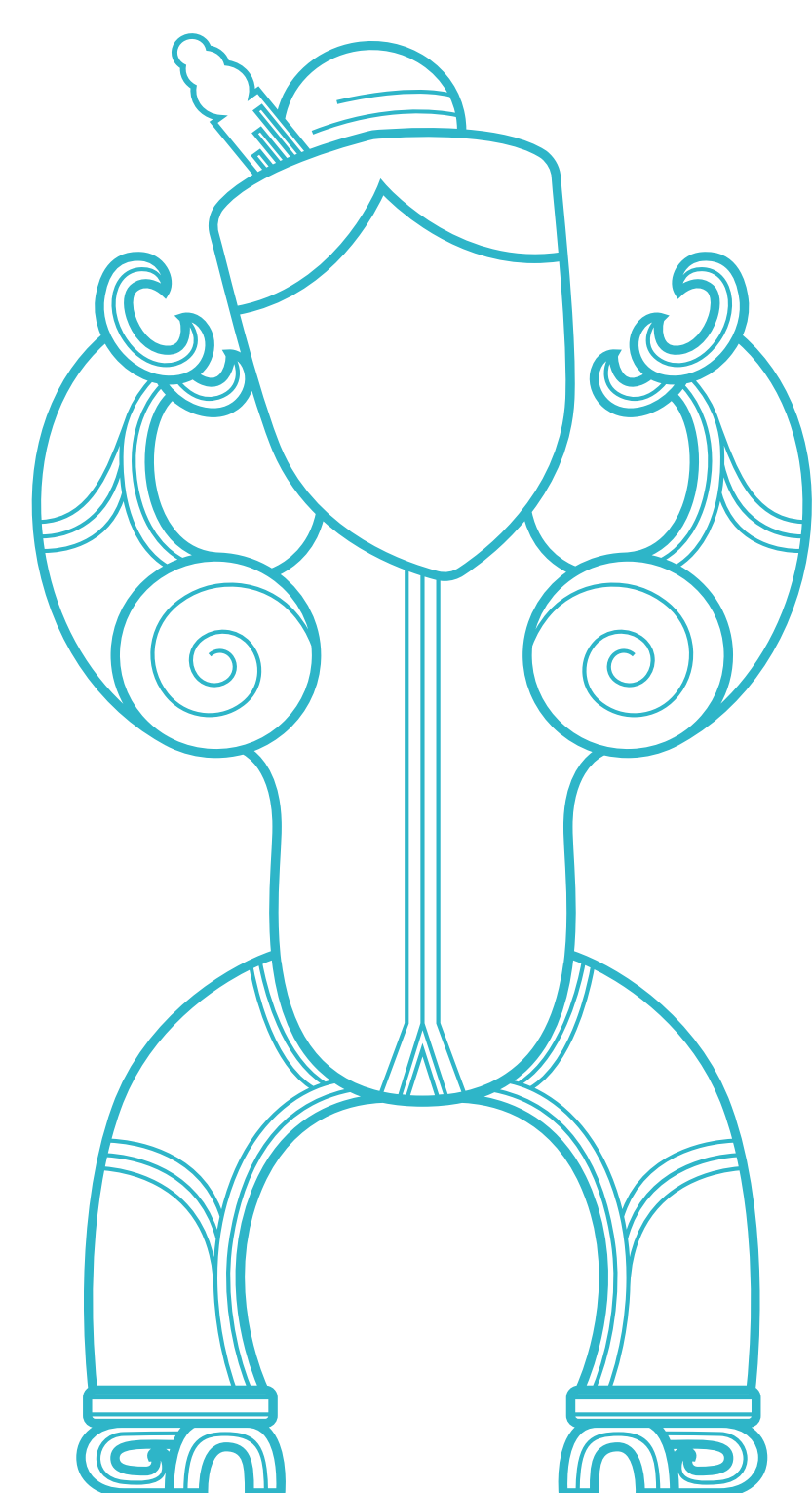
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# Introduction

**He oranga ngākau,  
He pikinga waiora.**

Positive feelings in your heart will raise your sense of self-worth.

Hauora is the hau (breath) of ora (life). Tā Mason Durie created a model of hauora called **Te Whare Tapa Whā** as a way to understand health and wellbeing.

This workbook is to tautoko (support) you on your journey creating new habits and reflecting on your goals and aspirations.

The images created for this workbook reflect Kapa haka stances often used to depict kaupapa of whānau, tinana, wairua and hinengaro. These physical expressions call on the elements of **Te Whare Tapa Whā** and act as pou (pillars) to guide your māhi (work).

## Creating new habits

Our habits are everyday actions that we live out, not destinations to reach. This habit tracker is designed for you to understand more about your own habits for your house of wellbeing, your whare hauora - yourself!

## Why track our habits?

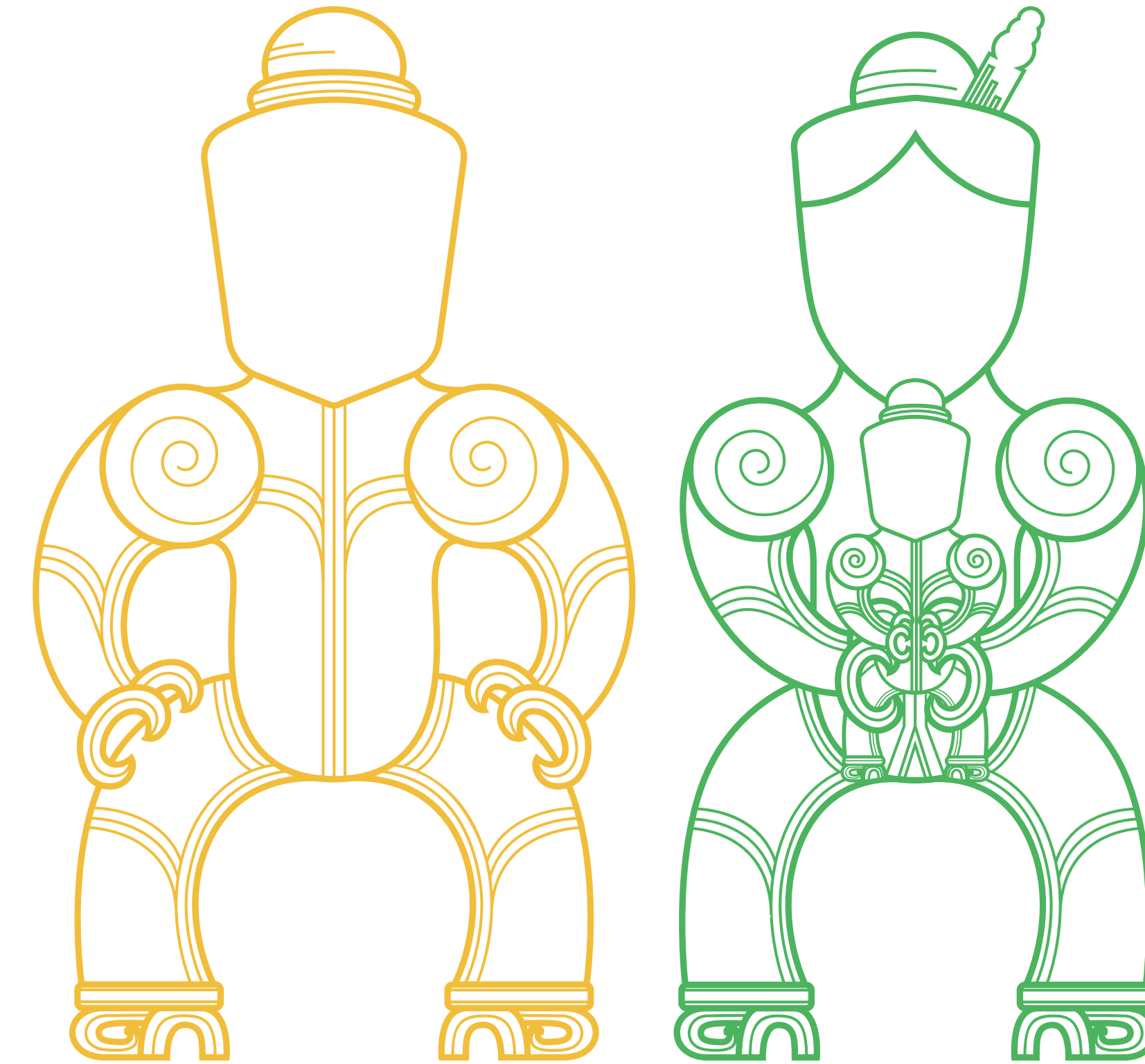
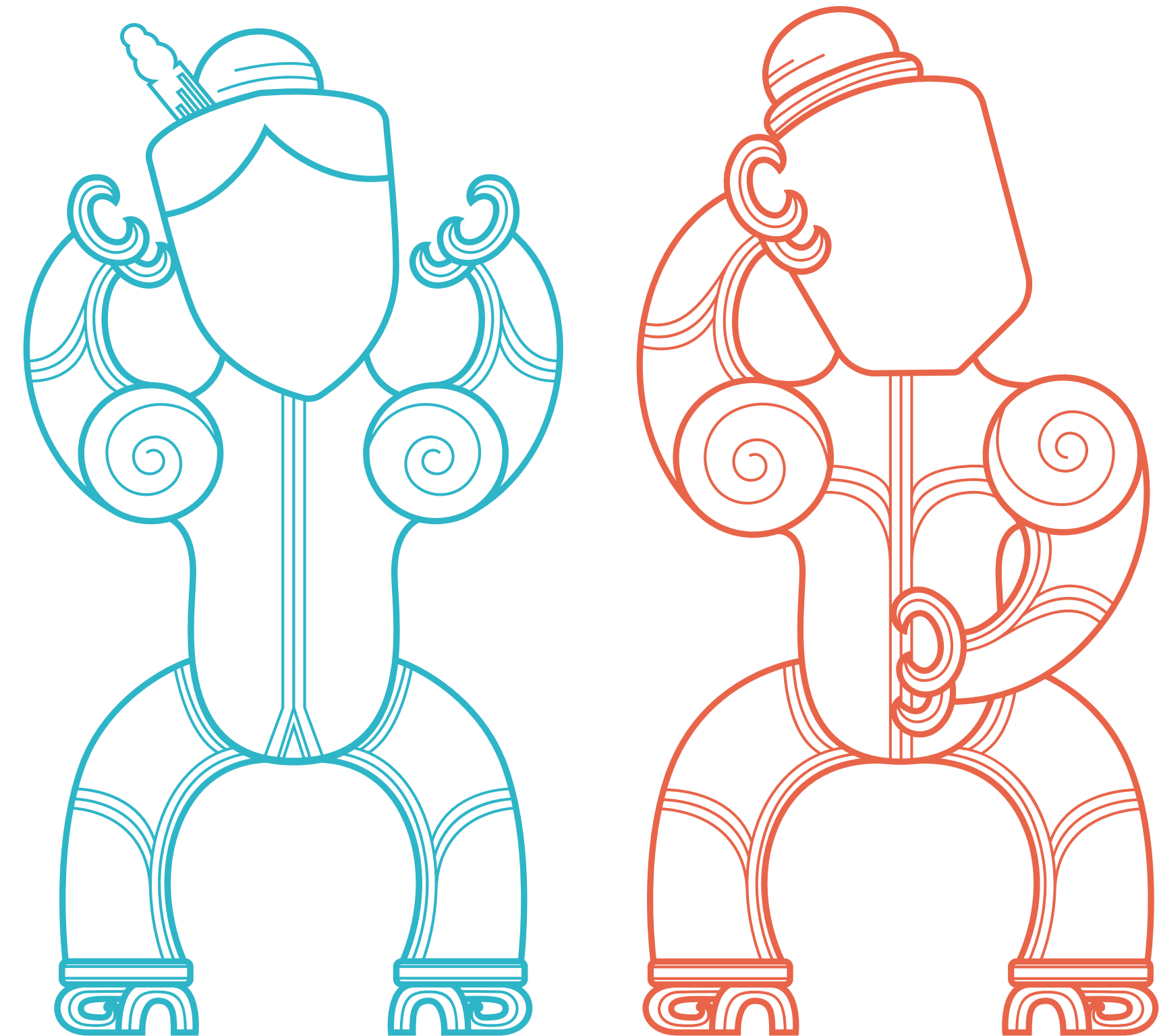
- Gives us feedback
- Helps us recognise patterns, notice gaps and celebrate successes
- Provides a visual cue to act
- Keeps us honest

Life is messy and unpredictable so be gentle on yourself.

**Mauri Ora!**

**Nā Anne-Marie Jackson PhD**

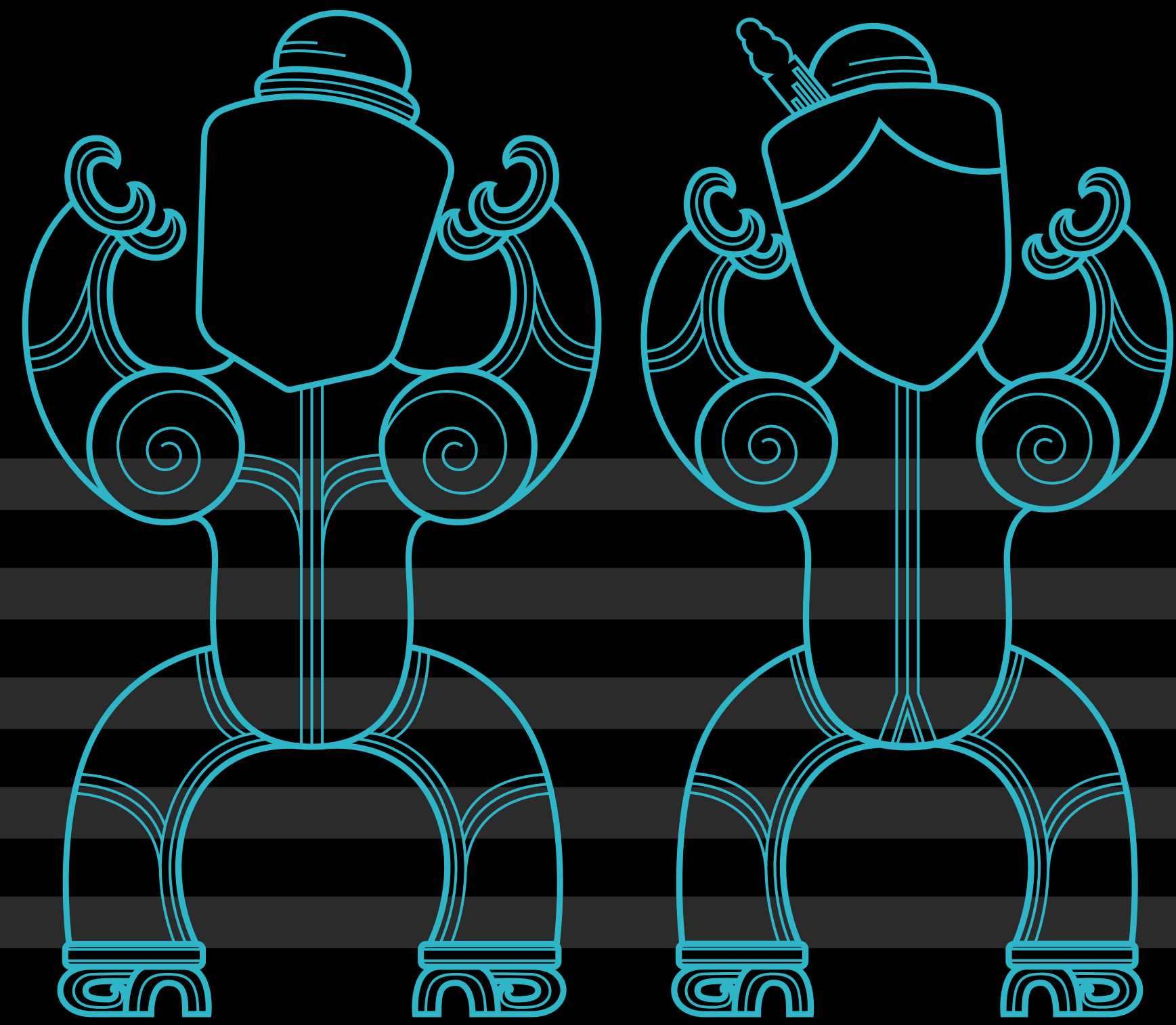
*Associate Professor, Ngāti Whātua, Ngāti Kahu, Ngāpuhi, University of Otago  
Mrs Emily Scott, University of Otago, School of Physical Education, Sport and Exercise Sciences*



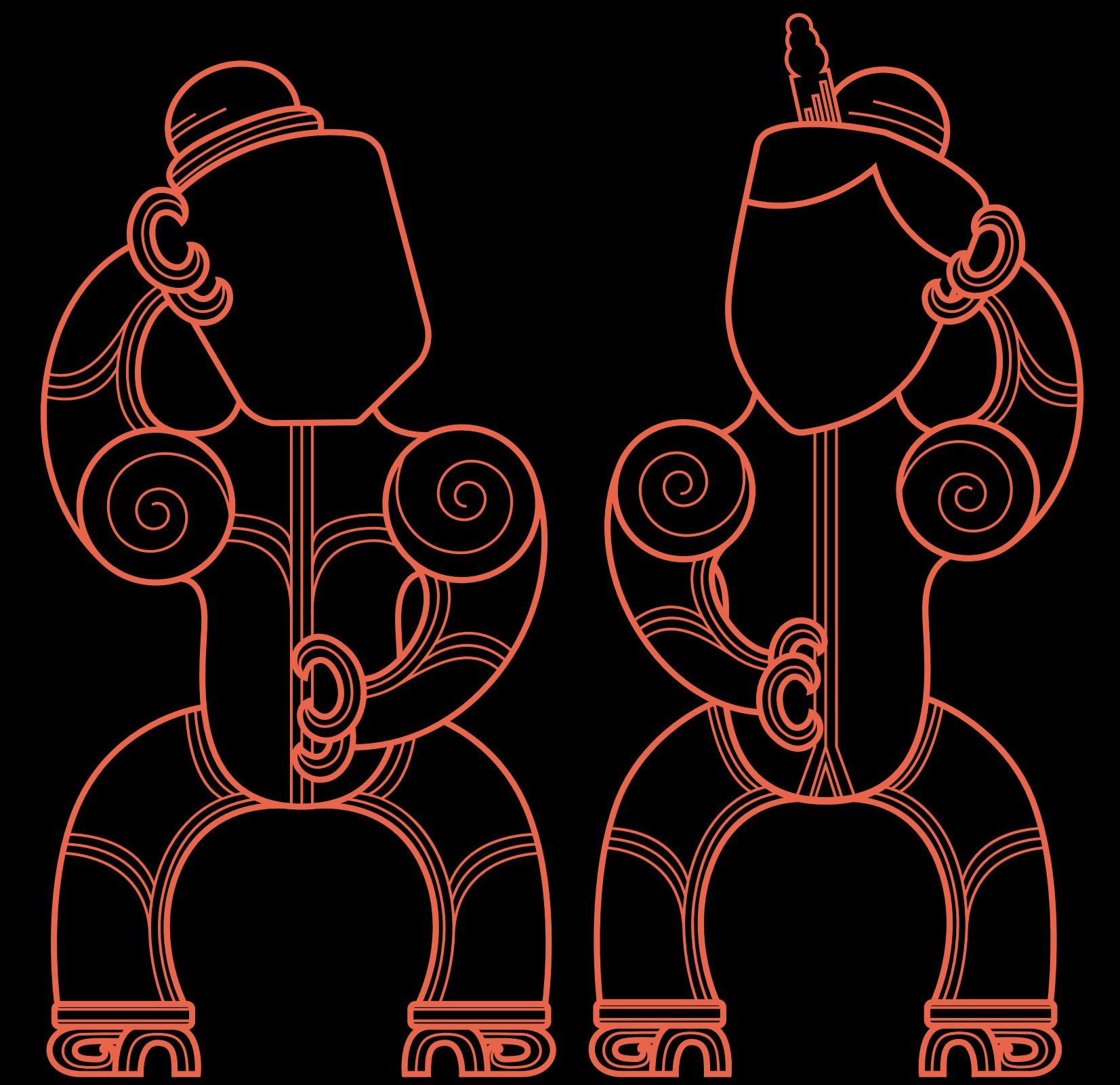
# TE WHARE TAPA WHĀ

Te Whare Tapa Whā is a health model by Professor Mason Durie. It describes **hauora** (health and wellbeing) as a **whare** (meeting house) with four walls.

These walls represent **te taha wairua** (spiritual wellbeing), **te taha hinengaro** (mental and emotional wellbeing), **te taha tinana** (physical wellbeing) and **te taha whānau** (family and social wellbeing).



**TAHA WAIRUA**  
SPIRITUAL

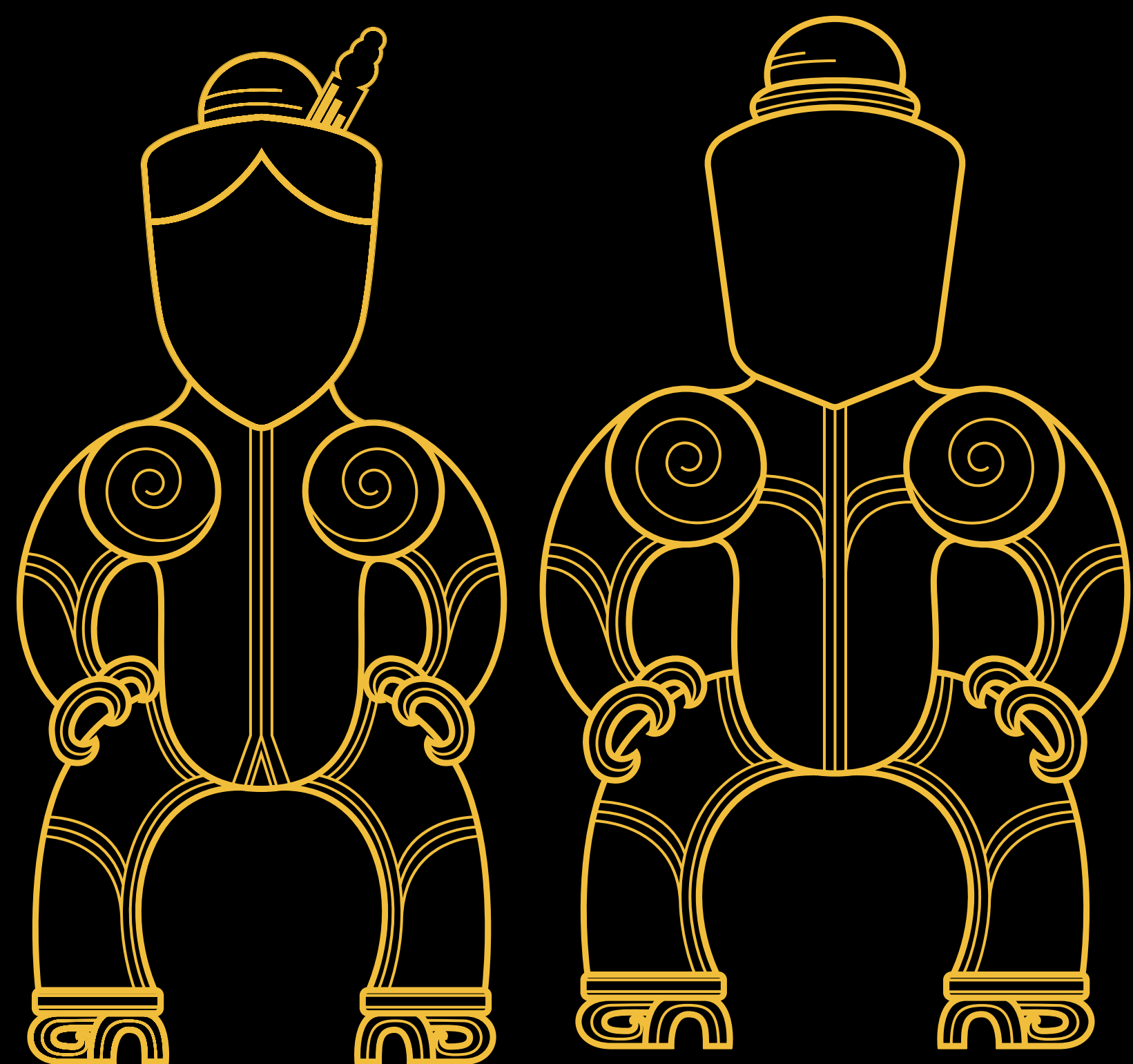


**TAHA HINENGARO**  
MENTAL & EMOTIONAL



**TAHA TINANA**  
PHYSICAL

**TAHA WHĀNAU**  
FAMILY & SOCIAL



All 4 elements are important to our overall **hauora** (health and wellbeing). Write the habits you want to track each day in your journal. Then, if you've completed that habit for the day, you can colour it in. The first pages are an overview of your **whare hauora**. The rest of the journal lets you think about, draw, doodle and reflect on habits of importance to you.

**Ki te hoe!** Let's do it!



# 2020

## Hānuere JAN

Man	Tūr	Wen	Tāi	Par	Hāt	Rāt
		1	2	3	4	5
6	7	8	9	10	●	12
13	14	15	16	17	18	19
20	21	22	23	24	●	26
27	28	29	30	31		

## Pēpuere FEB

Man	Tūr	Wen	Tāi	Par	Hāt	Rāt
					1	2
3	4	5	6	7	8	●
10	11	12	13	14	15	16
17	18	19	20	21	22	23
●	25	26	27	28	29	

## Māehe MAR

Man	Tūr	Wen	Tāi	Par	Hāt	Rāt
						1
2	3	4	5	6	7	8
9	●	11	12	13	14	15
16	17	18	19	20	21	22
23	●	25	26	27	28	29
30	31					

## Āperira APR

Man	Tūr	Wen	Tāi	Par	Hāt	Rāt
		1	2	3	4	5
6	7	●	9	10	11	12
13	14	15	16	17	18	19
20	21	22	●	24	25	26
27	28	29	30			

## Mei MAY

Man	Tūr	Wen	Tāi	Par	Hāt	Rāt
				1	2	3
4	5	6	●	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	●	24
25	26	27	28	29	30	31

## Hune JUN

Man	Tūr	Wen	Tāi	Par	Hāt	Rāt
					●	7
8	9	10	11	12	13	14
15	16	17	18	19	20	●
22	23	24	25	26	27	28
29	30					

## Hūrae JUL

Man	Tūr	Wen	Tāi	Par	Hāt	Rāt
						●
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	●	22	23	24	25	26
27	28	29	30	31		

## Ākuhata AUG

Man	Tūr	Wen	Tāi	Par	Hāt	Rāt
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24	25	26	27	28	29	30
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## Hepetema SEP

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## Oketopa OCT

Man	Tūr	Wen	Tāi	Par	Hāt	Rāt
			1	●	3	4
5	6	7	8	9	10	11
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## Noema NOV

Man	Tūr	Wen	Tāi	Par	Hāt	Rāt
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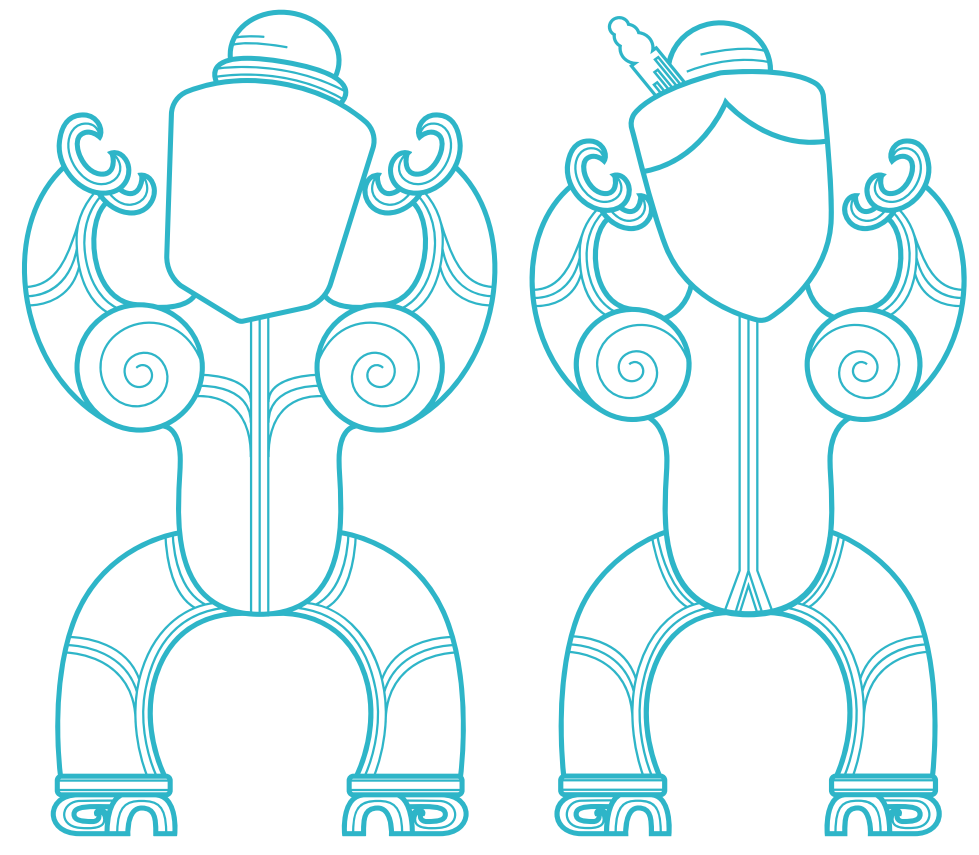
## Tihema DEC

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28	29	●	31			



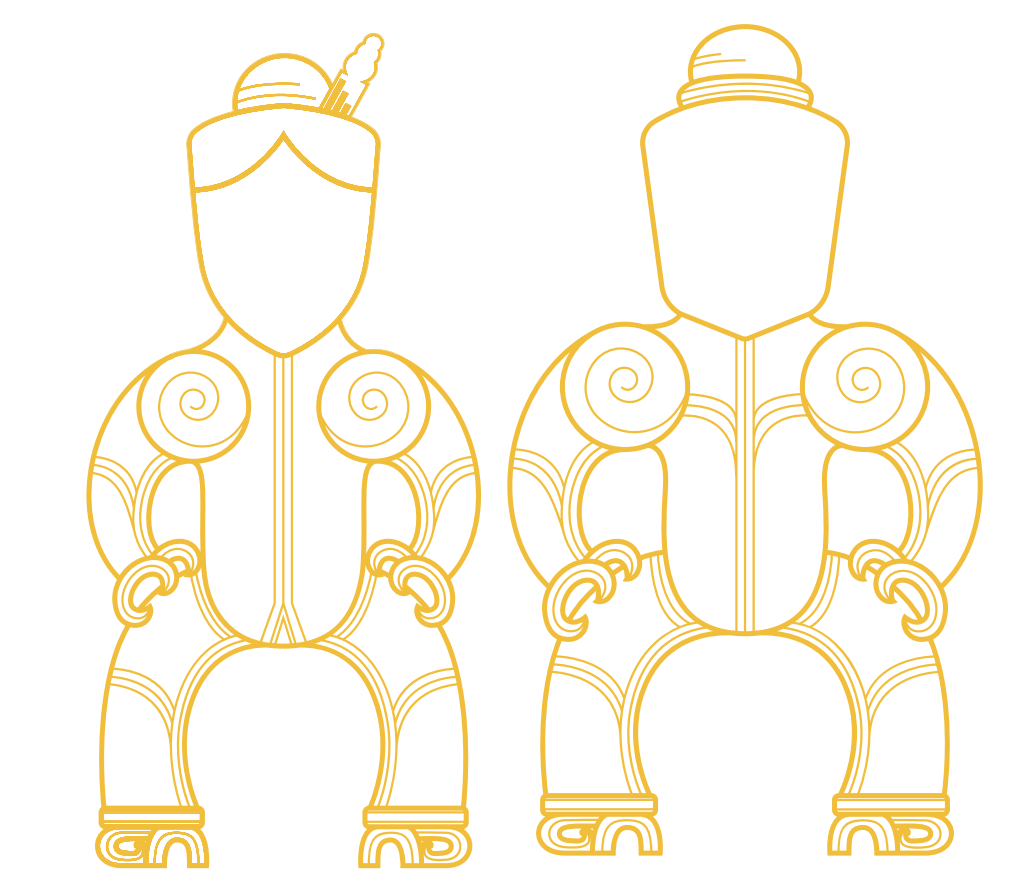
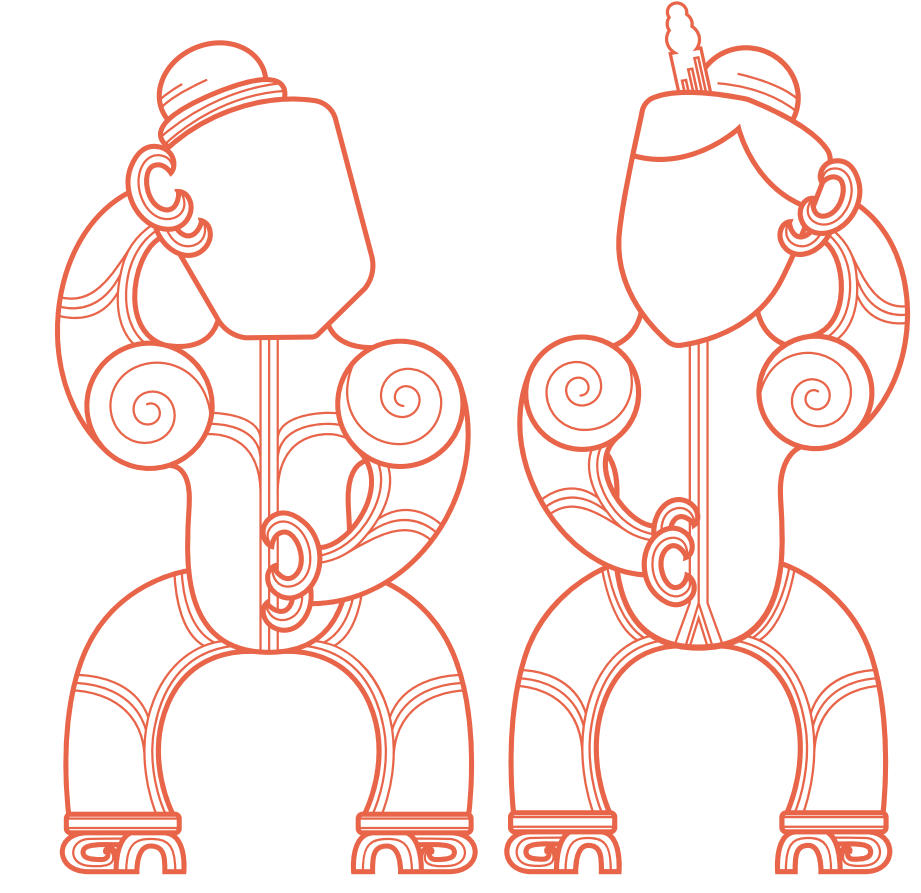
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SPIRITUAL



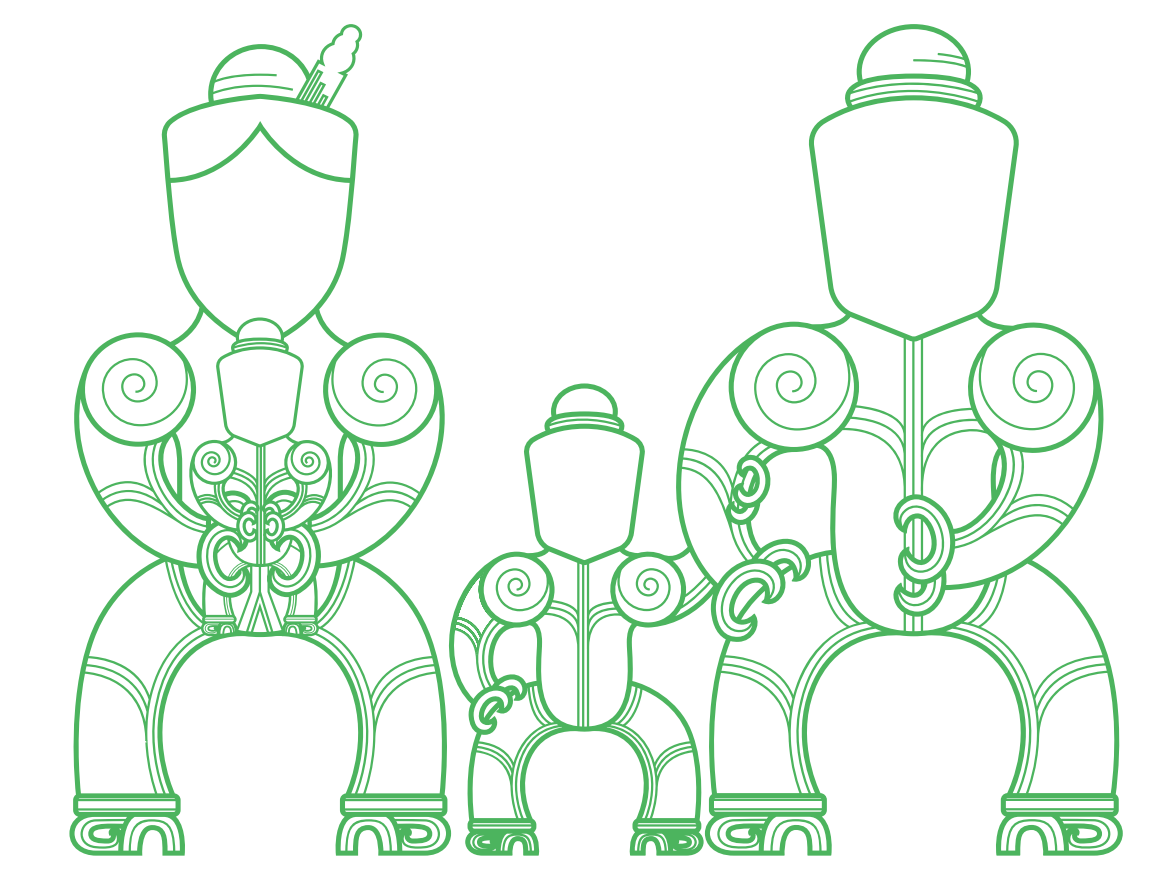
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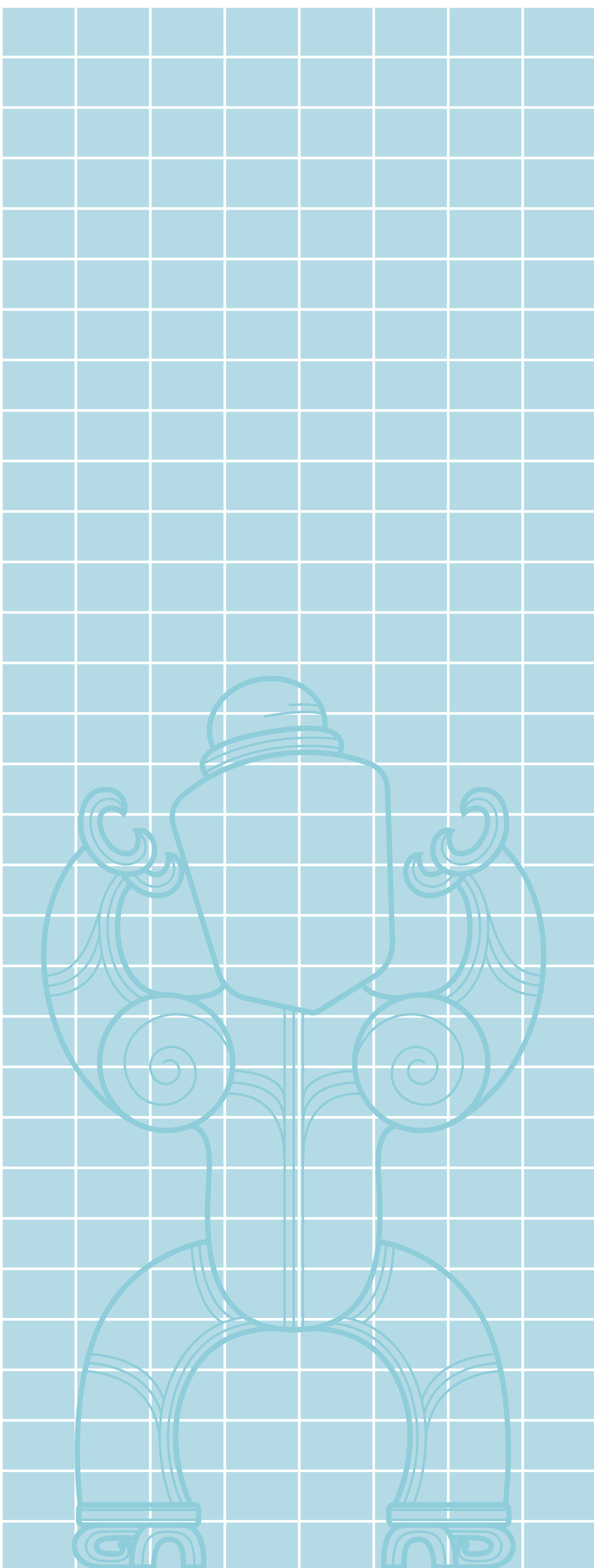
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# TAHA WAIRUA

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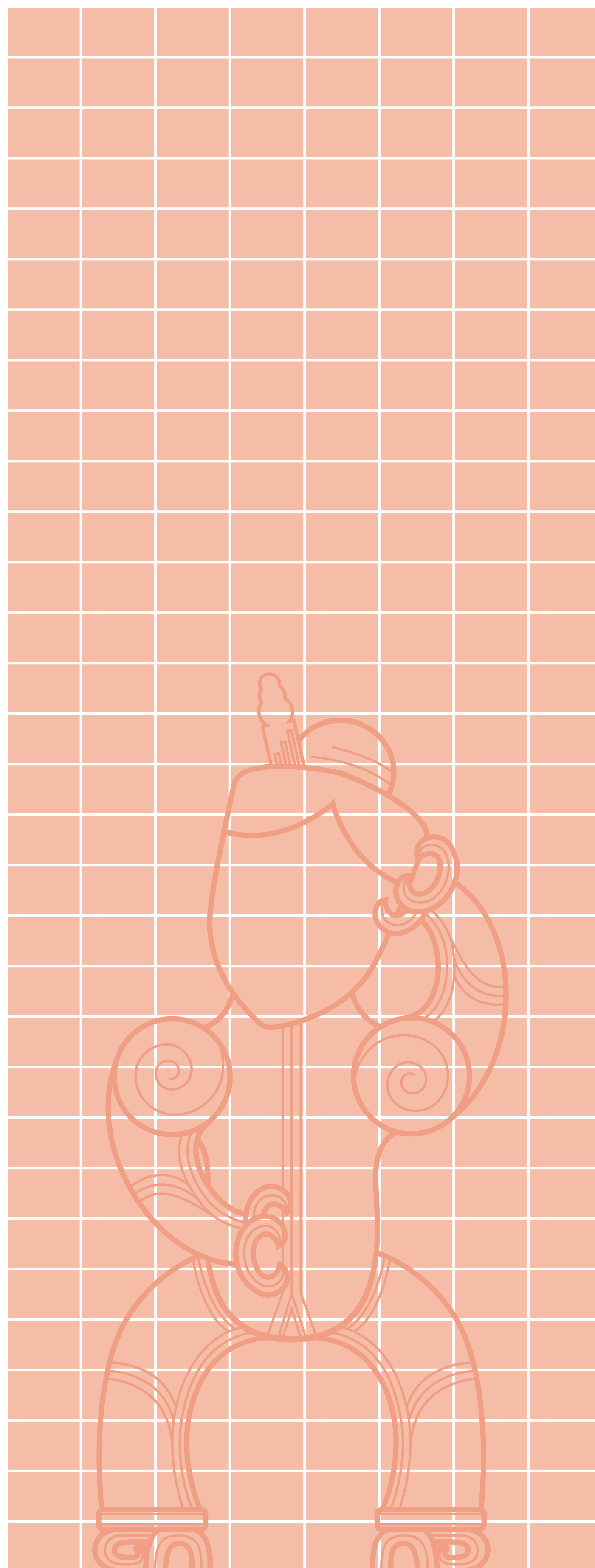
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# TAHA HINENGARO

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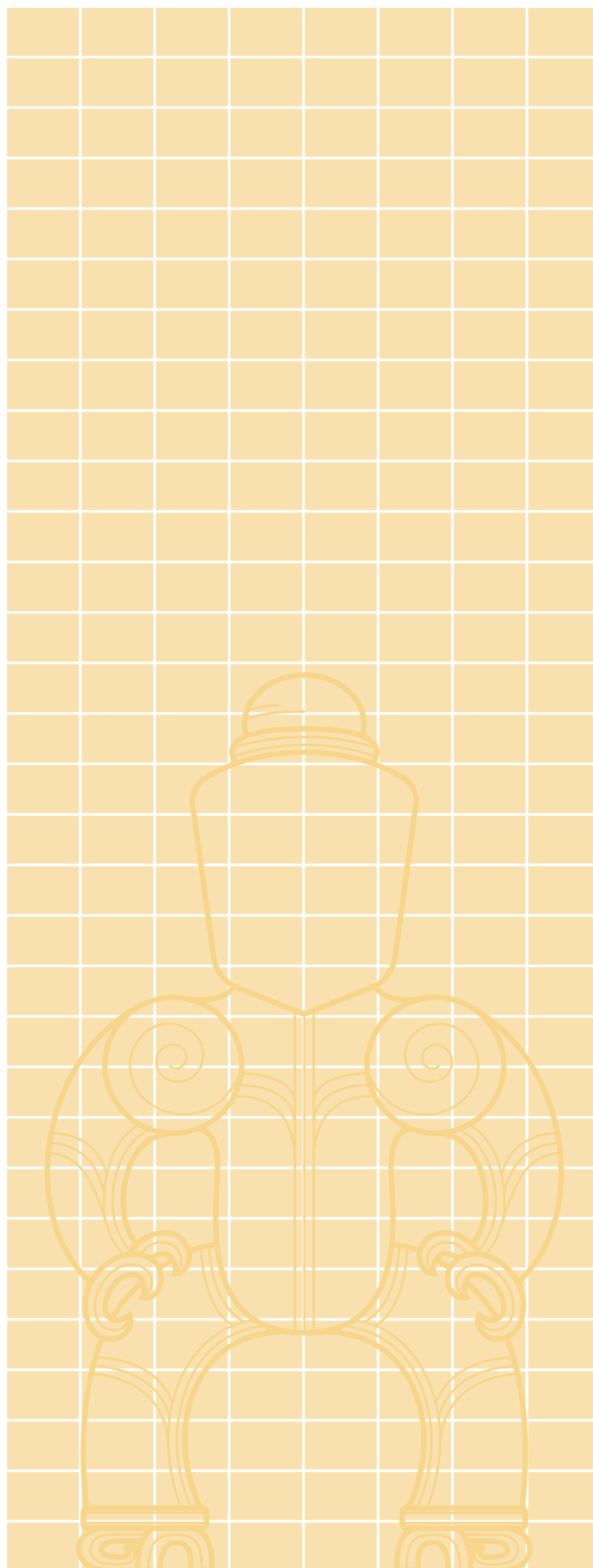
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# TAHA TINANA

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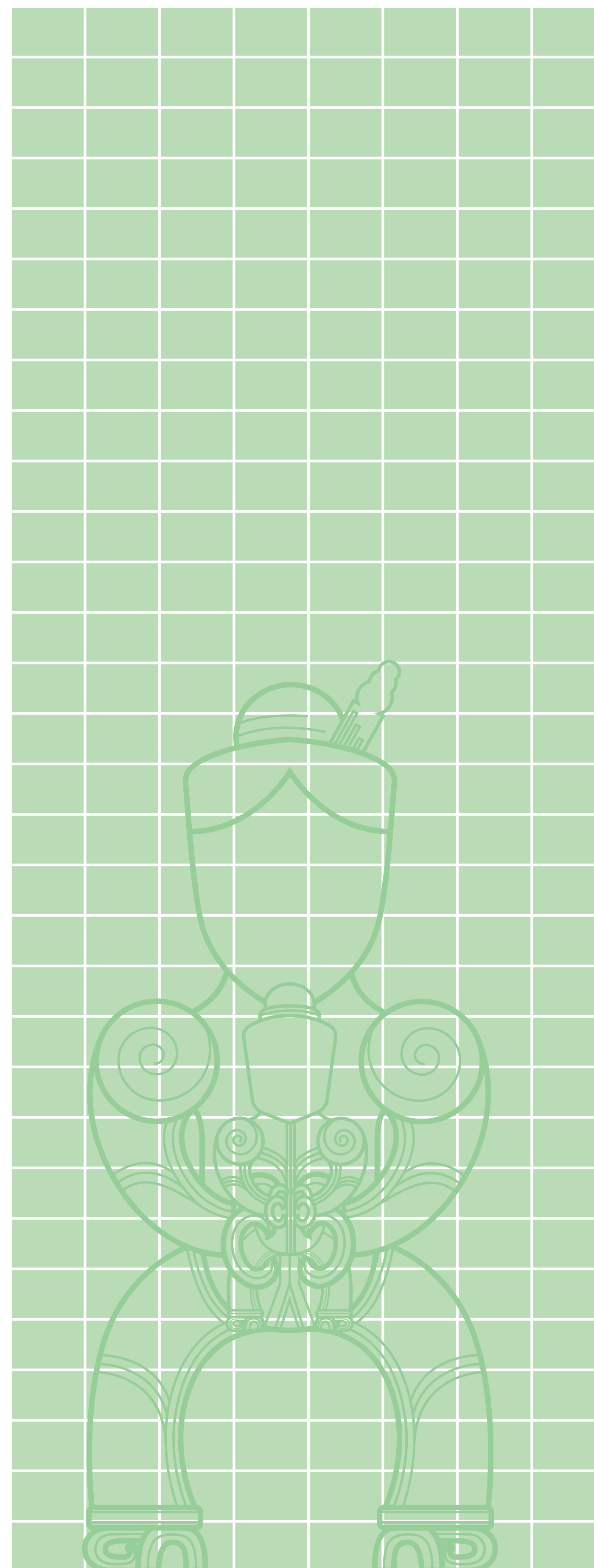
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# TAHA WHĀNAU

Vertical dotted lines for writing.

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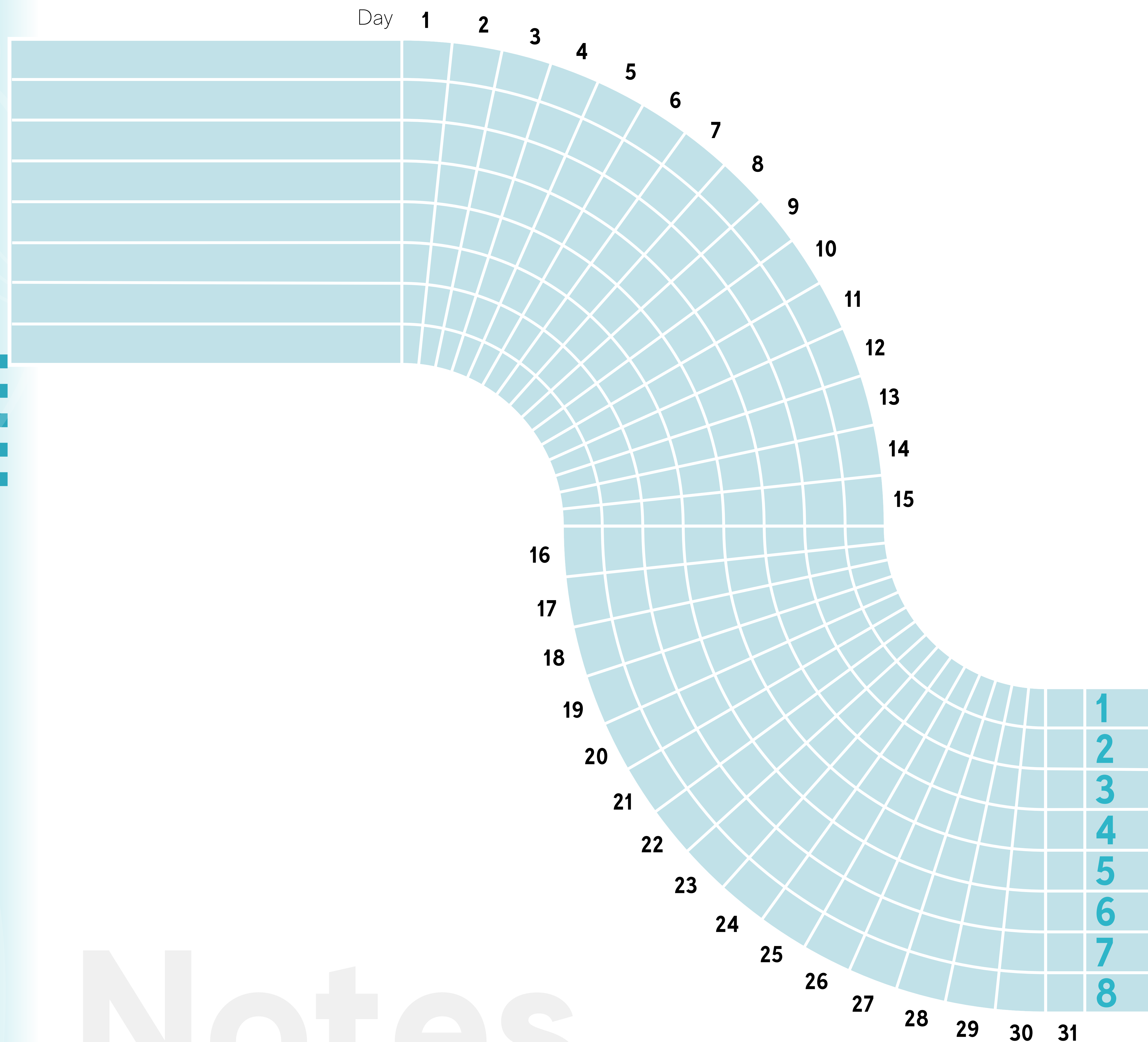




# TAHA WAIRUA

## HABIT TRACKER TE WHAI RITENGA

Month: \_\_\_\_\_



**Ko te mauri o te tangata  
ko tōna wairua.**

The spiritual essence of a person is  
their life force.

# Notes



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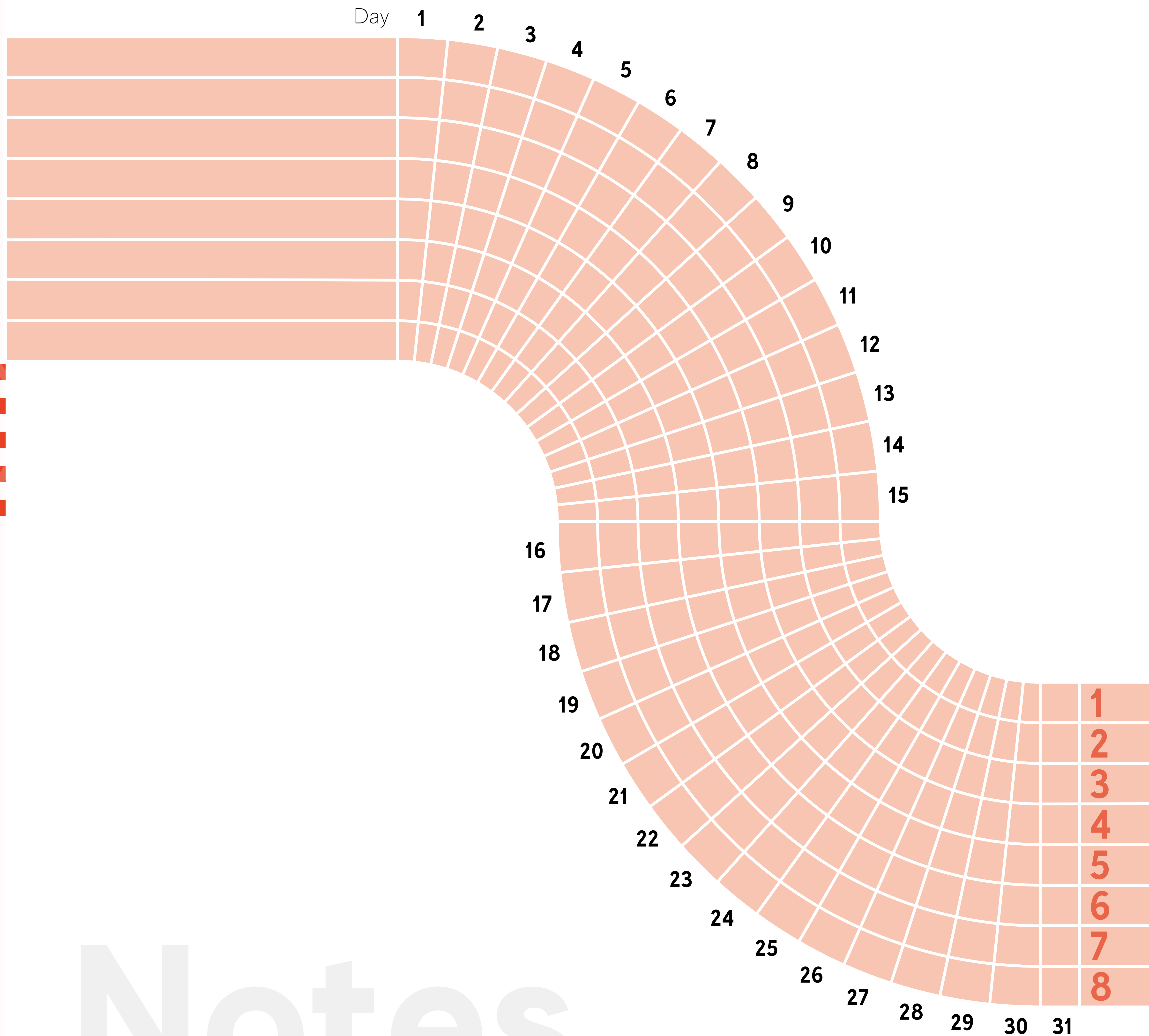
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# TAHA HINENGARO

## HABIT TRACKER TE WHAI RITENGA

Month: \_\_\_\_\_



# Notes

**Kapohia te rangimārie  
o te noho puku.**

Take hold of the peace that can be  
found in silence.



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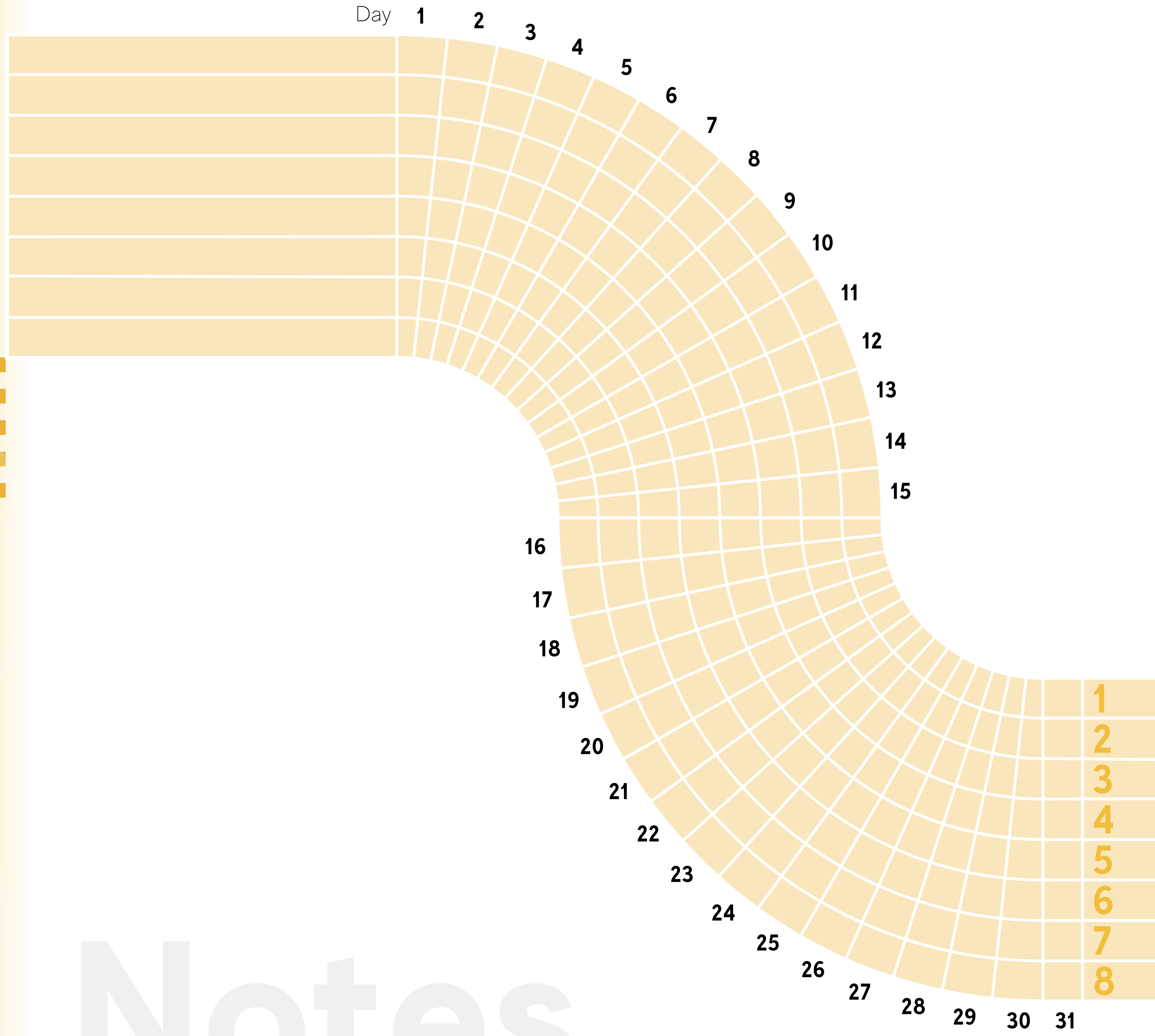
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## HABIT TRACKER TE WHAI RITENGA

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# Notes

**Kotahi anake tō tinana - tēnā tiakina!!**  
You only have one body, so look after it!!



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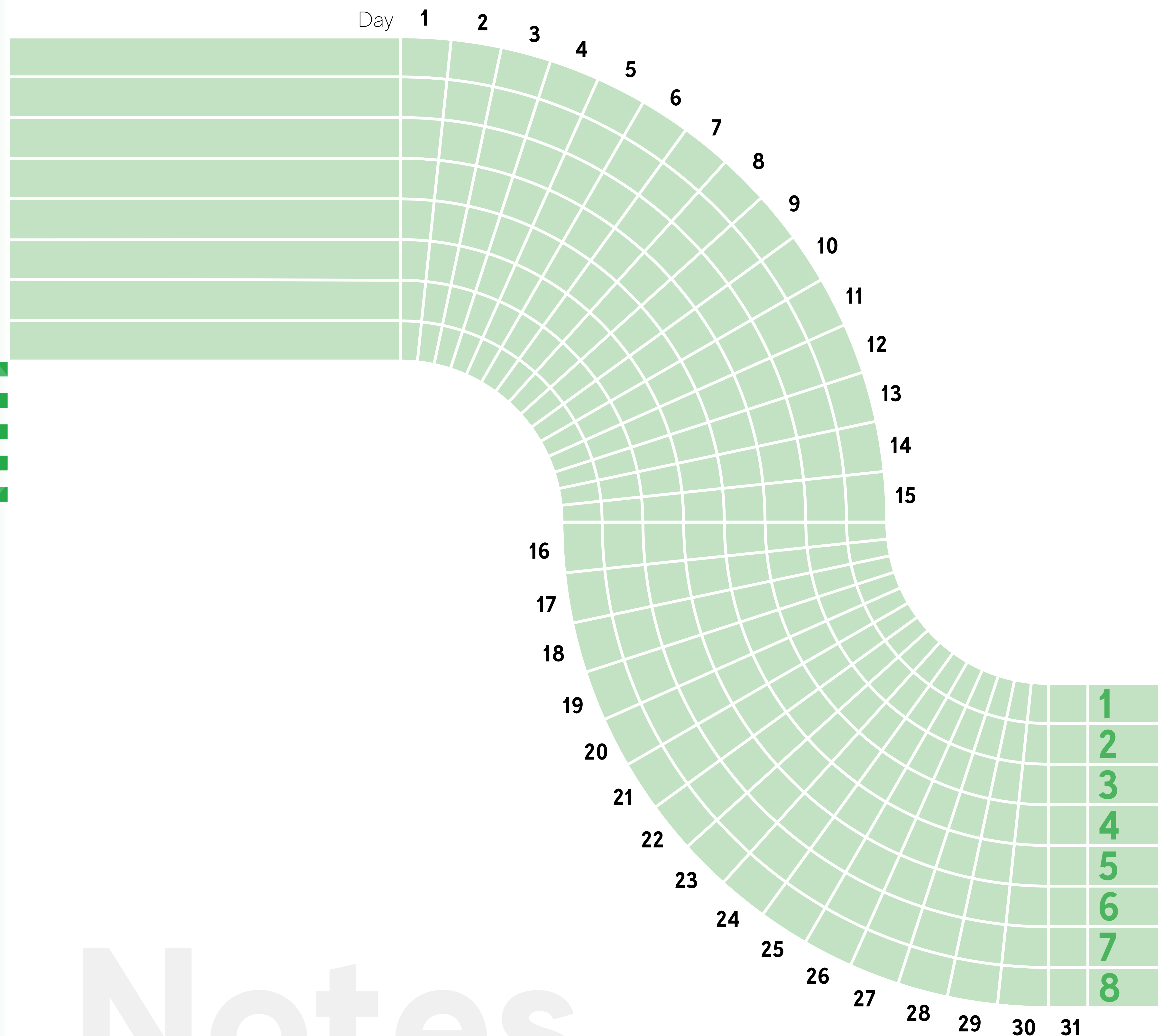
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## HABIT TRACKER TE WHAI RITENGA

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# Notes

Whānau – te tīmatanga me te mutunga.

Whānau – the beginning of life, the end of life.



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Te Koronga



Acknowledgement to the Mental Health Foundation for  
information and support

