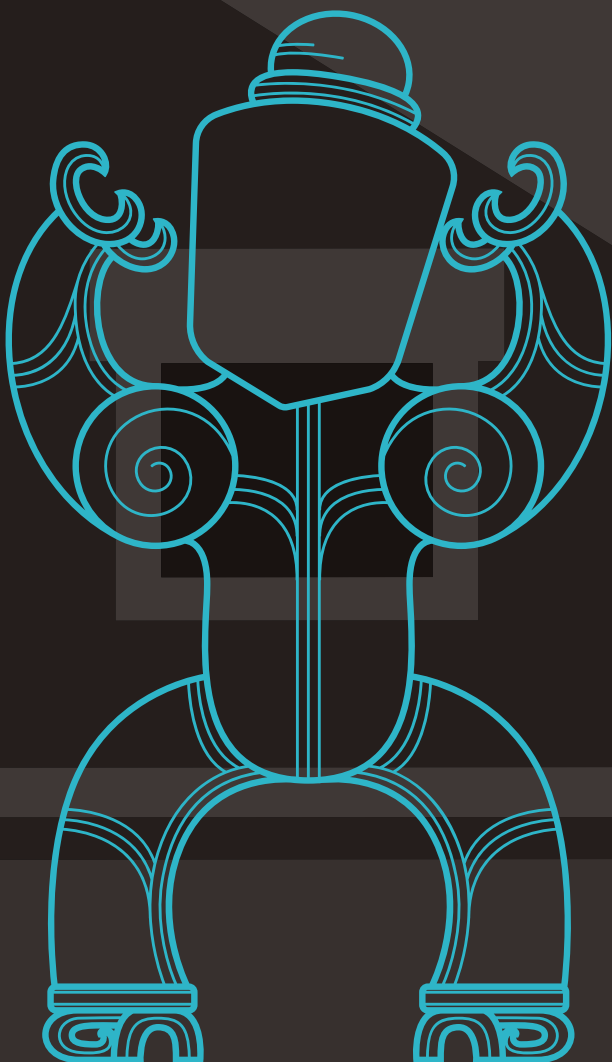


TE WHARE TAPA WHĀ

Journal



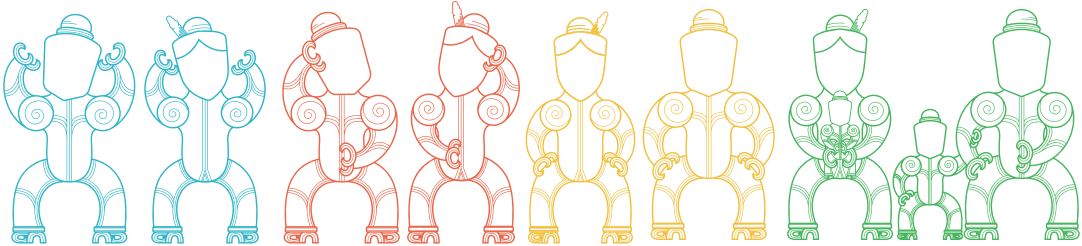


TE WHARE TAPA WHĀ

HABIT TRACKER & JOURNAL



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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 (pillar) 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?

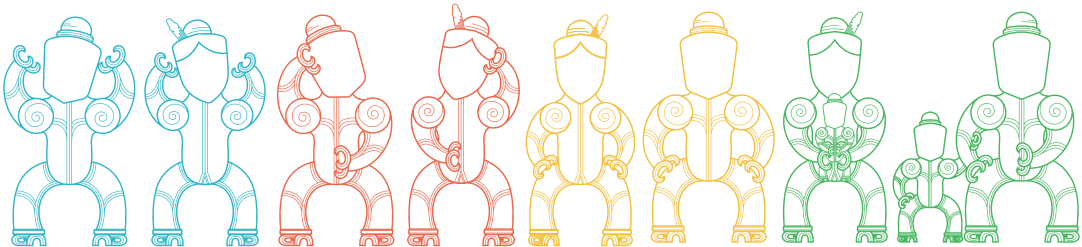
Gives us feedback
Helps us recognise patterns, notice gaps and celebrate successes
Provides a visual cue to act
Keeps us honest

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*



2020

Hānuere JAN

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Noema NOV

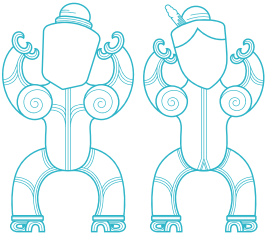
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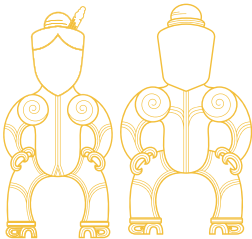
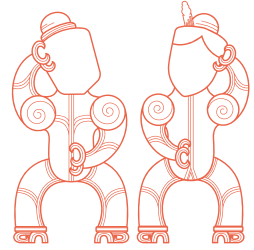
TAHA WAIRUA

SPIRITUAL



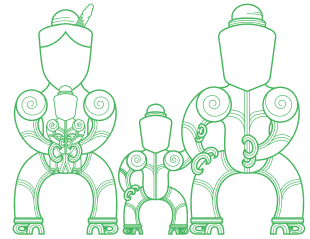
TAHA HINENGARO

MENTAL & EMOTIONAL



TAHA TINANA

PHYSICAL



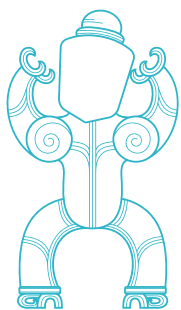
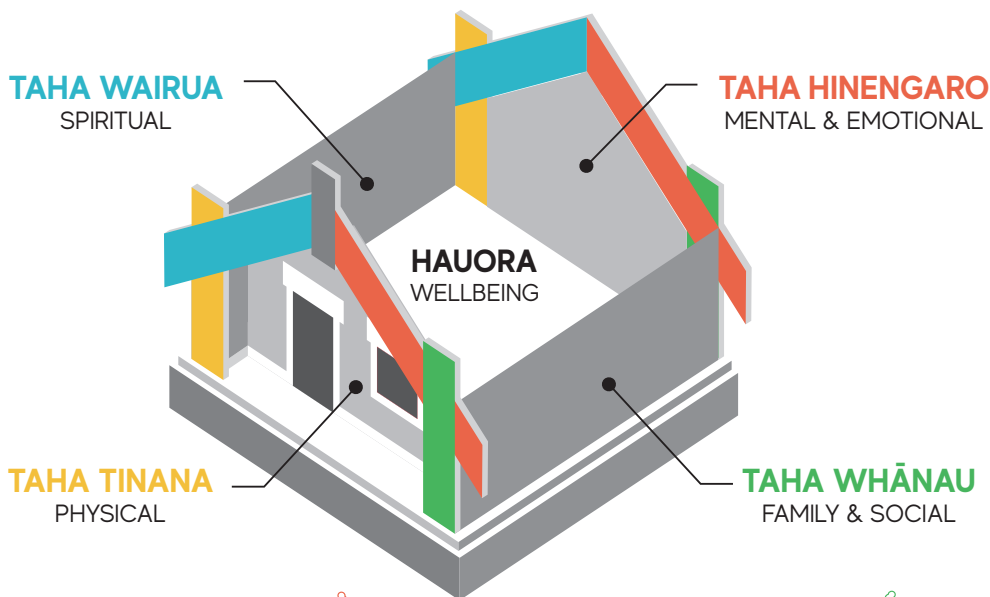
TAHA WHĀNAU

FAMILY & SOCIAL

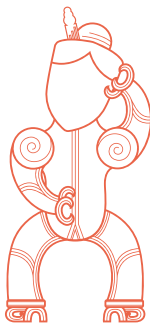
TE WHARE TAPA WHĀ

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

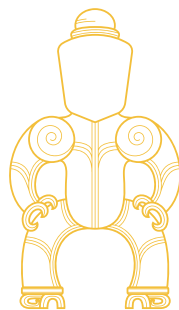
These walls represent **te taha wairua** (spiritual wellbeing), **te taha hinengaro** (mental and emotional wellbeing), **te taha tinana** (physical wellbeing) and **te taha whānau** (family and social wellbeing).



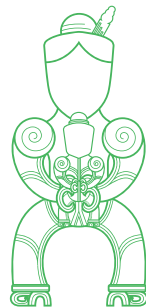
TAHA WAIRUA
SPIRITUAL



TAHA HINENGARO
MENTAL & EMOTIONAL



TAHA TINANA
PHYSICAL



TAHA WHĀNAU
FAMILY & SOCIAL

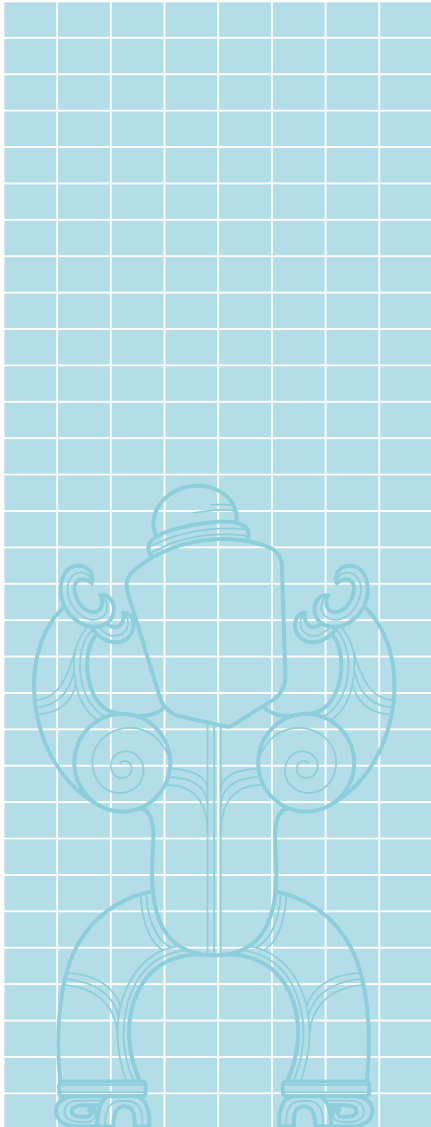
All 4 elements are important to our overall **hauora** (health and wellbeing). Write the habits you want to track each day in your journal. Then, if you've completed that habit for the day, you can colour it in. The first pages are an overview of your **whare hauora**. The rest of the journal lets you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

TAHA WAIRUA

SPIRITUAL

Vertical dotted lines for writing, consisting of seven parallel lines spaced evenly across the page.

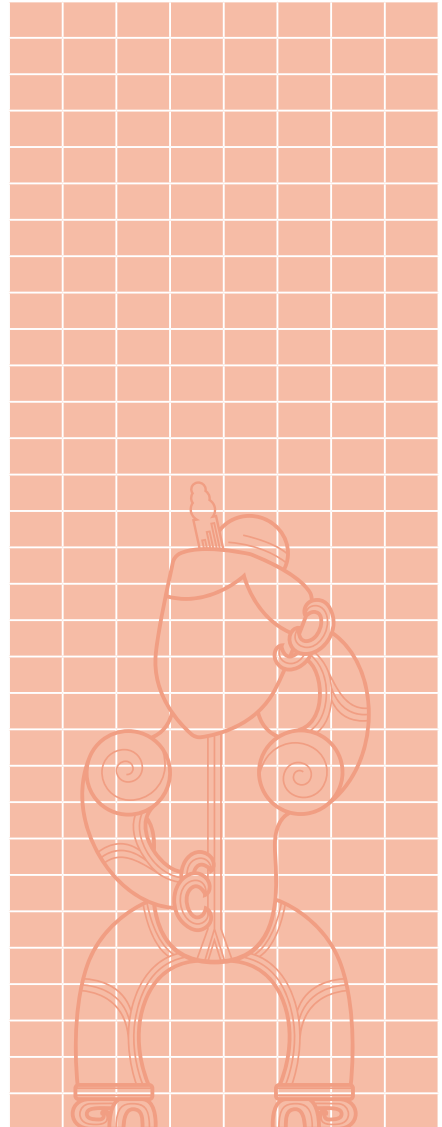
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TAHA HINENGARO

MENTAL & EMOTIONAL

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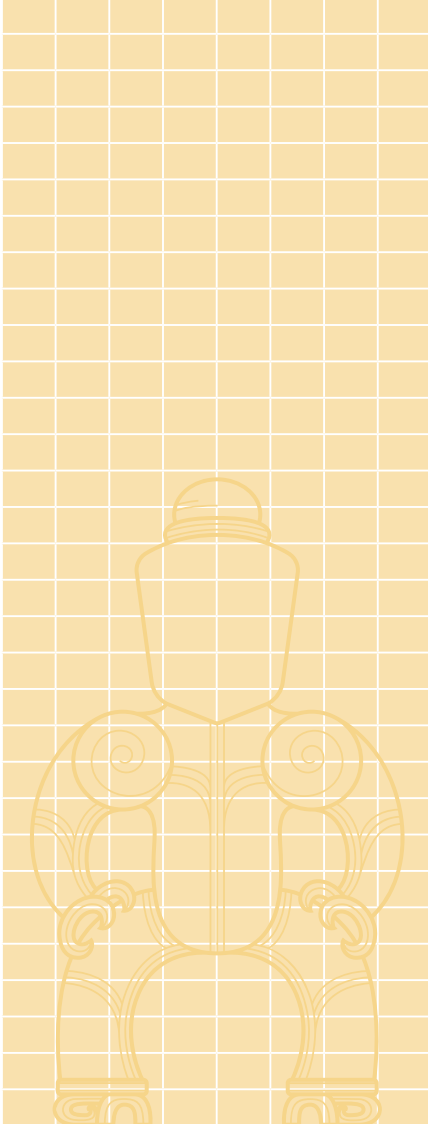


TAHA TINANA

PHYSICAL

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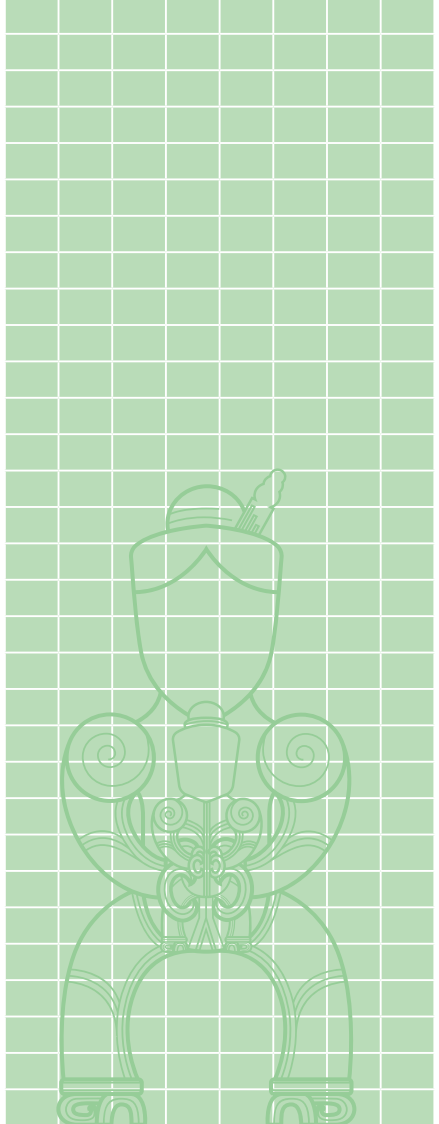
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TAHA WHĀNAU

FAMILY & SOCIAL

Vertical dotted lines for writing.



The background is a solid teal color. Overlaid on it is white line art. On the left, there is a stylized figure with a large, rounded head and a body with circular patterns. On the right, there is a stylized rainbow with multiple curved lines. The text is centered in the upper half of the image.

TAHA WAIRUA

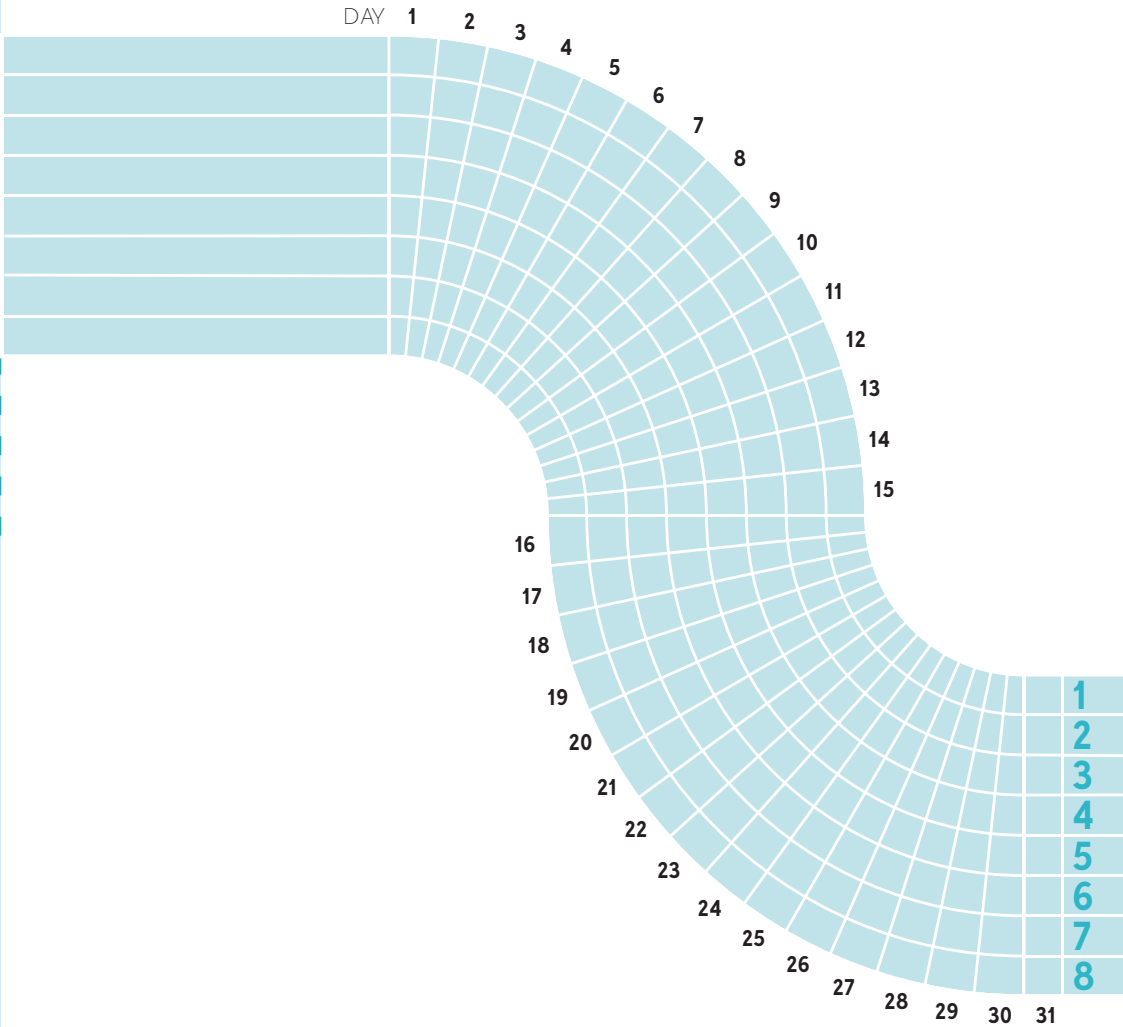
SPIRITUAL

Ko te mauri o te tangata ko tōna wairua.

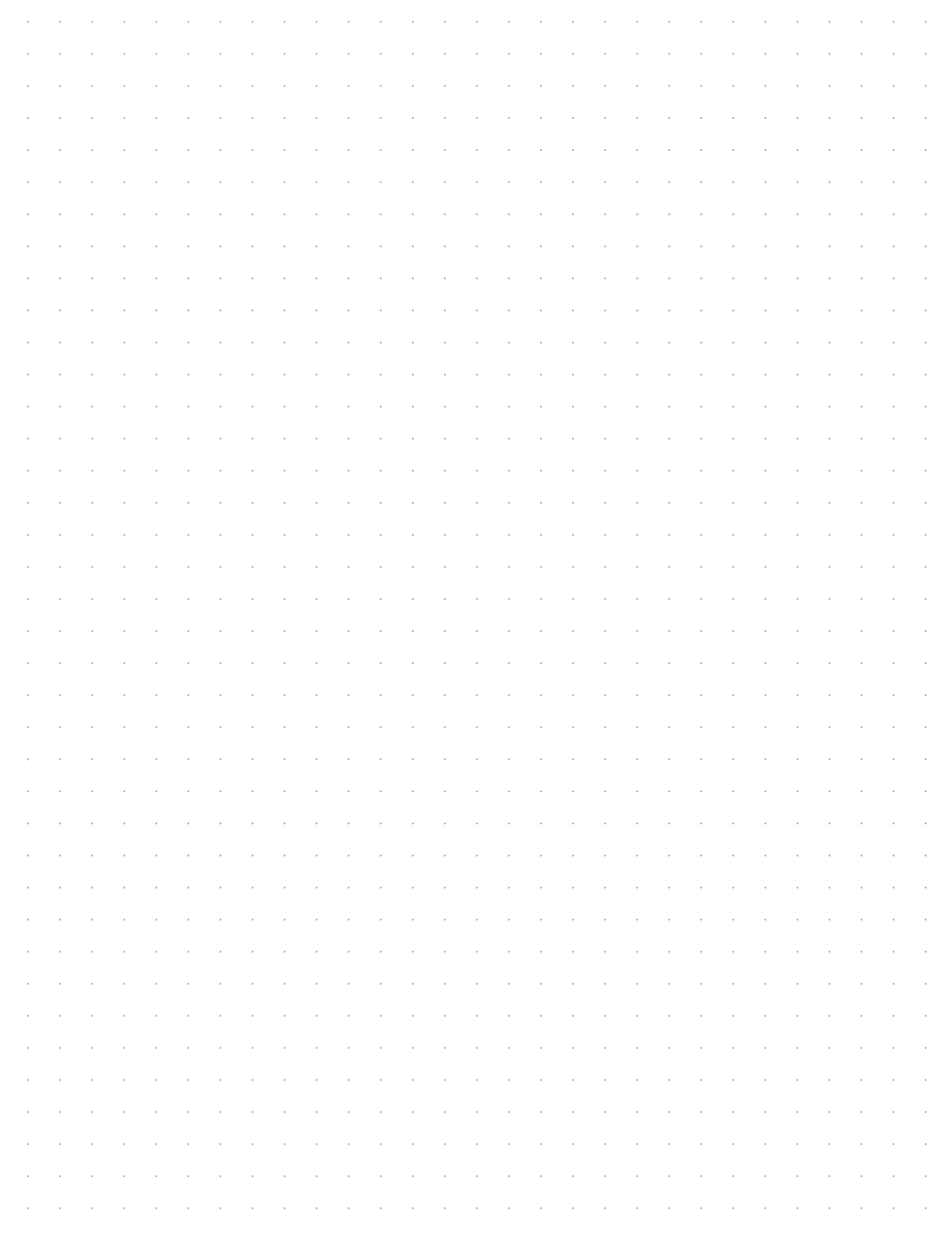
The spiritual essence of a person is their life force.

HABIT TRACKER TE WHAI RITENGA

Month: _____



NOTES:



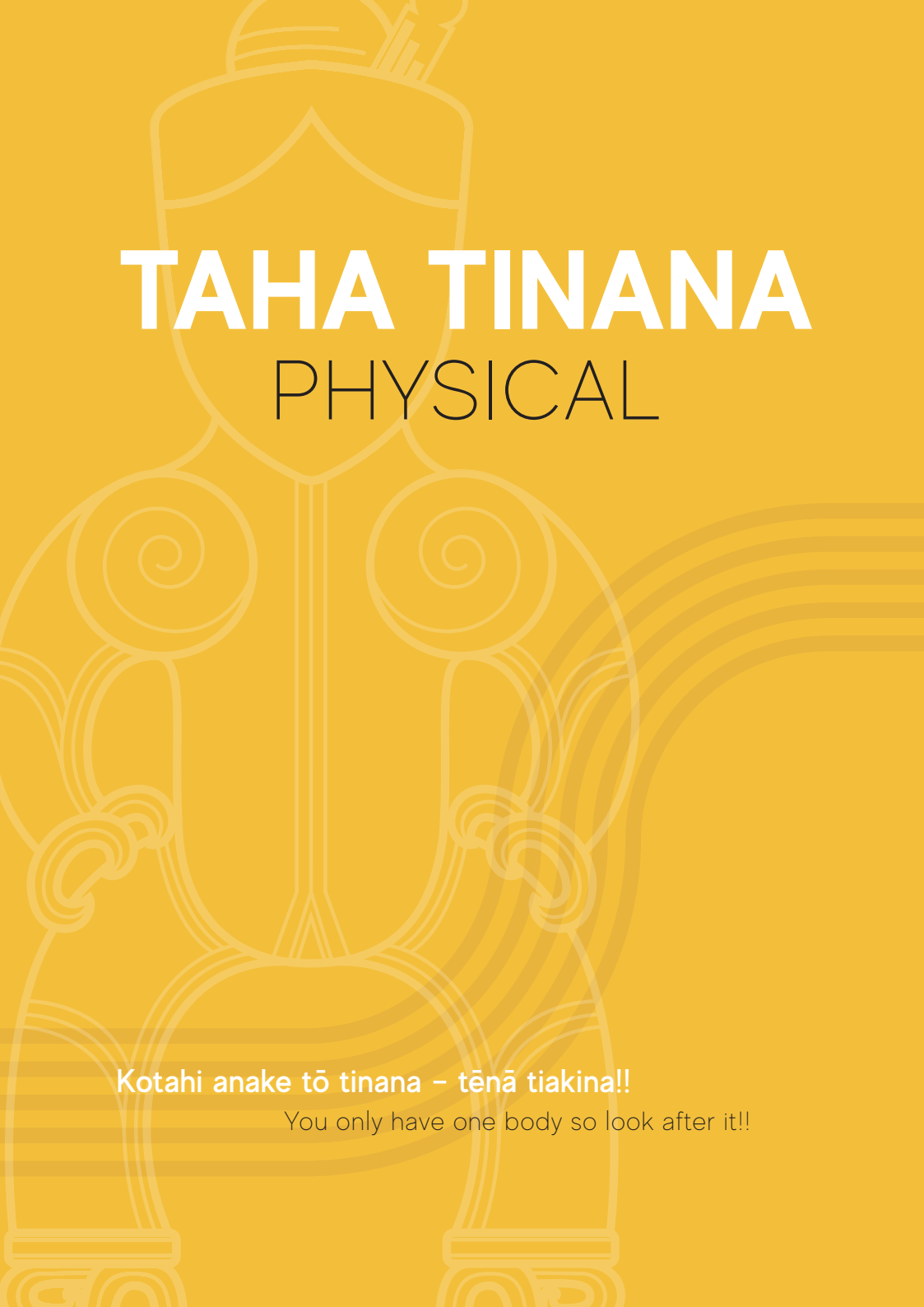


TAHA HINENGARO

MENTAL & EMOTIONAL

Kapohia te rangimārie o te noho puku.

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



TAHA TINANA

PHYSICAL

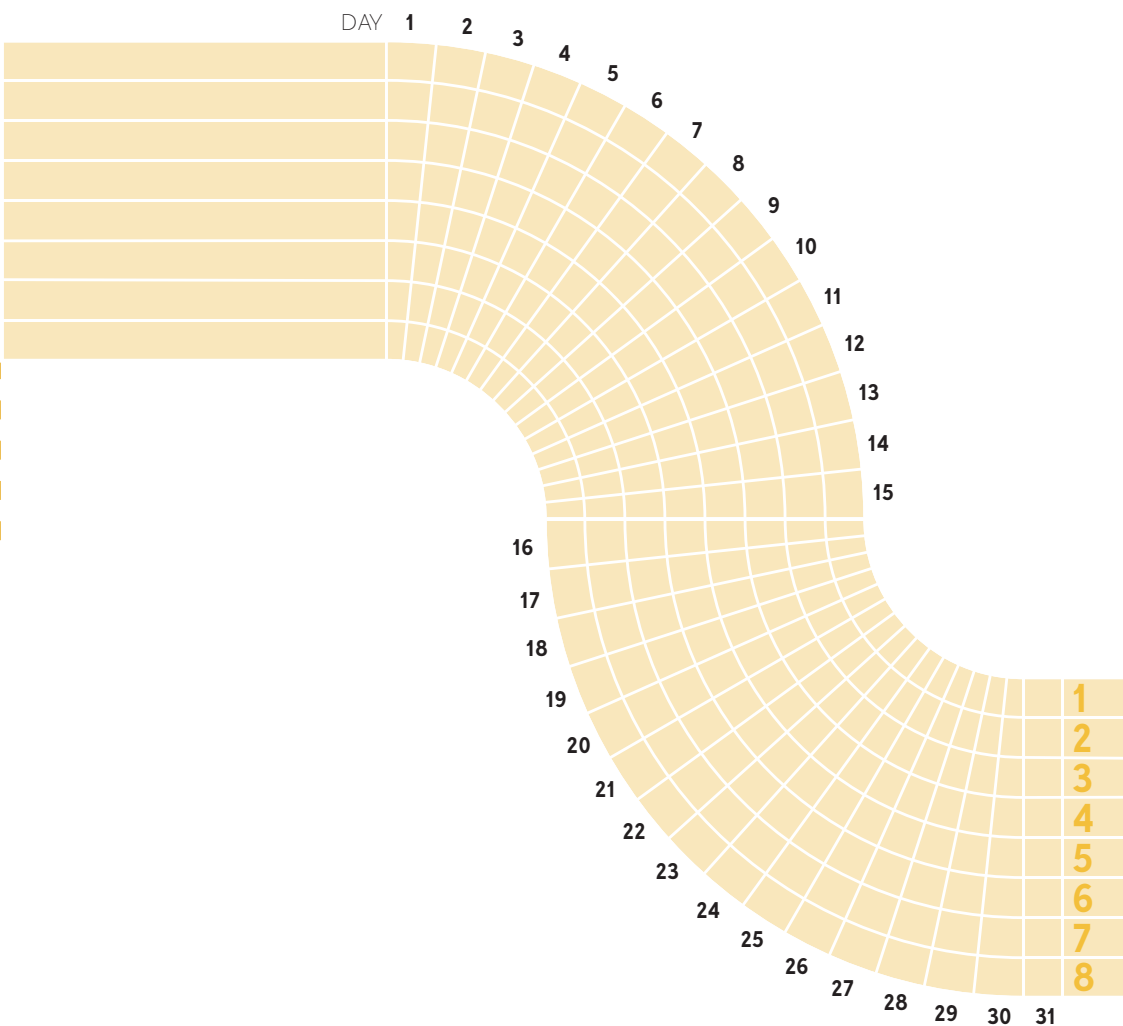
Kotahi anake tō tinana – tēnā tiakina!!

You only have one body so look after it!!

HABIT TRACKER

TE WHAI RITENGA

Month: _____



NOTES:



TAHA WHĀNAU

FAMILY & SOCIAL

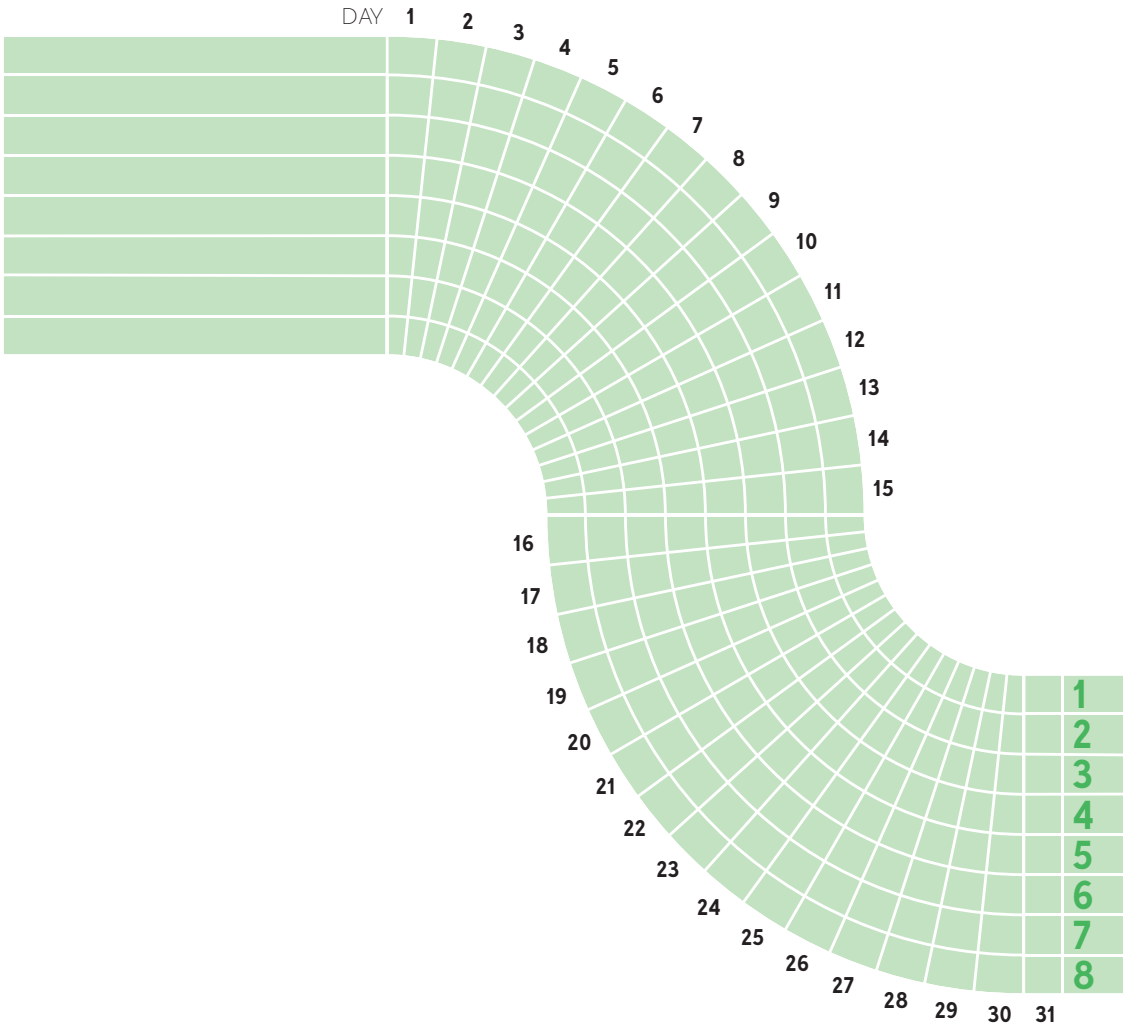
Whānau – te tīmatanga me te mutunga.

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

HABIT TRACKER

TE WHAI RITENGA

Month: _____



NOTES:

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Te Koronga



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Te Whare Wānanga o Ōtāgo
NEW ZEALAND



MINISTRY OF EDUCATION
TE TĀHUHU O TE MĀTAURANGA

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Mental Health Foundation
for information and support

