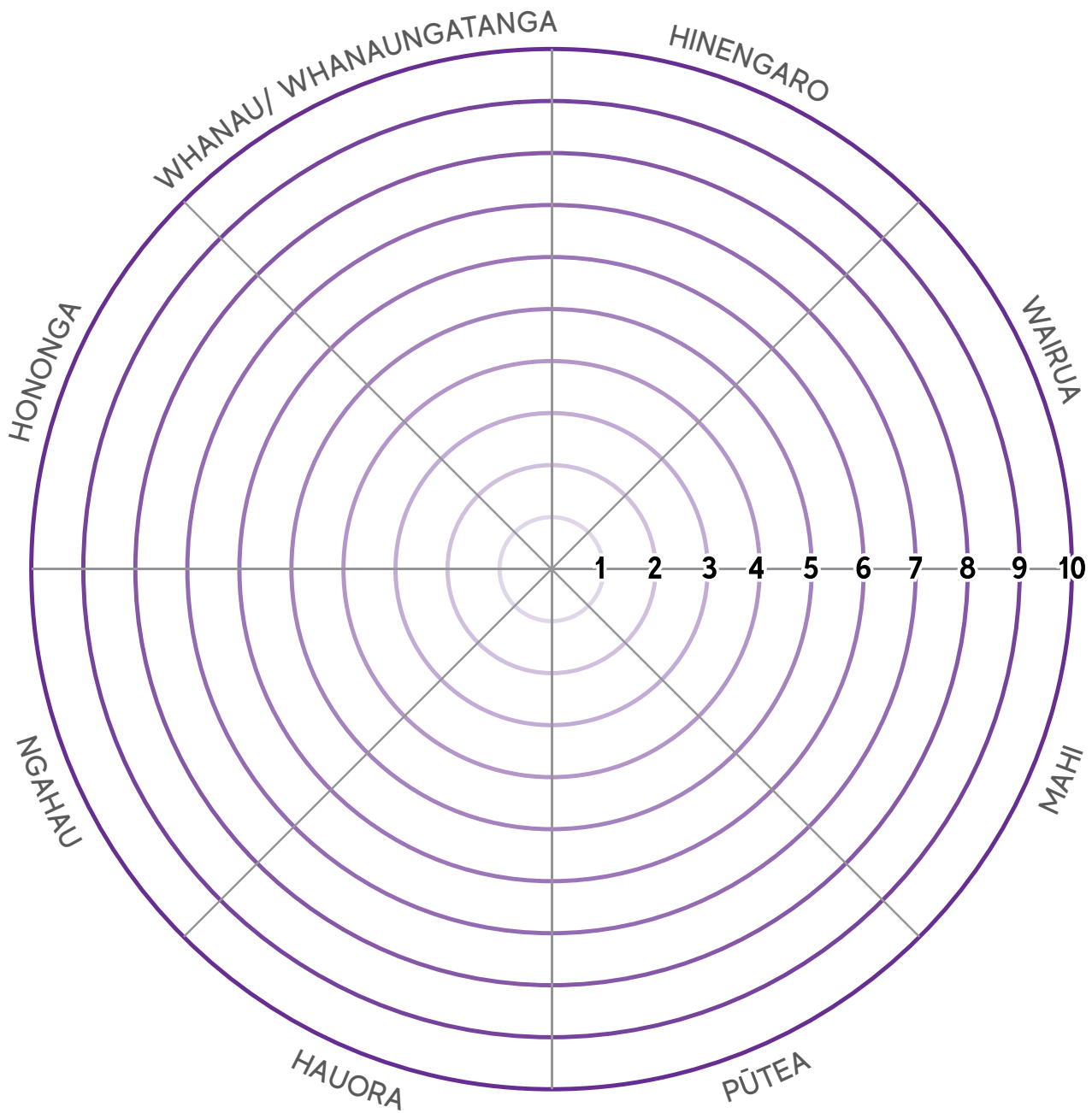


MATAORA WHEEL OF LIFE

- Using the circle, draw a line for the section that marks where you are in life in that particular domain, 0 being the least satisfied and 10 being the most satisfied.
- Then, in the table below, fill in your score on the left, and where you want to be on the right. Use this to help prioritise your goals and dive deeper into what is needed to reach your goals.
- Use the sheet on page 3 to unpack your thinking at this time.

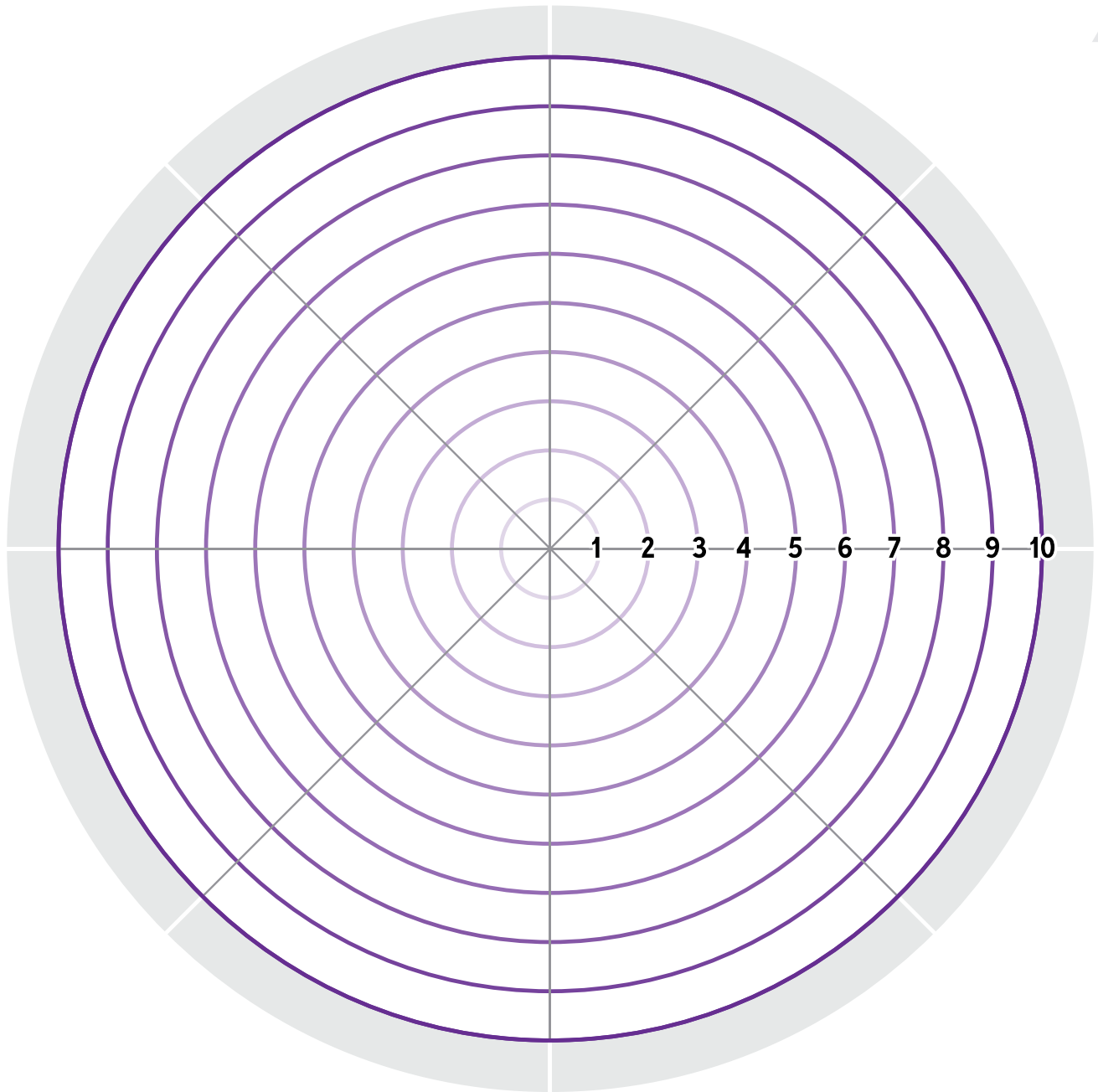


<input type="checkbox"/>	Hinengaro Personal Growth & Learning	<input type="checkbox"/>	<input type="checkbox"/>	Hauora Health & Fitness	<input type="checkbox"/>
<input type="checkbox"/>	Wairua Spiritual	<input type="checkbox"/>	<input type="checkbox"/>	Ngahau Fun & Recreation	<input type="checkbox"/>
<input type="checkbox"/>	Mahi Business & Career	<input type="checkbox"/>	<input type="checkbox"/>	Hononga Relationship	<input type="checkbox"/>
<input type="checkbox"/>	Pūtea Finances	<input type="checkbox"/>	<input type="checkbox"/>	Whanau/ Whanaungatanga Friends & Family	<input type="checkbox"/>

We added a blank circle on page 2 in case you want to create your own domains!

MATAORA WHEEL OF LIFE

1. Fill in your own headings for each segment of the circle
2. Using the circle, draw a line for the section that marks where you are in life in that particular domain, 0 being the least satisfied and 10 being the most satisfied.
3. Then, in the table below, fill in your score on the left, and where you want to be on the right.
Use this to help prioritise your goals and dive deeper into what is needed to reach your goals.
4. Use the sheet on page 3 to unpack your thinking at this time.



<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

WHAKATAU WHĀINGA GOAL SETTING

INSTRUCTIONS: Now that you have identified your smart goals, what will it take to achieve them. For each of your goals, use this worksheet to create inspiration for your journey.

TŌKU WHĀINGA MY GOAL _____

MY MOTIVATION LEVEL FOR THIS GOAL /10

PĀTAI 1: HEI AHA AI E WHAI TIKANGA ANA TĒNEI WHĀINGA?
WHY IS THIS GOAL IMPORTANT TO ME?

PĀTAI 1

PĀTAI 2: KA PĒHEA E REREKĒ AI TAKU AO?

WHAT DIFFERENCE WILL IT MAKE WHEN I HAVE ACHIEVED IT?

PĀTAI 2

PĀTAI 3: KI TE KORE TĒNEI WHĀINGA E TUTUKI I AU, HE AHA TE OTINGA MĀKU?

WHAT WILL IT COST ME IF I DO NOT ACHIEVE IT?

PĀTAI 3

PĀTAI 4: HE AHA NGĀ MAHI KA MUTU I AU? NŌ REIRA ME AHA HOKI AU?

TO ACHIEVE THIS WHAT WILL I DO? WHAT WILL I STOP DOING?

NŌ REIRA KA PĒHEA TŌKU ĀHUA? WHO DO I NEED TO BE?

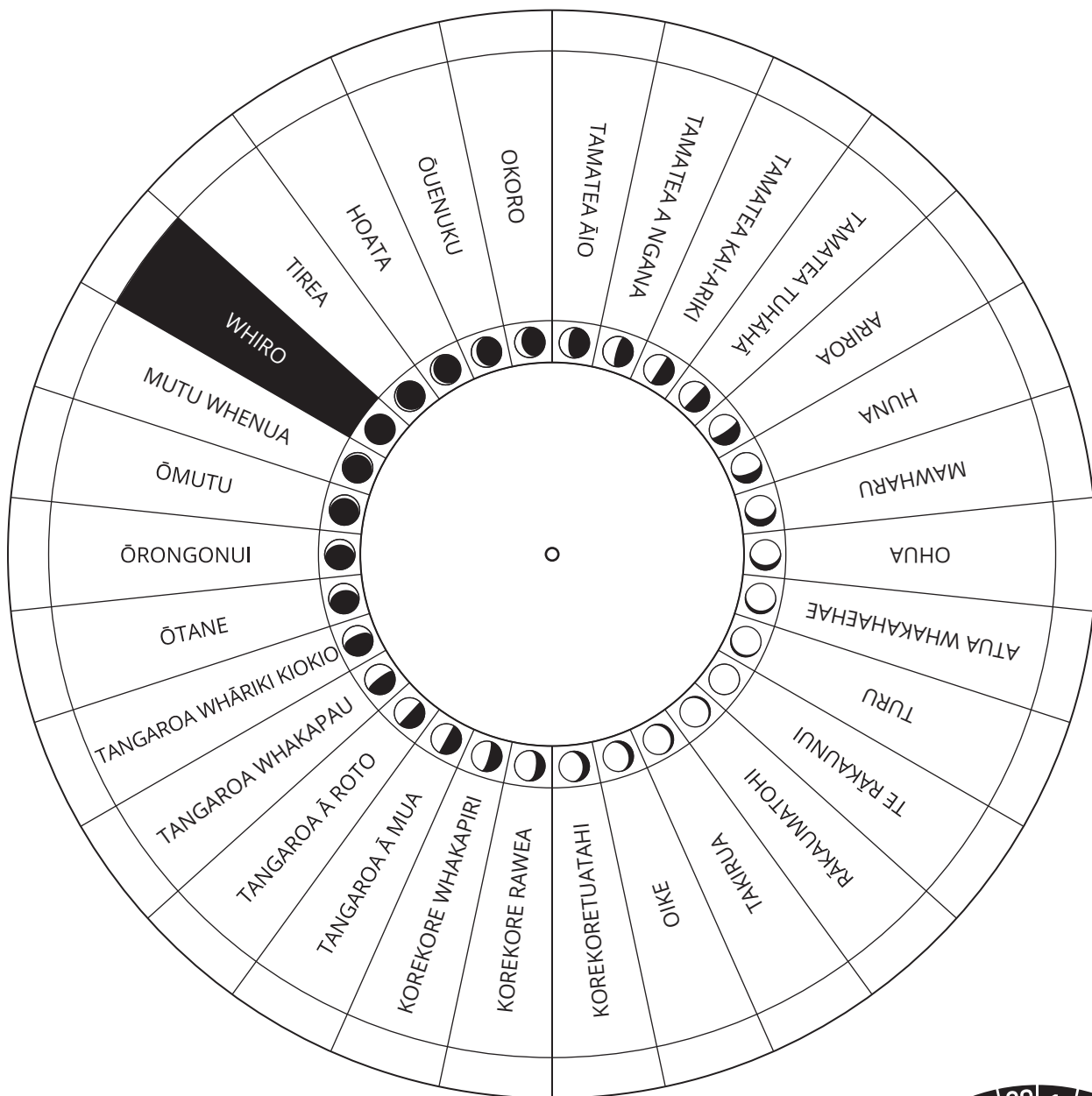
PĀTAI 4

PĀTAI 5: HE AHA HEI ĀWHINA I AU?

TO HELP ME ON MY WAY WHAT DO I NEED TO HAVE? (PEOPLE, INFORMATION, KNOWLEDGE, PERSONAL QUALITIES)

PĀTAI 5

TE WHĀNAU Ā APANUI MARAMATAKA Dial



Maramataka Wheel

Phase of the Marama, relevant energy and activity

Gregorian Wheel

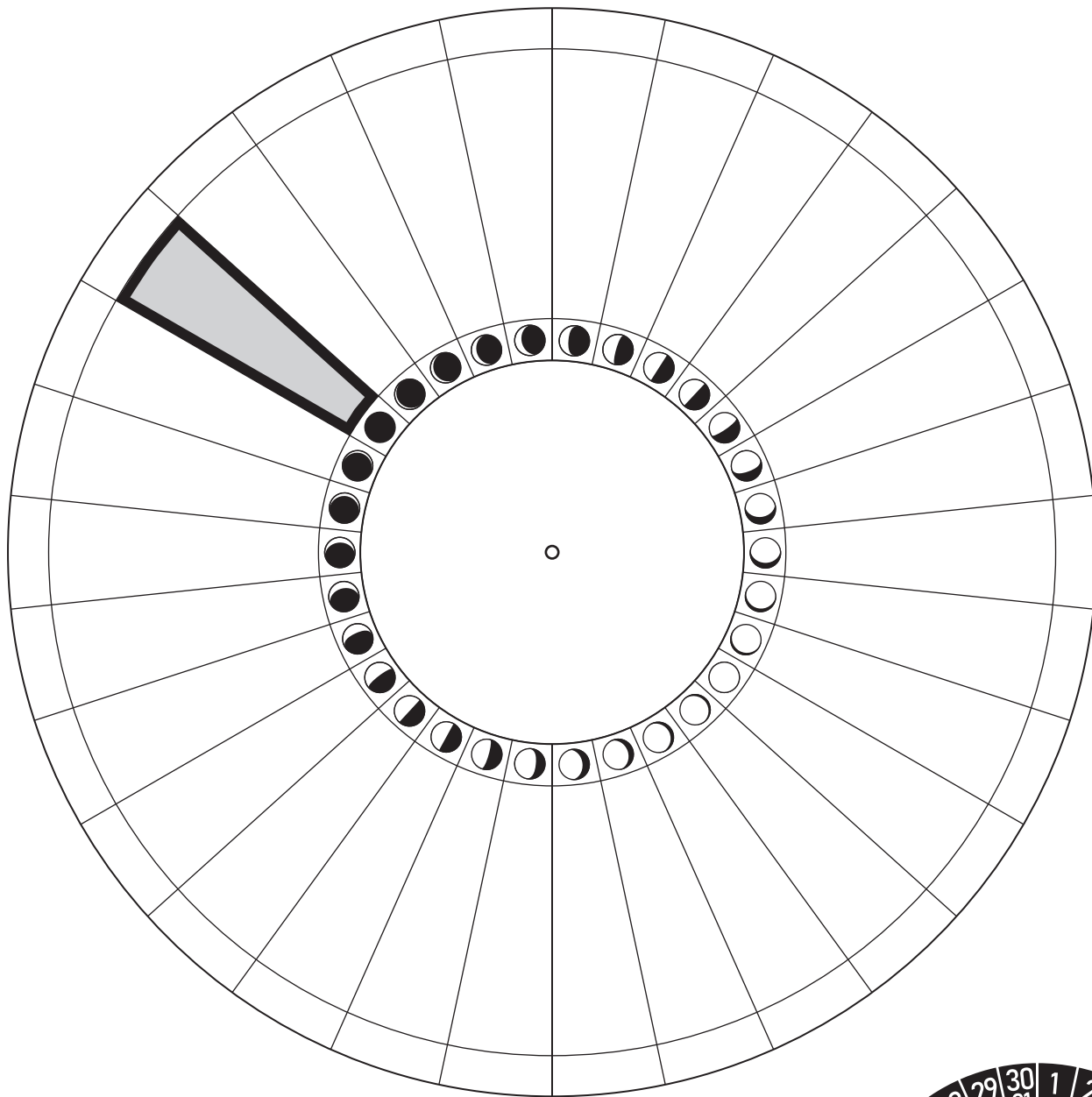
Numbers align to the date aligning to the Gregorian calendar - i.e. 1st, 5th, etc.



INSTRUCTIONS

1. Cut out both dials and centre
2. Place a bifold pin through the centre
3. Rotate the Gregorian Wheel against the Maramataka Wheel - the Maramataka dial aligning to Whiro or Te Rākaunui Nui using the dates in your Rātaka Daily Planner/ Ngā Tohu Monthly Planner

MARAMATAKA Dial

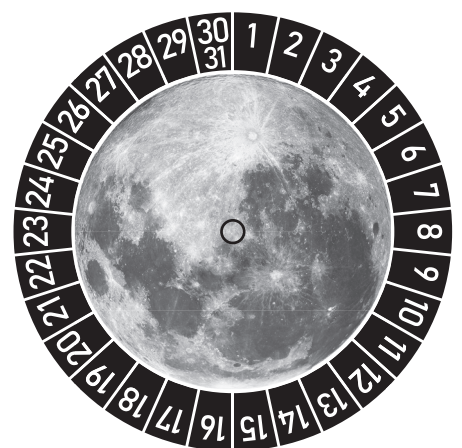


Maramataka Wheel

Phase of the Marama, relevant energy and activity

Gregorian Wheel

Numbers align to the date aligning to the Gregorian calendar - i.e. 1st, 5th, etc.



INSTRUCTIONS

1. Add the names of the marama that you have starting at Whiro
2. Cut out both dials and centre
3. Place a bifold pin through the centre
4. Rotate the Gregorian Wheel against the Maramataka Wheel - the Maramataka dial aligning to Whiro or Te Rākaunui Nui using the dates in your Rātaka Daily Planner / Ngā Tohu Monthly Planner