



He aha te take me whakarawe?

Ko te whakarawe i tō oranga i runga i ngā ara pūtake ka taea te whakaiti i te mātātū, te piki i te rongu o te mana whakahaere, te whakapai i te whakatau whakataunga, ā, ka tuku hoki i te wā me te kaha nui ake mō te okioki me ngā mea e aroha ana, e ahuareka ana hoki koe.

Kua whakaatuhia e ngā rangahau ko te whai hanganga nui ake i roto i te oranga o ia rā, pēnei i ngā rārangi mahi mārama, ngā whāinga, me ngā wāhi kua whakaritea, e hono ana ki te mātātū iti iho, te moe pai ake, me te pikinga o te oranga katoa.

I ētahi wā ka tino pukumahi, ka tuke hoki te oranga, pēnei ka mahue i a tātau te mahi i ngā mea e aroha nei tātau, i arohatia rānei i mua.

He aha te mea nui?

Whakatūria ngā mea e tino nui ana ki a koe. Hei tauira, ko te whānau, ngā hoa, ngā tamariki, te ngaru, te tupeke, te taiao, tō whakaponu rānei.

Kei te mahi tonu koe i aua mea? Ki te kāore, he aha te take i whakamutua ai e koe?

Te Whakatū Whāinga

He ara tino māmā hei whakatū whāinga ko te tuhituhi i tāu e hiahia ana kia whakatutukihia (hei tauira, Te haere hikoi), kātahi ka tuhia ngā mahi katoa ka āwhina i a koe ki te whakatutuki i taua whāinga (hei tauira, te whakatū ara, te titiro ki te huarere, te tiki hū hīkoi, te haere hīkoi). Ki te taha o ia mahi, tuhia he pouaka tohu. Tohua ngā mea ka whakatutukihia e koe, ā, me titiro me pēhea te rongu o tō ngākau i muri mai.

Te Tuhituhi Kōrero o te Rā

Ko te hātepe o te tuhituhi i ngā mea ki raro ka taea te tino whai take hei whakawātea i o tātou hinengaro. Ki te kāore koe i tuhituhi kōrero o te rā i mua, rapua tētahi titi pepa, timata ki tētahi o ngā kupu akiaki i raro iho nei, ā, me tuhituhi ngā mea ka puta mai ki tō hinengaro.

- “I tēnei rā i rongu ahau i pai te haere o _____, no te mea...”
- “E whakawhetai ana ahau mō _____ i tēnei rā, no te mea...”

Pū-whakaaro

Whakatūria he taima mō te toru meneti, ā, me tuhituhi i ngā mea katoa ka puta mai ki tō hinengaro, kāore he whakawā, kāore he whakatika, me tuhituhi noa. I te mutunga o te toru meneti, me mātakitaki mehemea he rerekē te rongu o tō ngākau.



He aha te take me whakatū whāinga ahau?

Ko te whakatū whāinga ka āwhina ki te tuku huarahi ki tō oranga, ā, kia noho hāngai tonu ki ngā mea nui. Ka āwhina ngā whāinga i a koe ki te whakahāngai i tō kaha, kia noho hihiri tonu, ā, kia anga whakamua hoki ki ngā mea nui ki a koe, i tua atu i te rongo pēnei kua mau, kua mātātū rānei koe.

“Whakairo i tōku ao anamata”- Hans Tiakiwai

Whāinga: _____

He aha te take? _____

Ka whakatutukihia e ahau tēnei mā te whakaoti i:

Whāinga: _____

He aha te take? _____

Ka whakatutukihia e ahau tēnei mā te whakaoti i: