

Taha wairua
My spiritual health -
my beliefs, values
and traditions



Some Ideas

- Practise Cosmic yoga, Tummy Breathing or Hikitia te Hā
- Stop to notice three small things out the window or when you're outside
- Write down some values that are important to you
- Write cards, letters or email people who make a positive difference for you. Tell them why.

I'm good at: _____

I'm not so good at: _____

What can I do to get better at this stuff and look after and strengthen my taha wairua? _____