

MANA HINENGARO

Good Event Or Bad Event

Pono: What's the event (Reality)? Is it a good event or a bad event?

Pono: Whakaaro - What are your automatic thoughts, explanations and beliefs about the cause of this event?

Tika: Create 5 new Useful truths to strengthen the korero of your Hinengaro of this event. E.g. TSE for bad events

- 1.
- 2.
- 3.
- 4.
- 5.

Aroha: How do you feel now your mana has been enhanced? What actions will you take now to cement your new whakaaro?



Indigenous Growth Limited

"Empower Indigenous to empower themselves"

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