



E Tū Tāngata

Weekly Check-in

YOU HAVE VALUE

How am I feeling about myself this week?
What has built me up this week?
What has challenged me this week?
What have others done for me or said to me that has made me feel valued?

WE SUCCEED TOGETHER

Think about some of the different groups you are part of.
How have you contributed to positively to a group?
How have you benefited from being part of a group?

OTHERS MATTER

What have I done for others this week?
Have I told or shown other people that I value them?



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