

## Resource 12

# What do I want for my life?

Imagine you are 40 years old. Everything in life is going your way. Describe what each area of your ideal life looks like...

**Who do I live with?**

**What do I do in my spare time?**

**What is my social life like?**

**What is my work life like?**

**How do I spend my holidays?**

**What keeps my hinengaro (mental health) in good shape?**

**What keeps my tinana (physical health) in good shape?**

**What keeps my wairua (spiritual health) in good shape?**