



Le Va

## Talanoa for Families

### Reflecting on 2021, looking ahead to 2022

2021 has been a challenging year. Taking time to reflect on the past 12 months, and planning ahead for 2022, can help us build resilience, support our communities, and look forward to what lies ahead.

#### Facts about me/us

Name

My village/family

Culture

#### My/Our favourite things in 2021

Movie/Book/TV series

Food

Song

Sports team /  
Sporting event

#### Lessons of resilience

Best memories

Biggest challenge

Lessons learnt in 2021



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## My/Our dreams for 2022

### My/Our big goal

My/Our quote/action that  
will inspire me/us to  
achieve my/our goal

How I/we will care for  
myself/ourselves

What I/we will  
do for others

To help you achieve your dreams in 2022, check out Le Va's resources:



### Want to build your mental wealth?

Focus on your mental health to build mental wealth.

[www.mentalwealth.nz](http://www.mentalwealth.nz)



### Need help with a problem?

Just ask Aunty Dee

[www.auntydee.co.nz](http://www.auntydee.co.nz)

### Rebuilding Wellbeing

### Rebuilding your wellbeing?

Check out our resources on how to talanoa with compassion,  
and navigate anxiety and depression.

[www.leva.co.nz/rebuilding-wellbeing](http://www.leva.co.nz/rebuilding-wellbeing)



### Want to learn more about our culture?

Strengthen your self-worth through culture.

[www.atumai.nz](http://www.atumai.nz)