

Where do you go to recharge your batteries?

I ngā wā taimaha, ka haere koe ki hea?

Credit: mentalhealth.org.nz

What would be your ideal way to spend the weekend?

He aha ō tino rangi okioki?

Credit: mentalhealth.org.nz

What is something you'd like to get better at?

He pūkenga rānei ōu e hiahia ana te whakapakarī?

Credit: mentalhealth.org.nz

Dream big - what's something you'd like to try?

Whāia te pas Tahiti kia tata - he aha pea tō pie Tahiti e whāia ana kia tata?

Credit: mentalhealth.org.nz

What is a whānau tradition you still continue today?

He tikanga ā-whānau tāu e whakaora tonu ana i a koe i ēnei rangi?

Credit: mentalhealth.org.nz

Who is someone you are proud of?

E whakahihī ana koe ki a wai?

Credit: mentalhealth.org.nz

Where is the the most beautiful place you've ever been?

Ko hea te wāhi tino ātaahua ki a koe?

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What is something you do outside of work that you really enjoy?

Ata I āu maki, he aha tētahi tino kaupapa e ngākau-nui ana koe?

Credit: mentalhealth.org.nz

What is something people may not know about you?

He pūkenga, he wheako huna rānei ōu kāore anō kia mōhiotia whānuitia?

Credit: mentalhealth.org.nz

What is something you're grateful for?

Oho ake ana i te ata, he aha ngā mea e titi kaha ana ki te ngākau?

Credit: mentalhealth.org.nz

What is something you loved doing as a kid?

I a koe e tamariki ana, e ngākau-nui ana koe ki te aha?

Credit: mentalhealth.org.nz

What are the things that help you have a good day at work?

He aha ngā mea hei hāpai ake i tō rangi?

Credit: mentalhealth.org.nz