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**Tō Oranga Pai | Living Well Plan**

**Your plan: friends and family help**

|  |  |
| --- | --- |
| **Photo of you** | **Who** does this plan belong to? |
| Please enter text here |

|  |  |
| --- | --- |
|  | **Who helped** with the plan? |
| Please enter text here |

**Taku Kōrero | My Story**

|  |  |
| --- | --- |
| **Explain who I am.** |  |
| Please enter text here |
| **What is important to me.** |
| Please enter text here |

|  |  |
| --- | --- |
| **Who is important to me.**  |  |
| Please enter text here |

|  |  |
| --- | --- |
| **What I love.**  |  |
| Please enter text here |
| **What I don’t like.**  |
| Please enter text here |

|  |  |
| --- | --- |
| **What help do I need to make those changes?** |  |
| Please enter text here |

**Ngā mahi ka whai ake | Next Steps**

|  |  |
| --- | --- |
|  | **When** and **how** should we look at whether this is working for me? |
| Please enter text here |

|  |  |
| --- | --- |
|  | How best to **contact** me? |
| Please enter text here |

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| Signatures for agreement |
| Please enter your name here |
| Please enter your signature here |
| Please enter your name here |
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