

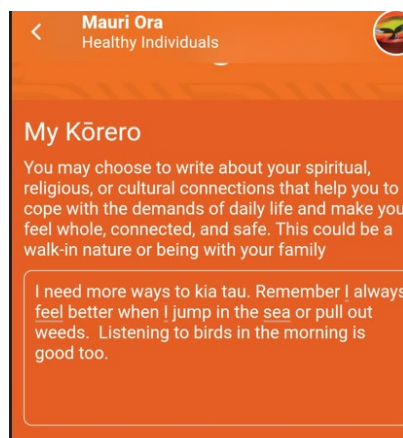
# My Kōrero

## My Kōrero within the Pae Ora plan

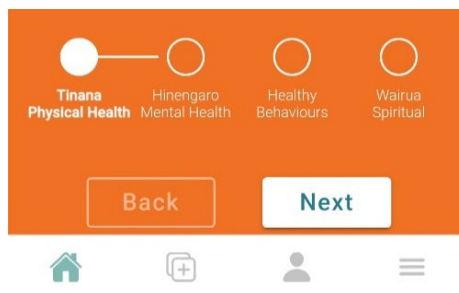
### My Kōrero

My Kōrero is an important part of the Pae Ora plan.

1. Write in **My Kōrero** on each page to show what's important to you and how you'd like things to be in each area of your hauora.



2. Click **Next** at the bottom of the screen to go to the next section.
3. Click **Complete** on the last page to **save** your information



### What should I write about?

It's up to you!

We have written examples but some people might refer to ancestors or whānau, others might refer to having more energy for activities or relationships, maybe you just want to keep things as they are or change something specific – kei a koe te mana.