

# 3 Steps

## to embrace your journey of self discovery through connection

### STEP 1 Describing our ancestral links

This step is about recognising all of the different ancestral links we may hold to feel a sense of wholeness. For me, this was a way that I could also ensure that my son and future generations had the opportunity to know all of their ancestry, regardless of my own personal feelings towards my parents; who was I to

take away that option? What this also does is recognise and validate the idea that each person's ancestry is their own, and no one can take that away from them. The key part is taking the journey to discover them and explore how they act as a source of vitality, especially when times are tough.

**Nō (where your Mother's ancestry is from) me (where your father's ancestry is from) ōku tupuna**

*Example: Nō Ngāti Whātua me Ingarangi ōku tūpuna*

*My ancestors come from the tribe of Ngāti Whātua and England*

Nō \_\_\_\_\_ me \_\_\_\_\_ ōku tupuna

### STEP 2 A special place I connect to

This part is about recognising that we all have that 'special place' we call home or even somewhere where we go to feel connected and re-vitalised. However, if that place is in Aotearoa and we don't hold specific indigenous roots here, the key then becomes our ability

to articulate the connection in a way that upholds the mana of that special place and the indigenous connections it holds with tangata whenua. So, expressing it in this way can help us all feel confident to connect, regardless of our different cultures and experiences.

**E rongo ana au i tētahi hononga motuhake ki (the special place)**

*E rongo ana au i tētahi hononga motuhake ki Ōrākei*

*I feel a special connection to Ōrākei*

**E rongo ana au i tētahi hononga motuhake ki \_\_\_\_\_**

### STEP 3 What's important to me

This last step is about connecting with the reason we wake up every morning; what is it that drives us and keeps us vitalised through life? This perhaps is the most important part as

in some ways, it is informed by the previous steps and is a great foundation for the next steps in your connection journey.

**Ko te (what is most important to you) te mea nui ki ahau**

*Example: Ko te whakawhanaungatanga te mea nui ki ahau*

*Finding new connections is the most important thing to me*

**Ko te \_\_\_\_\_ te mea nui ki ahau**

