

Investment is about making decisions that make things grow and develop.

There are different forms of investment. We can invest our time into relationships that we care about, *whakawhanaungatanga*; we can invest our energy into projects that improve the wellbeing of our environment, *kaitiakitanga*; we can invest our ideas in things that create new possibilities, *auahatanga*; and we can invest our *aroha* and resources into the wellbeing of others, *manaakitanga*.

The focus of this unit is on ways to invest our money so that it grows over time. The ways we invest, and our reasons for investing, are closely tied to our values, needs, goals, and beliefs. Take a moment to think about ways that people have invested in you and your *hauora*, your wellbeing.

Hauora includes your physical wellbeing, your mental and emotional wellbeing, your social wellbeing and your spiritual wellbeing. These investments may have come from people in your life now, from your *tūpuna*, or from people you aren't directly related to but whose actions and ideas have had an impact on your life. How and why did these people choose to invest their time, energy, ideas or money in ways that have benefited you?

Using the *Fonofale* diagram below as a guide (*Fonofale* is a Pacific model of wellbeing), what do you currently invest your time, energy, and resources in? What return do you get from these investments? How does investing in these areas benefit you, your *whānau* or your community?

