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| B | A | P | R | N | I | Z | S | V | O | Q | U | V | E | D | D | I | A | J | C | A | J | U | A |
| N | X | P | C | F | H | H | T | R | O | W | F | L | E | S | N | N | G | X | R | H | H | X | M |
| Q | O | Z | I | J | I | C | A | Y | O | U | D | B | G | S | B | M | W | N | X | N | R | Q | B |
| P | F | F | C | G | U | P | I | N | C | F | V | E | Y | T | Q | Z | Q | L | Y | C | H | Q | K |
| Z | H | I | L | I | H | Z | R | H | H | Q | Z | G | K | W | X | B | X | U | S | R | L | Y | Y |
| G | K | Z | R | T | A | H | A | H | I | N | E | G | A | R | O | I | P | R | F | Z | W | R | X |
| N | T | A | H | A | W | H | A | N | A | U | L | S | E | T | H | C | Z | S | O | K | P | A | M |
| I | T | T | X | F | G | Q | J | C | L | A | C | I | S | Y | H | P | P | K | E | I | H | A | P |
| E | H | I | S | L | C | I | R | M | N | C | U | B | U | Z | K | Z | V | X | I | I | T | R | Q |
| B | S | E | U | L | A | V | U | D | J | N | Y | N | R | T | R | R | D | C | R | C | N | C | S |
| L | X | M | E | N | T | A | L | W | V | G | V | C | I | Q | P | T | S | M | H | M | P | I | F |
| L | B | X | R | Y | U | T | Z | T | K | I | B | B | T | A | H | A | W | A | I | R | U | A | E |
| E | J | W | E | E | F | A | A | N | B | K | U | O | H | O | H | H | B | E | Z | O | N | F | I |
| W | L | X | Q | G | Z | H | S | D | V | B | C | Y | Q | L | A | I | C | O | S | R | C | I | L |
| U | R | C | F | Z | I | A | D | Q | N | R | O | B | B | Z | J | G | P | G | W | V | Q | F | E |
| P | D | T | G | E | T | T | I | W | U | J | S | S | E | M | O | T | I | O | N | A | L | G | B |
| V | R | F | U | C | V | I | A | A | U | L | U | E | O | K | B | J | E | V | B | T | K | E | V |
| S | J | D | M | R | G | N | I | T | T | Q | B | C | V | Z | Q | T | B | L | O | U | G | D | N |
| Y | R | O | A | J | G | A | F | G | E | Z | N | Y | C | M | T | I | E | E | N | U | H | K | K |
| Y | H | M | S | M | Y | N | C | I | Z | L | R | U | L | E | C | M | F | Z | B | S | T | U | B |
| W | M | Y | Z | O | A | A | K | B | I | L | W | W | V | G | J | W | F | A | Z | H | M | O | N |
| X | X | K | P | N | I | W | L | K | G | F | U | A | P | A | U | K | X | O | D | Y | B | U | S |
| M | Y | J | A | K | Y | C | I | K | U | F | A | N | B | H | N | Q | E | D | V | V | K | M | H |
| Y | L | Q | P | A | T | F | L | U | Y | K | R | G | I | J | H | M | I | R | C | V | L | Q | O |

   selfworth       social       values       beliefs       tahatinana       tahawhanau       tahahinegaro       tahawairua       Mental       wellbeing       Emotional       Physical