



Rātaka 2025

DAILY PLANNER



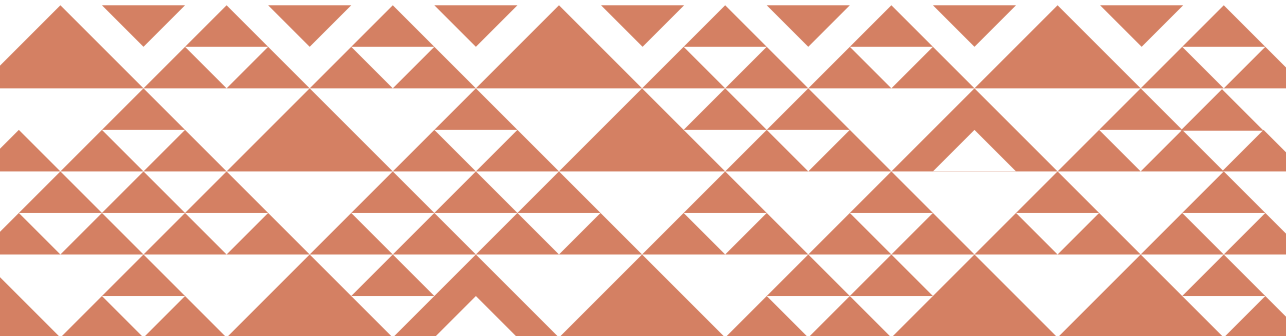
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.....



2025

Hānuere JAN

Ma	Tū	We	Tā	Pa	Hā	Rā
		1	2	3	4	5
6	7	8	9	10	11	12
13	○	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	●	31		

Pēpuere FEB

Ma	Tū	We	Tā	Pa	Hā	Rā
					1	2
3	4	5	6	7	8	9
10	11	12	○	14	15	16
17	18	19	20	21	22	23
24	25	26	27	●		

Māehe MAR

Ma	Tū	We	Tā	Pa	Hā	Rā
					1	2
3	4	5	6	7	8	9
10	11	12	13	○	15	16
17	18	19	20	21	22	23
24	25	26	27	28	●	30
31						

Āperira APR

Ma	Tū	We	Tā	Pa	Hā	Rā
	1	2	3	4	5	6
7	8	9	10	11	12	○
14	15	16	17	18	19	20
21	22	23	24	25	26	27
●	29	30				

Mei MAY

Ma	Tū	We	Tā	Pa	Hā	Rā
			1	2	3	4
5	6	7	8	9	10	11
12	○	14	15	16	17	18
19	20	21	22	23	24	25
26	●	28	29	30	31	

Hune JUN

Ma	Tū	We	Tā	Pa	Hā	Rā
						1
2	3	4	5	6	7	8
9	10	○	12	13	14	15
16	17	18	19	20	21	22
23	24	●	26	27	28	29
30						

Hūrae JUL

Ma	Tū	We	Tā	Pa	Hā	Rā
	1	2	3	4	5	6
7	8	9	10	○	12	13
14	15	16	17	18	19	20
21	22	23	24	●	26	27
28	29	30	31			

Ākuhata AUG

Ma	Tū	We	Tā	Pa	Hā	Rā
				1	2	3
4	5	6	7	8	○	10
11	12	13	14	15	16	17
18	19	20	21	22	●	24
25	26	27	28	29	30	31

Hepetema SEP

Ma	Tū	We	Tā	Pa	Hā	Rā
1	2	3	4	5	6	7
○	9	10	11	12	13	14
15	16	17	18	19	20	21
●	23	24	25	26	27	28
29	30					

Oketopa OCT

Ma	Tū	We	Tā	Pa	Hā	Rā
		1	2	3	4	5
6	○	8	9	10	11	12
13	14	15	16	17	18	19
20	21	●	23	24	25	26
27	28	29	30	31		

Noema NOV

Ma	Tū	We	Tā	Pa	Hā	Rā
					1	2
3	4	5	○	7	8	9
10	11	12	13	14	15	16
17	18	19	●	21	22	23
24	25	26	27	28	29	30

Tihema DEC

Ma	Tū	We	Tā	Pa	Hā	Rā
1	2	3	4	○	6	7
8	9	10	11	12	13	14
15	16	17	18	19	●	21
22	23	24	25	26	27	28
29	30	31				

Hānuere

JANUARY

Mane MONDAY

Tūrei TUESDAY

Wenerei WEDNESDAY

Tāite THURSDAY

		1	2
WEEK 1		NEW YEAR'S DAY	DAY AFTER NEW YEAR'S DAY
6	7	8	9
WEEK 2			
13	14	15	16
WEEK 3			
20	21	22	23
WELLINGTON ANNIVERSARY DAY WEEK 4			
27	28	29	30
NORTHLAND ANNIVERSARY DAY AUCKLAND ANNIVERSARY DAY WEEK 5			

Kohitātea

Kua makuru te kai; ka kai te tangata i ngā kai hou o te tau.
Fruits have now set and man eats of the new food products of the season.

2025

Paraire FRIDAY

Hātarei SATURDAY

Rātapu SUNDAY

3	4	5
10	11	12
17	18	19
24	25	26
31		

Ōku Whāinga
My Priorities

Ōku whakamahara
Notes

Ōku whakawhetai
I'm grateful for

WED

01 Hānuere
JANUARY 2025

NEW YEAR'S DAY



Ōku whāinga | Priorities

Hei mahi māku | To do

5am		
6am		
7am		
8am		
9am		
10am		
11am		
12pm		
1pm		
2pm		
3pm		
4pm		
5pm		
6pm		
7pm		
8pm		
9pm		

Tōku ihi | Energy Levels



I te ata

TAHI	RUA	TORU	WHĀ	RIMA
------	-----	------	-----	------



I te pō

TAHI	RUA	TORU	WHĀ	RIMA
------	-----	------	-----	------

Ōku whakawhetai | I am grateful for...

THU 02 Hānuere
JANUARY 2025

DAY AFTER NEW YEAR'S DAY



Ōku whāinga | Priorities

Hei mahi māku | To do

5am		
6am		
7am		
8am		
9am		
10am		
11am		
12pm		
1pm		
2pm		
3pm		
4pm		
5pm		
6pm		
7pm		
8pm		
9pm		

Tōku ihi | Energy Levels



I te ata

TAHI	RUA	TORU	WHĀ	RIMA
------	-----	------	-----	------



I te pō

TAHI	RUA	TORU	WHĀ	RIMA
------	-----	------	-----	------

Ōku whakawhetai | I am grateful for...

FRI
FRI

03 Hānuere
JANUARY 2025



Ōku whāinga | Priorities

Hei mahi māku | To do

5am		
6am		
7am		
8am		
9am		
10am		
11am		
12pm		
1pm		
2pm		
3pm		
4pm		
5pm		
6pm		
7pm		
8pm		
9pm		

Tōku ihi | Energy Levels



I te ata

TAHI	RUA	TORU	WHĀ	RIMA
------	-----	------	-----	------



I te pō

TAHI	RUA	TORU	WHĀ	RIMA
------	-----	------	-----	------

Ōku whakawhetai | I am grateful for...

SAT 04 Hānuere
JANUARY 2025



SUN 05 Hānuere
JANUARY 2025



5am

6am

7am

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

Tōku ihi | Energy Levels



I te ata

TAHI

RUA

TORU

WHĀ

RIMA



I te pō

TAHI

RUA

TORU

WHĀ

RIMA

5am

6am

7am

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

Tōku ihi | Energy Levels



I te ata

TAHI

RUA

TORU

WHĀ

RIMA



I te pō

TAHI

RUA

TORU

WHĀ

RIMA

Ngā akoranga me ngā wero | My challenges and learnings... ..

Ōku whiwhinga me ōku whakanui | My wins & highlights... ..

Ōku whāinga ā tērā wiki | My goals for the week ahead... ..

MON 06 Hānuere
JANUARY 2025



Ōku whāinga | Priorities

Hei mahi māku | To do

5am		
6am		
7am		
8am		
9am		
10am		
11am		
12pm		
1pm		
2pm		
3pm		
4pm		
5pm		
6pm		
7pm		
8pm		
9pm		

Tōku ihi | Energy Levels



I te ata

TAHI	RUA	TORU	WHĀ	RIMA
------	-----	------	-----	------



I te pō

TAHI	RUA	TORU	WHĀ	RIMA
------	-----	------	-----	------

Ōku whakawhetai | I am grateful for...

TUE

07 Hānuere
JANUARY 2025



Ōku whāinga | Priorities

Hei mahi māku | To do

5am		
6am		
7am		
8am		
9am		
10am		
11am		
12pm		
1pm		
2pm		
3pm		
4pm		
5pm		
6pm		
7pm		
8pm		
9pm		

Tōku ihi | Energy Levels



I te ata

TAHI	RUA	TORU	WHĀ	RIMA
------	-----	------	-----	------



I te pō

TAHI	RUA	TORU	WHĀ	RIMA
------	-----	------	-----	------

Ōku whakawhetai | I am grateful for...

Ōku whakamahara Notes

SAMPLE



SAMPLE

