

Below is the English translation of the contents within the Jibun Techo.  
If you print out the translations and cut along the cutting line, you can carry the translations along with your Jibun Techo.

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2024 JAN <b>1</b>	Goals for this month / Theme		
What I want to do	What I'm not going to do		
Brief summary of this month			
Things I did	Things I didn't do		
Things I'm happy about	Things I could have done better		
People I met	Places I went		
Things I bought	Things I learned		
今年のイベント / MY EVENT			
Event			
今年やりたい100のリスト / 100 WISHES LIST			
Done	What do I want to do?	Done	What do I want to do?
今年後半の目標 / Goals for the second half of this year			
Goal		Action towards achieving the goal	
今年後半のイベント / Events coming up in the second half of this year			
Event			
今年の振り返り / LOOKING BACK ON 2023			
Your personal events			
Events in your family and circle of friends, and in the wider world			

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今年の目標 / MY DREAM 2024		
	Goal	Action towards achieving the goal
Work		
Study		
Qualifications		
Education		
Finance		
Savings		
Health		
Beauty		
Hobbies		
Recreation		
Travel		
Vacation		
Family		
Significant other		
Friends		
Networking		
Other		