

列 JIBUN_TECHO DAYS B6 Slim

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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	2025 JAN		Goals for this month / Theme
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	Wha	t I want to do	What I'm not going to do
		Brief summary	of this month
	т	hings I did	Things I didn't do
	71:	P	This 1 1 - 1 1 1 1 1
	Things	I'm happy about	Things I could have done better
	Po	eople I met	Places I went
Ш			
		ngs I bought	Things I learned
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	今年のイベン	ノト/MY EVENT	
	7-01		
			Event
	今年やりたい	v100のリスト/10	0 WISHES LIST
	Done \	What do I want to do?	Done What do I want to do?
	今年後半の国	目標/ Goals for the se	cond half of this year
		Goal	Action towards achieving the goal
i.			
	今年後半の	イベント / Events com	ning up in the second half of this year
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			Event
	今年の振りが	図り/LOOKING BA	ACK ON 2025
	/ 一つ加り	Z9/ LOOKING BA	TON DIV 2023
H			ur personal events
		Events in your family an	d circle of friends, and in the wider world
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