



JIBUN-TECHO
2025

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.

2025 JAN
1

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 2025

Your personal events

Events in your family and circle of friends, and in the wider world

✂

今年の目標／MY DREAM 2025	
	Goal
	Action towards achieving the goal
Work	
Study	
Qualifications	
Education	
Finance	
Savings	
Health	
Beauty	
Hobbies	
Recreation	
Travel	
Vacation	
Family	
Significant other	
Friends	
Networking	
Other	