

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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<p>2025 JAN</p> <p style="font-size: 2em; font-weight: bold;">1</p>	<p>Goals for this month / Theme</p>
<p>What I want to do</p>	<p>What I'm not going to do</p>
<p>Brief summary of this month</p>	
<p>Things I did</p>	<p>Things I didn't do</p>
<p>Things I'm happy about</p>	<p>Things I could have done better</p>
<p>People I met</p>	<p>Places I went</p>
<p>Things I bought</p>	<p>Things I learned</p>
<p>今年のイベント / MY EVENT</p>	
<p>Event</p>	
<p>今年やりたい100のリスト / 100 WISHES LIST</p>	
<p>Done</p>	<p>What do I want to do?</p>
<p>Done</p>	<p>What do I want to do?</p>
<p>今年後半の目標 / Goals for the second half of this year</p>	
<p>Goal</p>	<p>Action towards achieving the goal</p>
<p>今年後半のイベント / Events coming up in the second half of this year</p>	
<p>Event</p>	
<p>今年の振り返り / LOOKING BACK ON 2025</p>	
<p>Your personal events</p>	
<p>Events in your family and circle of friends, and in the wider world</p>	

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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		