

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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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		



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