

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	Goals for this month / Theme
2024 JAN	Guais for this month / Therite
4	
What I want to do	What I'm not going to do
What I want to do	What is 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
Tillings i Bought	Tilligs Featled
今年のイベント/MY EV	VENIT
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	Event
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ラキやりたい100のリス	KF/100 WISHES LIST
Done What do I want to do?	Done What do I want to do?
今年※半の日標 / 。 ↓	
ラ午後干の日保/ Goals	for the second half of this year
Goal	Action towards achieving the goal
	youth total at attituding all god
今年後半のイベント/ ほ	Events coming up in the second half of this year
	Event
今年の振り返り/L00K	(ING BACK ON 2024
	Your personal events
Events ii	n your family and circle of friends, and in the wider world

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