



JIBUN-TECHO

DAYs

A5 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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<div style="background-color: #f0f0f0; padding: 10px; display: inline-block;">20XX JAN 1</div>	<div style="background-color: #e0e0e0; text-align: center; font-size: small;">Goals for this month / Theme</div> <div style="height: 40px; border: 1px solid #ccc;"></div>				
<div style="background-color: #e0e0e0; text-align: center; font-size: x-small;">What I want to do</div>	<div style="background-color: #e0e0e0; text-align: center; font-size: x-small;">What I'm not going to do</div>				
<div style="background-color: #e0e0e0; text-align: center; font-size: x-small;">Brief summary of this month</div> <div style="height: 20px; border: 1px solid #ccc;"></div>					
<div style="background-color: #e0e0e0; text-align: center; font-size: x-small;">Things I did</div>	<div style="background-color: #e0e0e0; text-align: center; font-size: x-small;">Things I didn't do</div>				
<div style="background-color: #e0e0e0; text-align: center; font-size: x-small;">Things I'm happy about</div>	<div style="background-color: #e0e0e0; text-align: center; font-size: x-small;">Things I could have done better</div>				
<div style="background-color: #e0e0e0; text-align: center; font-size: x-small;">People I met</div>	<div style="background-color: #e0e0e0; text-align: center; font-size: x-small;">Places I went</div>				
<div style="background-color: #e0e0e0; text-align: center; font-size: x-small;">Things I bought</div>	<div style="background-color: #e0e0e0; text-align: center; font-size: x-small;">Things I learned</div>				
<div style="background-color: #f0f0f0; padding: 5px; border: 1px solid #ccc; font-weight: bold; font-size: small;">今年のイベント／MY EVENT</div> <div style="background-color: #e0e0e0; text-align: center; font-size: x-small; margin-top: 5px;">Event</div>					
<div style="background-color: #f0f0f0; padding: 5px; border: 1px solid #ccc; font-weight: bold; font-size: small;">今年やりたい100のリスト／100 WISHES LIST</div> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"><tr><td style="width: 5%; text-align: center; font-size: x-small;">Done</td><td style="width: 45%; text-align: center; font-size: x-small;">What do I want to do?</td><td style="width: 5%; text-align: center; font-size: x-small;">Done</td><td style="width: 45%; text-align: center; font-size: x-small;">What do I want to do?</td></tr></table>		Done	What do I want to do?	Done	What do I want to do?
Done	What do I want to do?	Done	What do I want to do?		
<div style="background-color: #f0f0f0; padding: 5px; border: 1px solid #ccc; font-weight: bold; font-size: small;">今年後半の目標／Goals for the second half of this year</div> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"><tr><td style="width: 5%;"></td><td style="width: 45%; text-align: center; font-size: x-small;">Goal</td><td style="width: 50%; text-align: center; font-size: x-small;">Action towards achieving the goal</td></tr></table>			Goal	Action towards achieving the goal	
	Goal	Action towards achieving the goal			
<div style="background-color: #f0f0f0; padding: 5px; border: 1px solid #ccc; font-weight: bold; font-size: small;">今年後半のイベント／Events coming up in the second half of this year</div> <div style="background-color: #e0e0e0; text-align: center; font-size: x-small; margin-top: 5px;">Event</div>					
<div style="background-color: #f0f0f0; padding: 5px; border: 1px solid #ccc; font-weight: bold; font-size: small;">今年の振り返り／LOOKING BACK ON 20XX</div> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"><tr><td style="width: 10%;"></td><td style="text-align: center; font-size: x-small;">Your personal events</td></tr><tr><td></td><td style="text-align: center; font-size: x-small;">Events in your family and circle of friends, and in the wider world</td></tr></table>			Your personal events		Events in your family and circle of friends, and in the wider world
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今年の目標／MY DREAM 20XX

	Goal	Action towards achieving the goal
Work		
Study		
Qualifications		
Education		
Finance		
Savings		
Health		
Beauty		
Hobbies		
Recreation		
Travel		
Vacation		
Family		
Significant other		
Friends		
Networking		
Other		