



JIBUN-TECHO

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.

| <div>20XX JAN</div> <div style="font-size: 2em; font-weight: bold;">1</div> | <table border="1" style="width: 100%; border-collapse: collapse;"><tr><th style="background-color: #e0e0e0;">Goals for this month / Theme</th></tr><tr><td style="height: 40px;"></td></tr></table> | Goals for this month / Theme | | | | | | | |
|---|---|---|--|-----------------------------------|---|------|-----------------------|--|--|
| Goals for this month / Theme | | | | | | | | | |
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| <table border="1" style="width: 100%; border-collapse: collapse;"><tr><th style="background-color: #e0e0e0;">What I want to do</th></tr><tr><td style="height: 20px;"></td></tr></table> | What I want to do | | <table border="1" style="width: 100%; border-collapse: collapse;"><tr><th style="background-color: #e0e0e0;">What I'm not going to do</th></tr><tr><td style="height: 20px;"></td></tr></table> | What I'm not going to do | | | | | |
| What I want to do | | | | | | | | | |
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| What I'm not going to do | | | | | | | | | |
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| <table border="1" style="width: 100%; border-collapse: collapse;"><tr><th style="background-color: #e0e0e0;">Brief summary of this month</th></tr><tr><td style="height: 20px;"></td></tr></table> | | Brief summary of this month | | | | | | | |
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| <table border="1" style="width: 100%; border-collapse: collapse;"><tr><th style="background-color: #e0e0e0;">Things I did</th></tr><tr><td style="height: 20px;"></td></tr></table> | Things I did | | <table border="1" style="width: 100%; border-collapse: collapse;"><tr><th style="background-color: #e0e0e0;">Things I didn't do</th></tr><tr><td style="height: 20px;"></td></tr></table> | Things I didn't do | | | | | |
| Things I did | | | | | | | | | |
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| Things I didn't do | | | | | | | | | |
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| <table border="1" style="width: 100%; border-collapse: collapse;"><tr><th style="background-color: #e0e0e0;">Things I'm happy about</th></tr><tr><td style="height: 20px;"></td></tr></table> | Things I'm happy about | | <table border="1" style="width: 100%; border-collapse: collapse;"><tr><th style="background-color: #e0e0e0;">Things I could have done better</th></tr><tr><td style="height: 20px;"></td></tr></table> | Things I could have done better | | | | | |
| Things I'm happy about | | | | | | | | | |
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| Things I could have done better | | | | | | | | | |
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| <table border="1" style="width: 100%; border-collapse: collapse;"><tr><th style="background-color: #e0e0e0;">People I met</th></tr><tr><td style="height: 20px;"></td></tr></table> | People I met | | <table border="1" style="width: 100%; border-collapse: collapse;"><tr><th style="background-color: #e0e0e0;">Places I went</th></tr><tr><td style="height: 20px;"></td></tr></table> | Places I went | | | | | |
| People I met | | | | | | | | | |
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| Places I went | | | | | | | | | |
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| <table border="1" style="width: 100%; border-collapse: collapse;"><tr><th style="background-color: #e0e0e0;">Things I bought</th></tr><tr><td style="height: 20px;"></td></tr></table> | Things I bought | | <table border="1" style="width: 100%; border-collapse: collapse;"><tr><th style="background-color: #e0e0e0;">Things I learned</th></tr><tr><td style="height: 20px;"></td></tr></table> | Things I learned | | | | | |
| Things I bought | | | | | | | | | |
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| Things I learned | | | | | | | | | |
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| <table border="1" style="width: 100%; border-collapse: collapse;"><tr><th style="background-color: #e0e0e0;">今年のイベント／MY EVENT</th></tr><tr><td style="height: 20px;"></td></tr></table> | | 今年のイベント／MY EVENT | | | | | | | |
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| <table border="1" style="width: 100%; border-collapse: collapse;"><tr><th style="background-color: #e0e0e0;">Event</th></tr><tr><td style="height: 20px;"></td></tr></table> | | Event | | | | | | | |
| Event | | | | | | | | | |
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| <table border="1" style="width: 100%; border-collapse: collapse;"><tr><th style="background-color: #e0e0e0;">今年やりたい100のリスト／100 WISHES LIST</th></tr><tr><td style="height: 20px;"></td></tr></table> | | 今年やりたい100のリスト／100 WISHES LIST | | | | | | | |
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| | | | | | | | | | |
| <table border="1" style="width: 100%; border-collapse: collapse;"><tr><th style="background-color: #e0e0e0;">Done</th><th style="background-color: #e0e0e0;">What do I want to do?</th></tr><tr><td style="height: 20px;"></td><td style="height: 20px;"></td></tr></table> | Done | What do I want to do? | | | <table border="1" style="width: 100%; border-collapse: collapse;"><tr><th style="background-color: #e0e0e0;">Done</th><th style="background-color: #e0e0e0;">What do I want to do?</th></tr><tr><td style="height: 20px;"></td><td style="height: 20px;"></td></tr></table> | Done | What do I want to do? | | |
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| Done | What do I want to do? | | | | | | | | |
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| <table border="1" style="width: 100%; border-collapse: collapse;"><tr><th style="background-color: #e0e0e0;">今年後半の目標／ Goals for the second half of this year</th></tr><tr><td style="height: 20px;"></td></tr></table> | | 今年後半の目標／ Goals for the second half of this year | | | | | | | |
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| <table border="1" style="width: 100%; border-collapse: collapse;"><tr><th style="background-color: #e0e0e0;">Goal</th></tr><tr><td style="height: 20px;"></td></tr></table> | Goal | | <table border="1" style="width: 100%; border-collapse: collapse;"><tr><th style="background-color: #e0e0e0;">Action towards achieving the goal</th></tr><tr><td style="height: 20px;"></td></tr></table> | Action towards achieving the goal | | | | | |
| Goal | | | | | | | | | |
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| <table border="1" style="width: 100%; border-collapse: collapse;"><tr><th style="background-color: #e0e0e0;">今年後半のイベント／ Events coming up in the second half of this year</th></tr><tr><td style="height: 20px;"></td></tr></table> | | 今年後半のイベント／ Events coming up in the second half of this year | | | | | | | |
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| <table border="1" style="width: 100%; border-collapse: collapse;"><tr><th style="background-color: #e0e0e0;">Event</th></tr><tr><td style="height: 20px;"></td></tr></table> | | Event | | | | | | | |
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| <table border="1" style="width: 100%; border-collapse: collapse;"><tr><th style="background-color: #e0e0e0;">今年の振り返り／LOOKING BACK ON 20XX</th></tr><tr><td style="height: 20px;"></td></tr></table> | | 今年の振り返り／LOOKING BACK ON 20XX | | | | | | | |
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| <table border="1" style="width: 100%; border-collapse: collapse;"><tr><th style="background-color: #e0e0e0;">Your personal events</th></tr><tr><td style="height: 20px;"></td></tr></table> | | Your personal events | | | | | | | |
| Your personal events | | | | | | | | | |
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| <table border="1" style="width: 100%; border-collapse: collapse;"><tr><th style="background-color: #e0e0e0;">Events in your family and circle of friends, and in the wider world</th></tr><tr><td style="height: 20px;"></td></tr></table> | | 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