

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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年齢早見表 / AGE CHART			
Year	Western calendar	Chinese zodiac	Age

今年やりたい100のリスト / 100 WISHES LIST			
Done	What do I want to do?	Done	What do I want to do?

お気に入りの言葉 / FAVORITE PHRASES	
Who said this?	Wise words

おすすめリスト / RECOMMENDATION LIST		
OK	Recommendation	Who recommended this?

本リスト / BOOK LIST				
Date purchased	Title	Author/publisher	Comments	Date finished

映画リスト / MOVIE LIST			
Date seen	Title	With whom?	Comments

もらったもののリスト / GIFTS RECEIVED		
From whom?	What was the gift?	Did I give anything in return?

プレゼントしたもののリスト / GIFTS GIVEN	
To whom?	Gift given

約束したことリスト / PROMISE LIST				
OK	With whom?	Promise made	OK	With whom?

今年の振り返り / LOOKING BACK ON 2023	
	Your personal events
Events in your family and circle of friends, and in the wider world	



今年の目標 / MY DREAM 2023

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



HOW TO USE THE “JIBUN TECHO” [2023]

一年間、楽しく、便利に、振り返りやすく使うための、こだわりのレイアウトが満載です。ページをめくると週間バーチャルの使い方を図解していますので、参考にしてください。

Your JIBUN TECHO notebook is packed with pages that have been carefully designed to make it fun and easy to look back on the entire year. In addition, the following page describes how to use the weekly schedule.

■ THREE-YEAR CALENDAR / 3年分カレンダー

2022年から2024年の3年間を一覧できるカレンダーです。

This calendar provides a birds-eye view of last year, this year, and next year.

■ YEARLY SCHEDULE / 年間スケジュール

2023年の12カ月分が一覧できるスケジュール表です。

This two-page schedule provides a birds-eye view of your plans for the next 12 months.

■ AGE CHART / 年齢早見表

今年の干支「卯」の色を強調して、わかりやすくしました。

This chart makes it easy to find age based on date of birth by emphasizing the color of this year's Chinese zodiac symbol.

■ MY DREAM 2023 / 今年の目標

今年の夢を描きましょう。年に1度なら新しい気持ちで書けますし、追記も楽です。

It's good to jot down your dreams, but honestly, it can be a pain to do every month. But you can do so once a year in the spirit of making a fresh start, and it's easy to add to the list later. We've divided this page into categories so that it's easy to fill in.

■ MONEY PLAN / お金の計画

毎月どれくらい生活費がかかっているか、意外と知らないものです。棚卸しにどうぞ。

You might be surprised by how much money you spend every month. Use this page to take financial inventory of your life.

■ JAPAN MAP / 日本地図

今年行ったところ、行きたいところを記入しましょう。色分けすると見やすくなります。

Write down where you've been this year, and where you'd like to go.

■ WEEKLY PLAN / 週間予定

規則正しい生活は大切です。理想の行動を書くことで意識付けになります。学生の場合は、時間割にどうぞ。前期後期は左右に分けて書くとう便利です。

It's important to lead a regular life. Writing down your ideal series of activities can help you be more aware of your goals. If you're a student, jot down your class schedule. Put one semester on each side.

■ 100 WISHES LIST / 今年やりたい100のリスト

夢というほどではないけれど、今年中にやりたいことを書きましょう。

100 Wishes

Make a list of wishes—not necessarily dreams, but things you'd like to do this year.

■ FAVORITE PHRASES / お気に入りの言葉

あなたが感動したり、笑ったり、頑張れたり、ほっとする言葉を書きましょう。

毎日見るからこそ、意識下に刷り込めて、きっとやる気も出てくるはず。

Why not make a note of phrases that excite you, make you laugh, inspire you to work hard, or help you relax? If you see them every day, they're sure to permeate your subconscious and motivate you to succeed.



■ RECOMMENDATION LIST / おすすめリスト

友達や番組でお勧めしてくれたものを記入しましょう。
やろうと思っても記入しないと忘れてしまうものです。
実行できたら、きっと人生にもプラスになるはず。

When a friend recommends something, you're likely to forget about it as time goes by, even if you originally intended to try it. If you could only remember those recommendations, they'd probably add something to your life. Making a note of who recommended what can help you remember things, and it's also convenient when you want to let that person know how their recommendation turned out. That's sure to make that person happy, too.

■ BOOK LIST / 本リスト

今年読みたい、もしくは読んだ本のリストを作りましょう。感想も書けます。

Make a list of the books you've read or would like to read this year. You can also note your impressions.

■ MOVIE LIST / 映画リスト

今年観たい、もしくは観た映画のリストを作りましょう。感想も書けます。

Make a list of the movies you've seen or would like to see this year. You can also note your impressions.

■ GIFTS RECEIVED / もらったものリスト

プレゼントをもらったらここに書きましょう。
誕生日プレゼントだけでなく、ちょっとした貰い物の備忘録にもどうぞ。
相手にお返しをする時に便利です。

Make a note of any gifts you receive. For example, you can keep a record not just of birthday presents and the like, but of all the small gifts you receive, like Valentine's Day chocolates and unexpected letters. It's also convenient to have this information when you want to give something back in return.

■ GIFTS GIVEN / プレゼントしたものリスト

相手へのプレゼントを書きましょう。結婚式のご祝儀金を書くのも後々便利です。

Keep a list of gifts that you give to others. It's also convenient to jot down any gifts you gave at weddings.

■ PROMISE LIST / 約束したことリスト

なかなか実現しない口約束。実現しない理由は、約束がその場限りになってしまい
後々マインドされないからです。思い出せるように記入しておきましょう。

We all tend to make verbal commitments on a whim but often aren't able to keep them. That's because such promises vanish from memory with the moment in which they were made, and there's nothing left to remind us afterwards. Develop the habit of noting the promises you make here so that you can remember them.

■ FREE LIST / フリーリスト

シブンでカスタマイズできるようにフリーリストを作りました。ご自由にどうぞ。

Use this page however you like.

■ MONTHLY PROJECT / 月間プロジェクト

プロジェクト管理など、長期の視点で書き込めるレイアウトです。
また最近流行りのハビットラッカーとして習慣化させたいことのチェックリストにしたり、
体重の増減グラフなどの使い方もできます。

This page features an easy-to-use layout that you can utilize for notes from a long-term perspective, for example to manage projects. Write down the name of the project on the left and track progress. You can use the grid to make a checklist of habits you'd like to develop, a graph of your weight over time, or a chart of stock prices.

■ MONTHLY SCHEDULE / 月間ブロック

1ヵ月を俯瞰できるブロック型のスケジュール帳です。ビジネスや冠婚葬祭に使われる
六曜や二十四節気もついています。

This grid-style schedule lets you view an entire month at once. It includes labels that indicate how auspicious each day is as well as the 24 seasonal divisions of the year, both of which are important information in Japan.



■ WEEKLY SCHEDULE / 週間バーチャカル

1日を24時間軸で効率よく見渡せるバーチャカル(縦型)のスケジュール帳です。

This schedule gives you an efficient look at the week, with a vertical hourly block for each day.

・【ToDoリスト】

ToDoは翌日に繰り越すこともあるので、1週間でまとめて書くのも便利です。

To-do checklist

To-do lists sometimes spill over into the next day, so it's convenient to group them by the week.

・【天気チェック】

今年の初雪はいつでしたか? 虹を見た日はいつでしたか? 天気も記憶を引き出すヒントになります。

「晴れ・曇り・雨・雪・虹・雪・台風」をアイコン化しています。

Weather notes

When did it snow for the first time this year? When did you see a rainbow? Jotting down the weather is a great way to jog your memory about what happened that day. Easy-to-understand weather icons make it easy to check off each day's conditions.

・【24時間の軸】

深夜も早朝も人生の一部。なので24時間表記にしました。6~24時までは余裕のある30分刻みですが、

0~6時までは1時間刻みにしました。必要のない人は「今日の予定」や「見た夢」など

自由に書き込むスペースに使ってください。

24-hour coverage

Most weekly schedules only cover 8:00 am to 11:00 pm. But the late night and early morning are part of your life, too. That's why we've included all 24 hours of every day. The schedule uses 30-minute divisions so you have plenty of space from 6:00 am to 12:00 am and then 1-hour divisions from 12:00 am to 6:00 am. If you don't need that space for appointments, use it to jot down the day's plans, dreams you had, or whatever other information you'd like to note.

・【日の出・日の入り時間軸】

人は太陽を意識して動く1日を有意義に過ごせます。そこで、時間軸で日の出・日の入りを実現しました。

季節の移り変わりを楽しめるだけでなく、1日の大切さを実感できます。

国立天文台が公表している東京でのデータを元に作成しています。

Sunrise and sunset times

Timing your day's activities to coincide with hours of sunlight is a great way to make every day count. We've varied the thickness of the line indicating hours of the day to indicate sunrise and sunset times. Visualizing this information not only helps you enjoy the changing rhythm of the seasons, but also lets you experience the importance of each day. By the way, these times are based on data for Tokyo as published by the National Astronomical Observatory of Japan.

・【1日の感想】

今日はどんな1日でしたか? 嬉しい、普通、悲しいなどの気分を表した顔マークをチェックして1行日記を書きましょう。

この欄を見返すだけで、その日のことを鮮明に思い出せます。

Daily thoughts

Was today a good day? Check the facial icons indicating your mood each day—happy, normal, sad, etc.

—and jot down a one-line diary entry in the space provided. When you look back over the schedule later, this information will help you recall that day more vividly.

・【食事】

健康を意識するために、3食何食べたかを書きましょう。また誰と食べたかを書くのも人生の栄養につながります。

もちろんメタボ対策やレコーディングダイエットにも役立ちます。

Meals

Do you sometimes skip breakfast when you're busy at work? Make a note of what you ate for breakfast, lunch, and dinner in order to prompt awareness of the need to eat all three meals every day. You can also provide "nourishment" for your social life by noting with whom you ate. This part of the schedule can also be used to help avoid middle-age weight gain or stick to a diet.



■ LOOKING BACK ON 2023 / 今年の振り返り

今年はどうな年でしたか？一年かけて書き留めたジブン手帳を振り返りながら、このページにまとめていきましょう。

What kind of year was this year? Look back over the notes you've kept all year in your JIBUN TECHO and summarize the year on this page.

■ PERSONAL DATA / 個人データ

個人情報を守るだけでなく、自分自身で活用することも大切です。
財布を落とした時に銀行やクレジットのカードを止めるのにも役立ちます。
また万が一の緊急時も、このページを見せるだけで、主治医の連絡先や既往症などを第三者に伝えることができます。
もちろん見られて困るデータは書かないようにしたり、保護シートを貼って管理するなどしてください。

It's important not only to protect the privacy of personal information, but also to make use of it yourself. For example, that information can come in handy if you lose your wallet and need to cancel your bank and credit cards. In an emergency, you can also communicate the contact information for your primary care physician, past illnesses, and other information to a third party simply by showing him or her this page. Of course, you shouldn't write down anything that you wouldn't want to be seen by others, but you can always cover the page with a protective sticker and peel it off when you need it, or write down your information on a copy of this page and store it elsewhere for safekeeping.