

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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AGE CHART

Age gracefully.

The age shown is the full age from date of birth. For anyone who has not yet had their birthday by the date in question, subtract 1 year from the age.

Year	Western calendar	Chinese zodiac	Age
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JAPAN MAP

Where have I traveled to this year?

Write down where you've been on your travels and business trips this year. Looking at where you want to go will help you take action.

WEEKLY PLAN

~ What shall I do ~ today?

A good year is made up of good days. Write down your ideal daily schedule. If you're a student, write your timetable here.

	MON	TUE	WED
0			
1			
2			
3			

100 WISHES LIST

Things to try.

Write down a list of 100 things you want to try this year. Feel free to write down things you've wanted to do but haven't been able to. Things that don't even amount to dreams. Things ranging from serious to silly. It could help you accomplish a lot.

Done	What do I want to do?	Done	What do I want to do?
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FAVORITE PHRASES

Wise words make you stronger.

Note down phrases that move you, make you laugh, and make you feel braver. Seeing them in the planner you use on a daily basis will imprint them in the back of your mind, spurring you on every day.

Who said this?	Wise words
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RECOMMENDATION LIST

If someone takes the trouble to recommend something, you know it must be good.

Use this list to write down things that people have recommended to you. It's useful to write down things you want to try someday, things you want to acquire, things you don't want to forget, and also who made the recommendation.

OK	Recommendation	Who recommended this?
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BOOK LIST

Books are the door to travel.

Make a list of books you want to read or have read this year. You could also write down your impressions. If there's not enough space here, you could just note the relevant page number in the book. Alternatively, you could write much as you like in your IDEA volume, and link to it by noting down the IDEA page number here.

Date purchased	Title	Author/publisher	Comments	Date finished
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MOVIE LIST

There's nothing quite like the silver screen.

Make a list of movies you want to see, or have seen, this year. You could also write down your impressions. Besides movies, you could also list live theater performances.

Date seen	Title	With whom?	Comments
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GIFTS RECEIVED

It's the thought that counts.

When you receive a gift, write it down here. Use this space to keep track of birthday gifts, Valentine's Day chocolates, letters, words of encouragement and other kindnesses you receive.

From whom?	What was the gift?	Did I give anything in return?
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GIFTS GIVEN

It is more blessed to give than to receive.

When you give a gift to someone you care about, write it down here. It's surprisingly easy to lose track of what you gave to whom. It's also useful to write down things like the amount of your wedding gifts or ideas for gifts for upcoming birthdays. Of course, this doesn't mean you expect anything in return.

To whom?	Gift given
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PROMISE LIST

Keep your promises.

Verbal promises tend not to be kept. In the moment, you intend to keep them, but afterwards there's nothing to remind you, and you simply forget what you promised to do. So, when you make a promise, get into the habit of writing it down straight away.

OK	With whom?	Promise made	OK	With whom?	Promise made
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LOOKING BACK ON 2023

What kind of year did this turn out to be?

Use this page to summarize and reflect on everything you did and logged in your JIBUN-TECHO this year.

Your personal events

Events in your family and circle of friends, and in the wider world

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MY DREAM 2023

You've got to have a dream.

It makes more sense to note down your dreams and goals for the year instead of month-by-month. The goals category is also subdivided, making it easier to break things down. Writing down the actions you're going to take to implement your goals makes it easier to achieve them.

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



MONEY PLAN

Looking after your money

It's surprisingly hard to keep track of how much you spend each month. Write it down in an itemized list. Even if you just write down your fixed costs, it's useful. Feel free to add items in the empty boxes, such as "vehicle," "childcare," "pet," etc.

	JAN	FEB	MAR	APR	MAY	JUN
Fixed expenses	Housing					
	Lighting and heating					
	Communications					
	Insurance					
Total						
Variable expenses	Food					
	Daily sundries					
	Clothing					
	Entertainment					
	Transport					
	Medical					
Total						
Total expenditure						
Income	Salary					
	Extra earnings					
	Total income					
Savings						



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、今年中にやってみ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、ちょっとした真実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
後々リ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

ジ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・雷・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.

■ ROUTE MAP / 鉄道路線図

ジブン手帳オリジナルの路線図です。東京/大阪・京都・名古屋/仙台・神戸・福岡・札幌・横浜を掲載しています。2021年1月時点の情報です。

We created our very own painstakingly designed map of train lines in Japan.

■ WORLD TIME DIFFERENCES / 時差世界地図

世界の時差地図です。サマータイムには対応していません。

This map illustrates the world's time zones. Four colors are used in each area to delineate the time zones in an easy-to-understand manner. Daylight savings time is not shown.

■ 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。また方が一の緊急時も、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.