

最終的なゴール

新月◎つぎの満月までのちいさなゴール

Empty box for writing small goals for the next full moon.

満月◎できたこと・振り返り

Empty box for writing what was accomplished and reflection for the full moon.

◎ちいさなゴールのためにやること

Checklist for actions to be taken for small goals, with 15 checkboxes and dotted lines for notes.

◎気づいたこと・改善点

Empty box for writing what was noticed and improvement points.

最終的なゴール

新月◎今月のちいさなゴール

Empty box for writing small goals for this month.

満月◎できたこと・振り返り

Empty box for writing what was accomplished and reflection for the full moon.

◎ちいさなゴールのためにやること

Checklist for actions to be taken for small goals, with 15 checkboxes and dotted lines for notes.

◎気づいたこと・改善点

Empty box for writing what was noticed and improvement points.