

✧ Kazuyo Katsuma

Book Review _____ Date _____

Title _____

Author _____

気付き・メモ _____

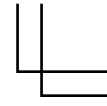
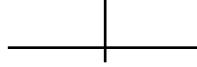
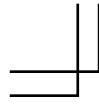
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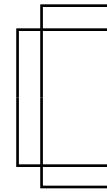
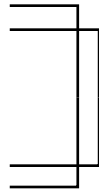
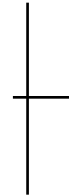
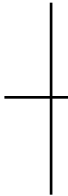
Author _____

気付き・メモ _____

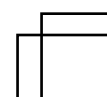
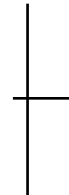
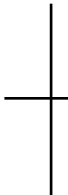


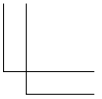
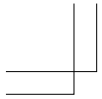
毎日7つの行動チェックリスト

1. 毎日0.2%の改善ができたか
2. 三毒追放をしたか
3. 「N/Cレート」の良い食事をしたか
4. 5つの感謝をしたか
5. 20-30%の時間を投資に充てたか
6. 合計で15分以上運動したか
7. 今日も自分のゴールを確認したか



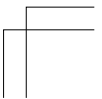
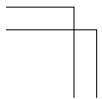
問題を先送りするな！

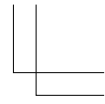
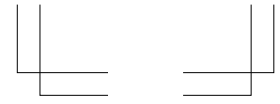
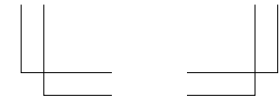
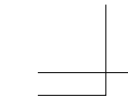




✧ Kazuyo Katsuma

ミッションステートメント





※ Kazuyo Katsuma

20年後の目標 あなたは () 歳

Blank box for 20-year goal

※ Kazuyo Katsuma

10年後の目標 あなたは () 歳

Blank box for 10-year goal

※ Kazuyo Katsuma

5年後の目標 あなたは () 歳

Blank box for 5-year goal

※ Kazuyo Katsuma

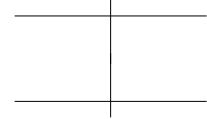
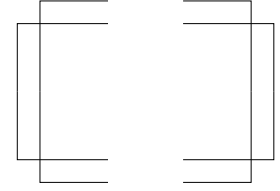
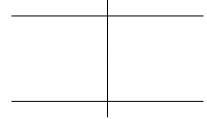
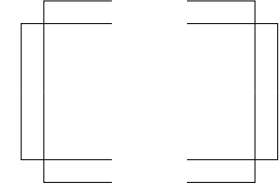
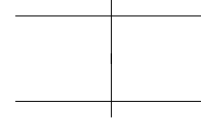
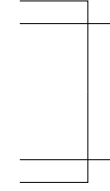
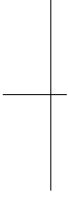
3年後の目標 あなたは () 歳

Blank box for 3-year goal

※ Kazuyo Katsuma

1年後の目標 あなたは () 歳

Blank box for 1-year goal



※ Kazuyo Katsuma

4 Qの目標

Blank box for 4-quarter goal

※ Kazuyo Katsuma

3 Qの目標

Blank box for 3-quarter goal

※ Kazuyo Katsuma

2 Qの目標

Blank box for 2-quarter goal

※ Kazuyo Katsuma

1 Qの目標

Blank box for 1-quarter goal

※ Kazuyo Katsuma

20年後の目標 あなたは () 歳

Blank box for 20-year goal

※ Kazuyo Katsuma

20年後の目標 あなたは () 歳

Blank box for 20-year goal

