2023年　月　日 (月)

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| Prioritized Daily Task  |
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| Mission Check |  |  |  | Schedule & Planning |  |  |
| 今年の抱負 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 今日の目的 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mind Check |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 今日の妄想  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  | **19****18****17****16****15****130****12****11****10****9****8****7****6****5** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Action Check |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 今日の活動 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| ※スキルシートのカテゴリを踏まえて、積み上げポイントを明確に |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tips Check |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 今日の学び |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| ※毎日：Day Oneに記載　週末に1週間コンパス更新とツイートと節目で印刷 | **14** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| idea Writing |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| ※目の前に集中＝タスク化＋スケジュール化＋シナリオ化　ビジネスもプライベートも | **22** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

2023年　月　日 (火)

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| Prioritized Daily Task  |
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| Mission Check |  |  |  | Schedule & Planning |  |  |
| 今年の抱負 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 今日の目的 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mind Check |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 今日の妄想  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  | **19****18****17****16****15****130****12****11****10****9****8****7****6****5** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Action Check |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 今日の活動 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| ※スキルシートのカテゴリを踏まえて、積み上げポイントを明確に |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tips Check |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 今日の学び |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| ※毎日：Day Oneに記載　週末に1週間コンパス更新とツイートと節目で印刷 | **14** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| idea Writing |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| ※目の前に集中＝タスク化＋スケジュール化＋シナリオ化　ビジネスもプライベートも | **22** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

2023年　月　日 (水)

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| Prioritized Daily Task  |
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| Mission Check |  |  |  | Schedule & Planning |  |  |
| 今年の抱負 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 今日の目的 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mind Check |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 今日の妄想  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  | **19****18****17****16****15****130****12****11****10****9****8****7****6****5** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Action Check |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 今日の活動 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| ※スキルシートのカテゴリを踏まえて、積み上げポイントを明確に |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tips Check |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 今日の学び |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| ※毎日：Day Oneに記載　週末に1週間コンパス更新とツイートと節目で印刷 | **14** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| idea Writing |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| ※目の前に集中＝タスク化＋スケジュール化＋シナリオ化　ビジネスもプライベートも | **22** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

2023年　月　日 (木)

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| Prioritized Daily Task  |
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| Mission Check |  |  |  | Schedule & Planning |  |  |
| 今年の抱負 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 今日の目的 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mind Check |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 今日の妄想  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  | **19****18****17****16****15****130****12****11****10****9****8****7****6****5** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Action Check |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 今日の活動 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| ※スキルシートのカテゴリを踏まえて、積み上げポイントを明確に |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tips Check |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 今日の学び |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| ※毎日：Day Oneに記載　週末に1週間コンパス更新とツイートと節目で印刷 | **14** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| idea Writing |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| ※目の前に集中＝タスク化＋スケジュール化＋シナリオ化　ビジネスもプライベートも | **22** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

2023年　月　日 (金)

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| Prioritized Daily Task  |
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| Mission Check |  |  |  | Schedule & Planning |  |  |
| 今年の抱負 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 今日の目的 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mind Check |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 今日の妄想  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  | **19****18****17****16****15****130****12****11****10****9****8****7****6****5** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Action Check |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 今日の活動 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| ※スキルシートのカテゴリを踏まえて、積み上げポイントを明確に |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tips Check |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 今日の学び |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| ※毎日：Day Oneに記載　週末に1週間コンパス更新とツイートと節目で印刷 | **14** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| idea Writing |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| ※目の前に集中＝タスク化＋スケジュール化＋シナリオ化　ビジネスもプライベートも | **22** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

2023年　月　日 (土)

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| Prioritized Daily Task  |
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| Mission Check |  |  |  | Schedule & Planning |  |  |
| 今年の抱負 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 今日の目的 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mind Check |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 今日の妄想  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  | **19****18****17****16****15****130****12****11****10****9****8****7****6****5** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Action Check |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 今日の活動 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| ※スキルシートのカテゴリを踏まえて、積み上げポイントを明確に |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tips Check |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 今日の学び |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| ※毎日：Day Oneに記載　週末に1週間コンパス更新とツイートと節目で印刷 | **14** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| idea Writing |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| ※目の前に集中＝タスク化＋スケジュール化＋シナリオ化　ビジネスもプライベートも | **22** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

2023年　月　日 (日)

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| Prioritized Daily Task  |
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| 今年の抱負 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 今日の目的 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mind Check |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 今日の妄想  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Action Check |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| ※毎日：Day Oneに記載　週末に1週間コンパス更新とツイートと節目で印刷 | **14** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| idea Writing |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| ※目の前に集中＝タスク化＋スケジュール化＋シナリオ化　ビジネスもプライベートも | **22** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

※考えるフレーム、イラスト図表化、Why/SoWhat構造、各種マトリクス、日常トピックス、学びスキル化/ネクスト行動

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