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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| 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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| 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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| 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 | | |  | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 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 | | |  | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 今日の妄想 | | |  | | | | | | | | | |  | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 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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| 今年の抱負 | | |  | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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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 | | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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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** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Mission Check | | | | | | | | | | | | | | | |  |  |  | Schedule & Planning | | | | | | | | | | | |  |  |
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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 | | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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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** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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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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