



3 GOOD THINGS

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3 GOOD THINGS

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3 GOOD THINGS

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3 GOOD THINGS

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3 GOOD THINGS

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3 GOOD THINGS

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3 GOOD THINGS

1 .....

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自己肯定感が高まる魔法の質問

Q. 栄養を考えて  
食事を摂るとしたら  
どんな食事を心がけますか？

A.

Large empty rounded rectangular box for writing the answer to the question.



3 GOOD THINGS

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3 GOOD THINGS

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3 GOOD THINGS

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3 GOOD THINGS

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3 GOOD THINGS

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3 GOOD THINGS

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3 GOOD THINGS

1 .....

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自己肯定感が高まる魔法の質問

Q.1日のなかで  
あなたがいちばん好きな時間は  
いつですか？

A.



3 GOOD THINGS

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3 GOOD THINGS

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3 GOOD THINGS

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3 GOOD THINGS

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3 GOOD THINGS

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3 GOOD THINGS

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3 GOOD THINGS

1 .....

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自己肯定感が高まる魔法の質問

Q. あなたがほっとできるのは  
どんなときですか？

A.

Large empty rounded rectangular box for writing the answer to the question.



3 GOOD THINGS

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3 GOOD THINGS

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3 GOOD THINGS

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3 GOOD THINGS

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3 GOOD THINGS

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3 GOOD THINGS

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3 GOOD THINGS

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自己肯定感が高まる魔法の質問

Q.もし1ヵ月休みがあったなら  
何をしますか？

A.