



3 GOOD THINGS

1 .....

2 .....

3 .....



3 GOOD THINGS

1 .....

2 .....

3 .....



3 GOOD THINGS

1 .....

2 .....

3 .....



3 GOOD THINGS

1 .....

2 .....

3 .....



3 GOOD THINGS

1 .....

2 .....

3 .....



3 GOOD THINGS

1 .....

2 .....

3 .....



3 GOOD THINGS

1 .....

2 .....

3 .....

自己肯定感が高まる魔法の質問

Q. あなたはどんなときに  
いちばん自由を感じますか？

A.

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



3 GOOD THINGS

1 .....

2 .....

3 .....



3 GOOD THINGS

1 .....

2 .....

3 .....



3 GOOD THINGS

1 .....

2 .....

3 .....



3 GOOD THINGS

1 .....

2 .....

3 .....



3 GOOD THINGS

1 .....

2 .....

3 .....



3 GOOD THINGS

1 .....

2 .....

3 .....



3 GOOD THINGS

1 .....

2 .....

3 .....

自己肯定感が高まる魔法の質問

Q. 自分に対して  
優しい言葉をかけるとしたら  
どんな言葉をかけますか？

A.

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



3 GOOD THINGS

1 .....

2 .....

3 .....



3 GOOD THINGS

1 .....

2 .....

3 .....



3 GOOD THINGS

1 .....

2 .....

3 .....



3 GOOD THINGS

1 .....

2 .....

3 .....



3 GOOD THINGS

1 .....

2 .....

3 .....



3 GOOD THINGS

1 .....

2 .....

3 .....



3 GOOD THINGS

1 .....

2 .....

3 .....

自己肯定感が高まる魔法の質問

Q. あなたが人生やプライベートで望んでいることはなんですか？

A.

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



3 GOOD THINGS

1 .....

2 .....

3 .....



3 GOOD THINGS

1 .....

2 .....

3 .....



3 GOOD THINGS

1 .....

2 .....

3 .....



3 GOOD THINGS

1 .....

2 .....

3 .....



3 GOOD THINGS

1 .....

2 .....

3 .....



3 GOOD THINGS

1 .....

2 .....

3 .....



3 GOOD THINGS

1 .....

2 .....

3 .....

自己肯定感が高まる魔法の質問

Q. 新たに挑戦してみたいこと、  
やりたいことは何ですか？

A.