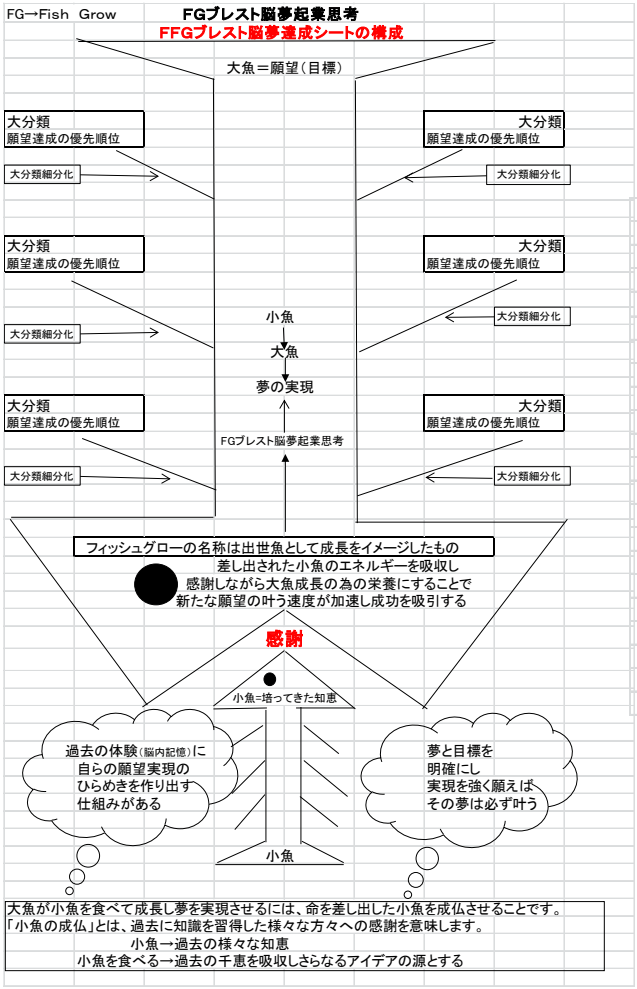
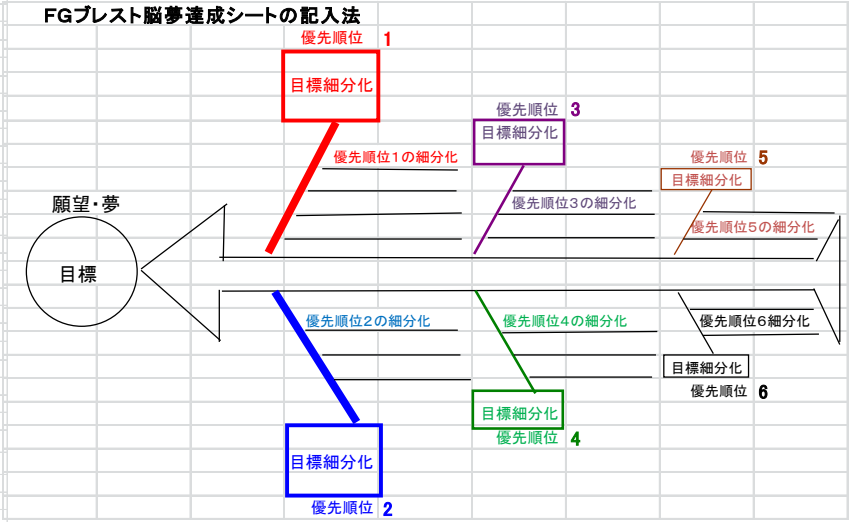
FGブレスト脳夢達成シート活用法

目標設定⇒目標細分化⇒行動の優先順位