



プレッシャーを味方にする いま、ここに戻ろう



変えられるものは何ですか？

Handwriting practice area with a large red ring in the center. The area is bounded by a solid top line, a solid bottom line, and several dashed horizontal lines.

変えられないものは何ですか？

Handwriting practice area with a large blue 'X' in the center. The area is bounded by a solid top line, a solid bottom line, and several dashed horizontal lines.