

The January 2025 Issue

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Happy New Year 2025!



New Year's Resolutions

Happy 2025! I am sure you have many good and bad **memories** from 2024. Are you excited for a whole new year? There is a special New Year's **tradition** that is very popular in English-speaking countries... writing **New Year's** resolutions! A **resolution** is something that you promise yourself to do. People usually make a list of about five resolutions at the beginning of a new year. They can be in different **categories** like money, **health**, or love. The easy part is making the list, the hard part is following it! For example, many people in January **promise** that they will go to the gym... but by February maybe they have already **quit**. Even so, it is important to think about your **goals** and try your best! Hopefully our 2025 resolutions will **inspire** you!

Sheila's 2025 New Year's Resolutions

1. Become a better teacher



- ★ This spring, I will become the main English Conversation Class teacher. I am using various English textbooks and **advice** from my English teacher friends to get many new ideas. The new lessons will be great!

2. Use language study books



- ★ I have many Japanese language study books that I want to use again. I am also interested in studying Spanish like I did in middle and high school. Then, I want to learn **Irish** because of my **roots**!

3. Make my own online magazine



- ★ I enjoy The Keika Chronicle so much that I want to make my own online **magazine** about fashion, music, **languages**, various **cultures**, and world **issues**. It would help me get better at **technology** too!

4. Have healthy habits



- ★ I want to cook healthy food at home instead of ordering UberEats. I want to deep clean my apartment more often. I want to walk along the river near my house while listening to my old **iPod**. Let's go!

5. Find a reason to smile every day!



Erin's 2025 New Year's Resolutions



1. Donate blood regularly

- In the past, I missed some **appointments** because of a cold, and visiting the **dentist**. Then I was out of my **routine**, and didn't go again for a year! I'm back on a regular **schedule** now, so I'd like to keep it. Of course I might get a cold sometimes, but generally, I want to continue to donate **platelets** once every two weeks.

2. Have a job



- My job at Keika is a special program that brings **foreigners** to Japan to teach English. But it's 5 years **maximum**, I have to leave in Summer! Moving back to Australia seems very **difficult** and **expensive**, so I hope I can find a job, and a way to stay in Japan!

3. Learn to sing

- I love singing but I don't actually know how to. I want to **practice** difficult **musical theatre** songs like The Ballad of Jane Doe and learn how to sing them.



4. Go to Fantasy Springs



- I bought a Rapunzel style outfit to wear to Fantasy Springs over a year ago, but I still haven't gone! The tickets are expensive, and the crowds are **overwhelming**. I'm scared I'll spend all day staring at the Disney app to **organise** rides & entry, and have no fun. I hope I can have a magical, **uncrowded** visit next year!

5. Sleep 7 - 8 hours a day

- I love sleep more than anything else. I want to sleep a lot.



Hrithika's 2025 New Year's Resolutions

1. Pass the N3 JLPT by the end of the year



- I have been trying to get **certifications** in Japanese and Korean language for many years, but I've always had a lot of other stressful things I needed to do that took **priority**. Now that I have the time and it's easier because I am **immersed** in Japanese every day, I would like to have a proper study routine!

2. Start creating content for my daily vlogs again

- I used to put together photos and videos daily to create a **digital** memory **archive**, but stopped doing it regularly. I still take lots of pictures and love **expressing** the little **details** of the world as I see them through a lens so I want to restart content **creation**!



3. Do my hobbies like painting, journaling, and singing more



- I went through a **period** of time where I was unable to do the things that made me happy anymore, and it makes me sad I lost my **passion** and spark. Next year I want to get back into them! Going to karaoke and **concerts** here is fun :)

4. Fall in love♥



- This might be silly but I've always been a **hopeless** romantic and while I know **reality** isn't quite as nice as *shoujo* anime and all **relationships** have their own **issues**, I would still like to believe true love exists! ♥



5. Enjoy my life in Japan!

- I just got here a few months ago, but I want to live life here to the fullest! I hope you all get to do the same~ Let's have an amazing 2025!





Manifesting

Let's Live Our Best Lives!

Today I will be explaining the 2022 book *Manifest: 7 Steps to Living Your Best Life* (マニフェスティング: 自己肯定感を高める7つのステップ) by Roxie Nafousi (ロキシー・ナフーシ). She also has a second book called *Manifest: Dive Deeper* from 2023. All Japanese translations are from the book's official page on Amazon Japan.

The book says: "To manifest: to make something happen. Manifesting is the ability to **create** the exact life you want. It is the ability to draw in anything you **desire** and become the **author** of your own story. It looks and feels like **magic**, and we are all the **magicians**." This means that manifesting is a **lifestyle** that helps you **discover** what you want, **prepare** yourself for it, and then do the hard work to bring it to you.

The **core** of manifestation is **self-worth** and **self-love**. You must believe that you are **worthy** of good things and **trust** in yourself to **achieve** them. Here are the seven steps with some easy explanations.

STEP 1 Be Clear in Your Vision ビジョンを明確にする

First, it is important to **visualize** where you want to be in 6 months, 1 year, or 5 years. How do you want to be living at that time? Do you want to be in a new house or a new club? Think of the **details**! Where is the new house? What color is it? What kind of club is it? Even more importantly, how do you want to **feel**? Do you want to feel more **confident** or happy or **calm**? Don't worry if it seems too difficult or impossible. To help you **imagine** your future, make a vision board (ビジョンボード). This is a paper with the details of your 6 month, 1 year, or 5 year plan. It can be in words or with pictures. Be **creative**!

STEP 2 Remove Fear and Doubt 恐怖心と疑いをとり除く

If you secretly believe that you are not good at studying, then that will stop you from studying your absolute best. The reason you can't believe in yourself is **fear** and **doubt**. First, you must **discover** where these thoughts are coming from. Maybe people told you that you were 'stupid' a lot and now you say it to yourself. To be **free** of this **limiting** belief, please try to **change** what you say to yourself. Instead of 'I am stupid. I can't do this!' try saying 'I am smart. I can study many things. I love to learn.' It might be hard at first, but you will feel so **powerful** over time!

STEP 3 Align Your Behavior 目標に合わせた行動をとる

"...The way we **behave** is a direct **reflection** of our self-worth." The next thing you need to do is change your **behavior** to **attract** what you want. It is not just thinking, it is also doing! Follow the phrase "**fake** it until you become it". For example, maybe your dream is to get

Eiken grade 2. You have already imagined being good at English and tried to believe in yourself. So now, even if you are still nervous to take an Eiken test, come practice with the English teachers. If you do this, you are more likely to **pass** the real test later! Make sure to **build** small healthy habits every day too, like listening to your favorite song when you wake up. If you wake up happier every day then soon, that will make your whole life happier.

STEP 4 Overcome Tests from the Universe 宇宙からの試練を克服する

This step is about knowing what you want and have worked for and then waiting for just that. For example, if you want to work for a certain company and have been manifesting and working towards that goal, don't accept another company you don't want due to fear. That is a test to see if you *really* believe that you are worthy of all that you want. But what happens if you don't get what you want? For example, you didn't get **accepted** to your top university. It is **painful** but if you change your **perspective**, soon you will see that that is just another **chance** for something else wonderful to come into your life. Maybe another university is really a better fit for you after all?

STEP 5 Embrace Gratitude (without caveats) 感謝の気持ちをいただく

An '**attitude** of **gratitude**' is a **mindset** of being **thankful**. You can have gratitude for the self (I am **grateful** for my kind heart), gratitude for your life (I am grateful for my job), and gratitude for the world (I am grateful for the **sunshine**). You can make lists every day in a **journal** or notice every nice thing that happens to you in a day. It is important to be **fully** grateful for everything we have now without the word 'but.' So, 'I am grateful for my house.' NOT 'I am grateful for my house but I want a bigger one.' Amazingly, only being totally grateful for what you already have will let you manifest something more in the future. It is a **balance** between being in the present moment and thinking of the future.

STEP 6 Turn Envy Into Inspiration 嫉妬心をインスピレーションに変える

Envy comes from a "**scarcity**" mindset, the idea that if someone already has something then I can't have it too. **Inspiration** comes from an "**abundance**" mindset, the idea that there is enough in the world for everyone. Social media (SNS) is a big **source** of envy nowadays so we should be **careful** when we are using it. Remember that envy is not necessarily a bad **emotion** because it can show us what we really want and need. We just need to understand our envy, be grateful for what we already have, and then turn it into inspiration for the future.

STEP 7 Trust in the Universe 宇宙を信頼する

Manifesting is not about **controlling** the universe but **trusting** in the universe. You shouldn't worry too much about *how* things will turn out after you start manifesting. You just have to believe in yourself and the steps. Some people get **impatient** and try to **force** things to happen before they are ready. Try to be **patient** and enjoy where you are right now! The the future you are manifesting will surely come, but life is really about the here and now.

7 Steps & Tips in Japanese

STEP 1 ビジョンを明確にする

tips> マニフェスティングの最大の恩恵は、私たちが「所有したい」と思うものを引き寄せてくれることではありません。自信にあふれ、自分を愛する気持ちを持ったほんとうのあなたを解放できるようになること。これこそが、マニフェスティングが与えてくれる最大のギフトなのです

STEP 2 恐怖心と疑いをとり除く

tips> 夢をスムーズに実現するためには、あなたにはその価値があると信じることがたいせつです。> 潜在意識というものは、意識的な思考に従うようになっています。だから、あなたの潜在意識は、あなたが意識的に考えていることは真実であると認識するのです。

STEP 3 目標に合わせた行動をとる

tips> 「うまくいくまでは、なりたい自分であるふりをしましょう (Fake it until you become it.) 」> 成功する人の最も大きな特徴の一つは、困難を克服する能力と意志を持っていることです。

STEP 4 宇宙からの試練を克服する

tips> 計画していたことが思いどおりになっていないように見えても、ほんとうはうまくいっていることもあるのです。

STEP 5 感謝の気持ちをいただく

tips> マニフェスティングを成功させるためには、まず、自分自身が人生と運命を決める責任者であり、建築家であり、指揮者であることを理解しなければなりません。

STEP 6 嫉妬心をインスピレーションに変える

tips> SNSを見たあとに、あなた自身やあなたの人生について、見る前よりもネガティブな感情をいだいていることはありませんか？

STEP 7 宇宙を信頼する

tips> 信頼、安心、揺るぎない自信はすべて高い波動を持っていて、あなたの人生に豊かさを引き寄せやすくしてくれます。