### DARLIMA だるま

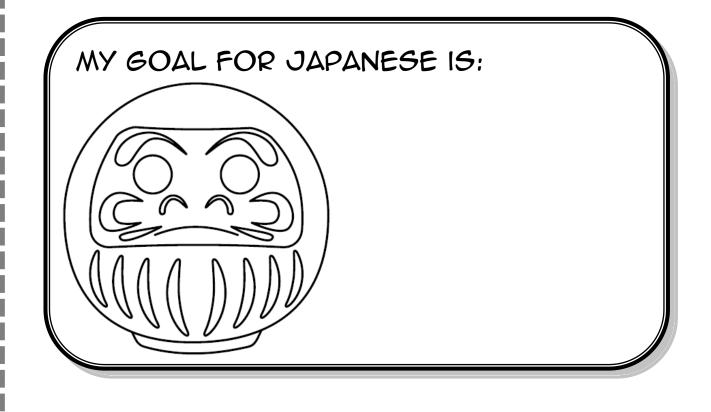
The  $\not\in \exists \vdots$  is a famous Japanese \_\_\_\_\_ modelled after a Japanese monk.  $\not\in \exists \vdots$  are usually made of \_\_\_\_\_\_, have a \_\_\_\_\_\_ shape, and are \_\_\_\_\_\_. They are weighted at the bottom to allow it to return to an upright position when tilted over. These dolls are usually \_\_\_\_\_\_ and look like a \_\_\_\_\_\_ man.

だるま were originally designed as a toy for \_\_\_\_\_\_ however, だるま have become a \_\_\_\_\_\_ of good luck and \_\_\_\_\_\_ to Japanese people. They are often given as \_\_\_\_\_\_ to people to wish them \_\_\_\_\_\_ luck and \_\_\_\_\_\_

The eyes of  $\not\in \exists \exists are \______$  when sold. After you buy a  $\not\in \exists \exists you$  colour in \_\_\_\_\_\_ eye of the doll with a black pen and set a \_\_\_\_\_\_ or make a wish. When the goal or wish is \_\_\_\_\_\_ the other eye is coloured in.

1. Set a S.M.A.R.T. goal for your だるま!

2. Colour him in!



### DARLIMA だるま

だるま were originally designed as a toy for <u>children</u> however, だるま have become a <u>symbol</u> of good luck and <u>resilience</u> to Japanese people. They are often given as <u>gifts</u> to people to wish them <u>good</u> luck and <u>good</u> <u>fortune</u>.

The eyes of だるま are <u>blank</u> when sold. After you buy a だるま you colour in <u>one</u> eye of the doll with a black pen and set a <u>goal</u> or make a wish. When the goal or wish is <u>fulfilled</u> the other eye is coloured in.

1. Set a S.M.A.R.T. goal for your だるま! 2. Colour him in!



### How to set a SMART goal

Is your goal:

## Specific

What do I want to accomplish?

Make it clear!

## Measurable

How will I know when I have achieved my goal?

## Acheivable

How will I achieve this goal?

# Relevant

Is this goal important right now?

# Timely

When? What can I do today?

What can I do 6 months from now?