Goal Setting Japanese Daruma

The **Daruma is a** traditional Japanese doll. They are typically red and depict a bearded man (Dharma) who was the founder of Zen Buddhism. Daruma dolls are seen as a symbol of perseverance and good luck, making them a popular gift of encouragement.



**Eyes**

The eyes of Daruma are often blank. The recipient of the doll fills in one eye upon setting a goal, then the other upon fulfilling it. In this way, every time you see the one-eyed Daruma, you are meant to think about your goal.

**Use the Daruma above to help you keep track of your goals in Japanese and motivate you to work hard until you achieve them.**

1. **Set your goal on the reverse side.**
2. **Colour in your Daruma.**
3. **Fill in *only one* eye.**
4. **Reflect on your goal at the end of the semester**
5. **Fill in the remaining eye if you think you achieved your goal!**

Japanese Goal Setting

**My Goal in Japanese**

**Semester 1**

Name: Date:

Signed:

**Reflection on My Goal**

**Semester 1**

Name: Date:

Signed: