



A *Daruma* is a Japanese figurine used to keep track of a specific goal. It isn't just a doll but a physical manifestation of your goal that's keeping you accountable. Although it may look angry, fierce, or stoic, it is a face of grit as one works towards the goal. Nothing is easy, but also no challenge is impossible.

**DIRECTIONS:**

1. Create a specific goal that you are sincere about completing and write it down in the section "My Goal."
2. Paint one eye only with a single circular dot.
3. Optional: It is traditional to draw a single artistic kanji covers the navel of the daruma doll. Three popular kanji are often used:

福 (fuku): Blessing, fortune, luck, etc.

幸 (shiwase): Happiness, blessing, fortune.

叶 (kanau): To come true, to be realized, to be fulfilled.

4. Place your Daruma where you can easily see it and where it can also keep an eye on you. It will remind you to stay on track.
5. Work towards your goal every day!
6. Once you've reached your goal, paint in the second eye.

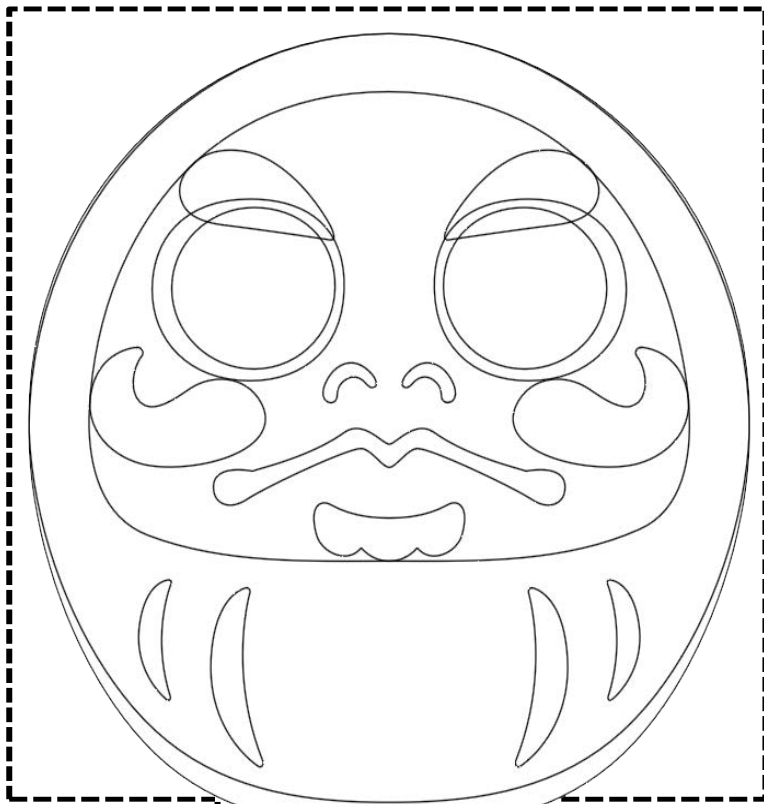
Name: \_\_\_\_\_



**MY GOAL**



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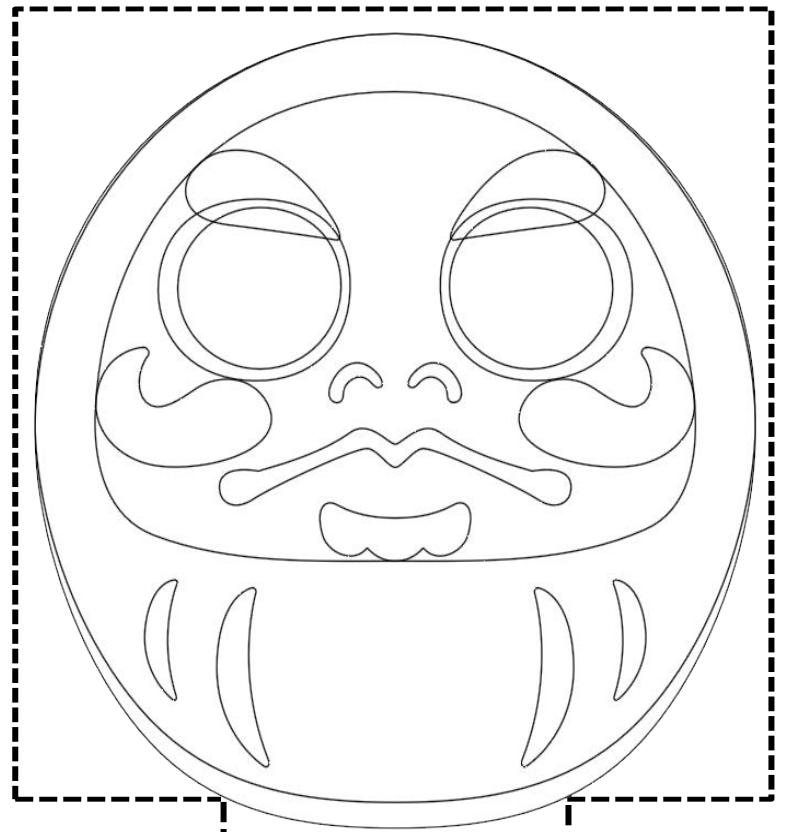
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# FAQs

## **What if I don't complete my goal?**

Japanese culture practices kaizen (continuous improvement), so having an open-ended wish is often used to motivate the user to keep getting better. For specific wishes, it's ok to use the daruma as a reminder of failure. After all, all success stems from disappointment.

## **What happens after I achieve my goal?**

After a daruma doll has two drawn-in eyes and the wish/goal has been fulfilled. The daruma doll is sent to a local temple to be part of a bonfire ritual. The fire burns the daruma doll, releasing the spirit and returning it to the heavens.

## **Can I reuse a daruma doll?**

Once an eye has been painted on for a wish, the daruma doll is spiritually tied to that wish. But technically, there's nothing stopping you from reusing a daruma doll, but you know...

## **Do I have to burn a completed daruma doll?**

It's recommended, however, not required. It's all in the heart and intent.

## **Personalizing my daruma doll**

Traditional daruma dolls are painted red, but modern daruma dolls embrace a variety of colors and designs. The meaning of daruma colors is up to the user to imbue because there isn't an industry standard for them. However, daruma doll makers have given some guidance to help people aim for specific goals and wishes:

- Red: Good luck and good fortune.
- Gold: Wealth and financial success.
- White: Purity and peace.
- Purple: Self-improvement and enlightenment.
- Blue: Performance and career success.
- Pink: Love and romance.
- Green: Health and wellness.
- Orange: Study and learning success.
- Yellow: Protection and support.
- Black: Prevention and bodyguard.
- Silver: Sophistication and social status.
- Unpainted: Create your own design and purpose.