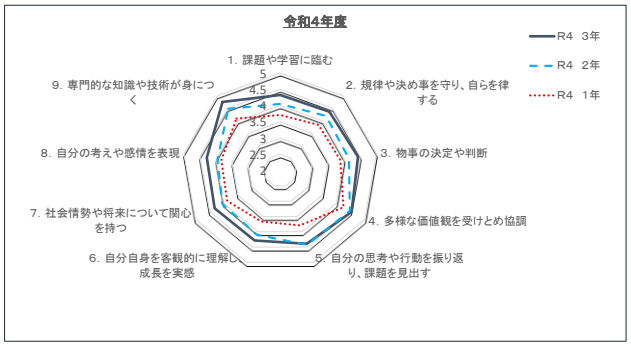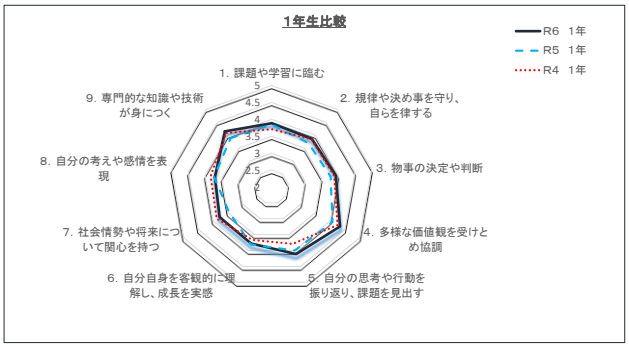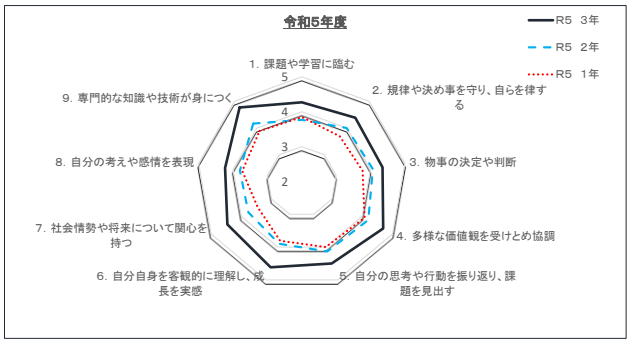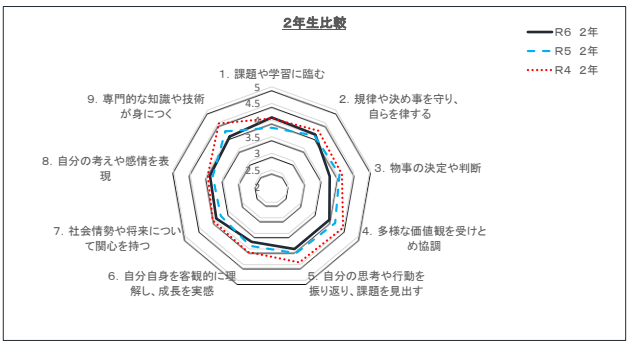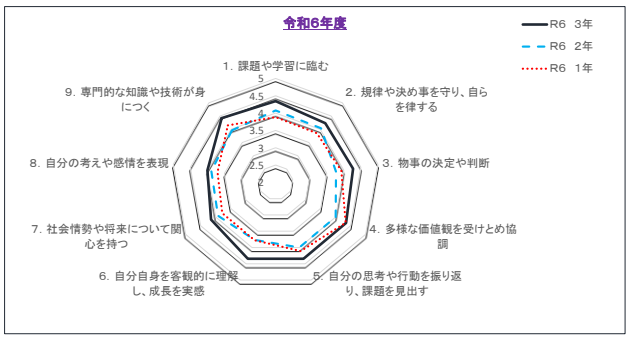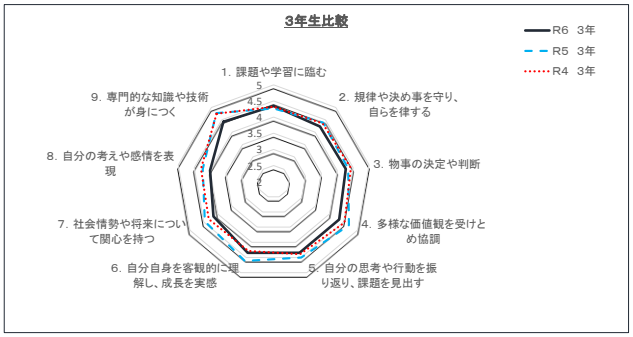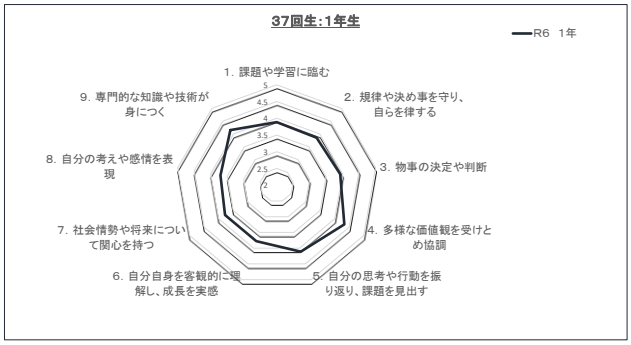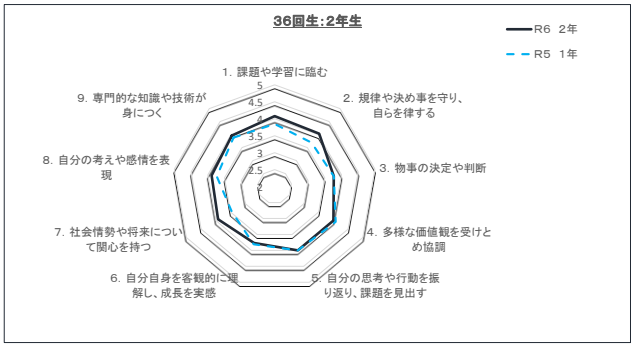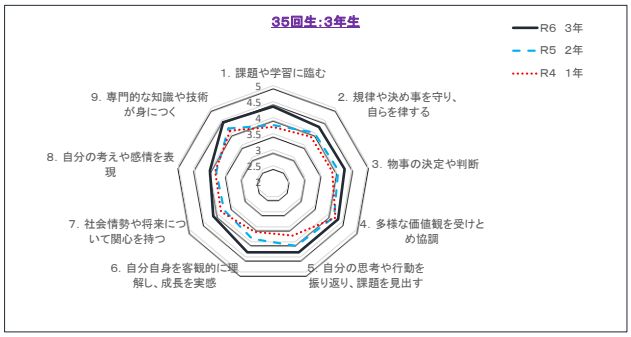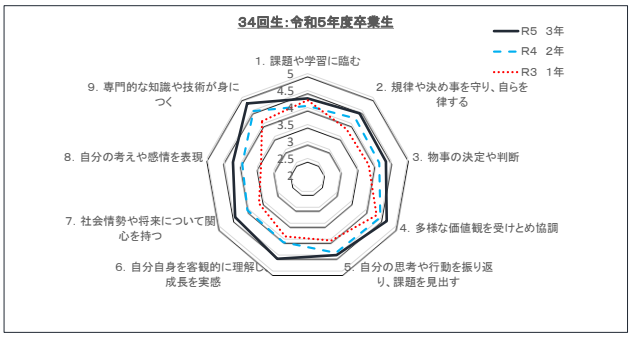令和6年度　自己成長認識