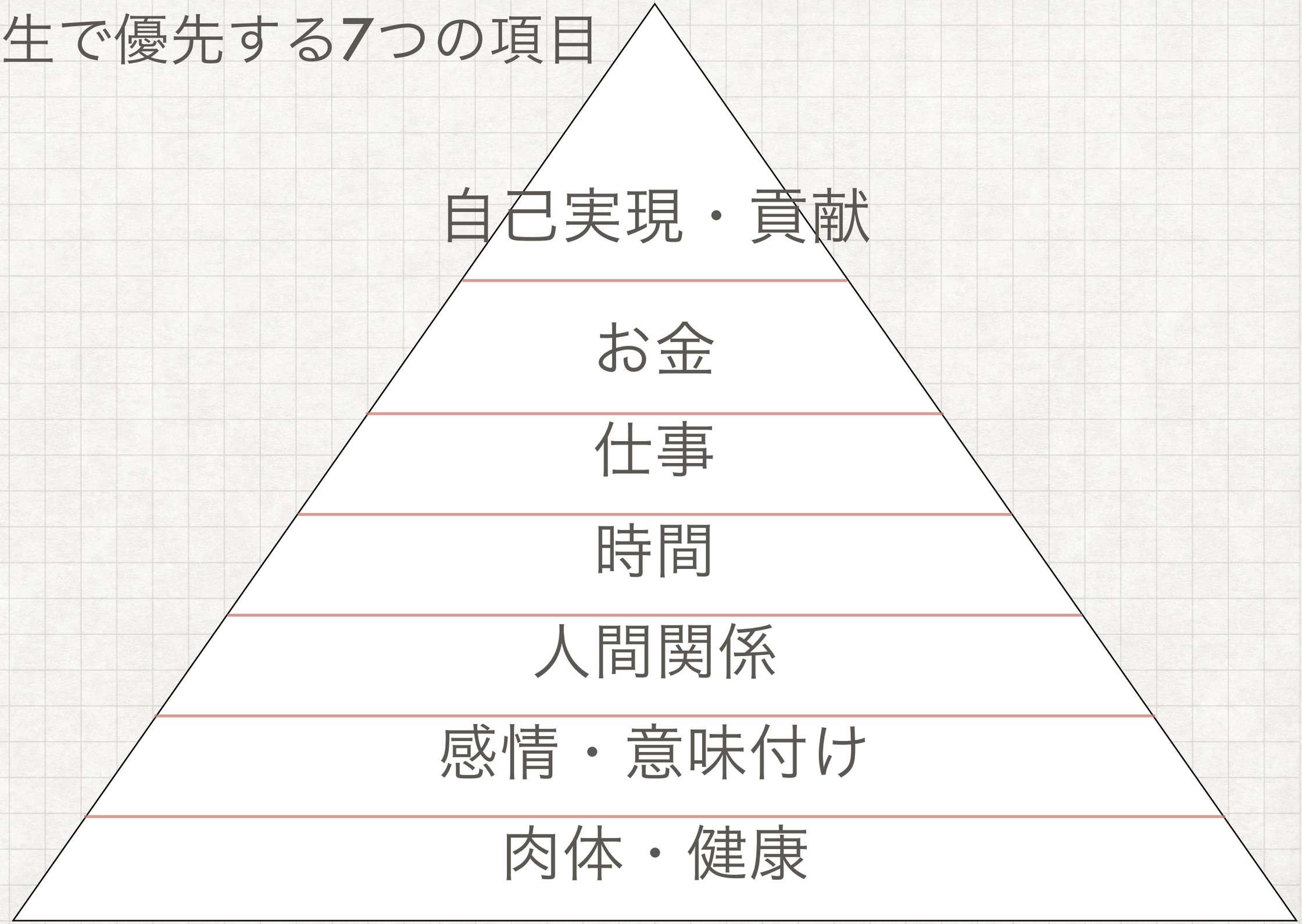人生で優先する7つの項目