

DATE:



Weekly JOYOMETER

BY RONJA SAKATA

**The highlights
of my week:**

**I did all THIS
for MYSELF last
week:**

**My
weekly mantra:**

**I read or
listen to THIS
at the moment:**

**I am grateful
for all this:**

**This made me very
(very) happy last
week:**

**Three things
I'm currently working on
(to fulfill my dreams):**

**This (person)
inspired me and
THAT'S why!**

**My trick, my piece
of wisdom, my life hack
I want to tell the world:**



AUGUST EDITION