

Joyometer

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January Edition

Date:

The highlight of my week:

I did all THIS
for MYSELF last week:

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

My weekly mantra

This (person)
inspired me and THAT'S why:

This made
me very happy
last week:

I read or
listen to THIS:

I am grateful
for all this:

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

