



weekly

# JOYOMETER

© by Ronja Sakata

Date:

*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):*

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

*This (person) inspired  
me and that's why!*

*July Edition*