

# JOYOMETER

DECEMBER EDITION

© BY RONJA SAKATA

DATE:

THE HIGHLIGHT OF MY WEEK:

I READ OR LISTEN TO THIS:



THIS (PERSON) INSPIRED ME AND THAT'S WHY:



THIS MADE ME VERY HAPPY LAST WEEK:



MY WEEKLY MANTRA

I DID ALL THIS FOR MYSELF LAST WEEK:



I AM GRATEFUL FOR ALL THIS:



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:



WELCOME



Ronja

I WISH YOU A RELAXED, WONDERFUL DECEMBER, WHICH FEELS THE WAY YOU WANT IT TO FEEL!