



# Beautiful from the Inside Out

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## Day One

*My Body Loves Meditation! I am a Radiant Being of Light. I am willing to be extraordinary, to show up every day, and press "Play." I am willing to create my life and my radiant beauty here and now!*

*Yes! Yes! Yes!*

*Meditation and focused awareness for the day*

## Prepare and Clear

*Congratulations on choosing Beautiful from the Inside Out!*

*You are going to create the most stunning, vibrant self you can be! Remember, it only works if you are doing this program in joy and bliss!*



*Plan and Nutritional Supplements -my target calorie intake\_\_\_\_\_*

<i>breakfast</i>	<i>10 am</i>	<i>lunch</i>	<i>3pm</i>	<i>supper</i>	<i>Tea/water</i>

## Notes to Self

*Use this space to acknowledge accomplishments and document my new choices*

- 1.
- 2.
- 3.