



Beautiful from the Inside Out

Reverend Julie Renee



Day Ten

My Body Loves Meditation!

I am a Radiant Being of Light

I love myself. I trust myself. I am ready to create miracles.

Yes! Yes! Yes!

Meditation and focused awareness for the day

Legs and Thighs

You are whole, perfect, and complete.



Meal Plan and Nutritional Supplements

breakfast	10 am	lunch	3pm	supper	Tea/water

Notes to Self

Use this space to acknowledge accomplishments and document my new choices

- 1.
- 2.
- 3.

Record Your Exercise activity and time