



Beautiful from the Inside Out

Reverend Julie Renee



Day Eleven

My Body Loves Meditation!

I am doing a great job!

I am using my miracle space to heal myself.

Yes! Yes! Yes!

Meditation and focused awareness for the day

Cheeks and Mouth

You are facing the best year of your life!

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