



# Beautiful from the Inside Out

Reverend Julie Renee



## Day Eleven

*My Body Loves Meditation!*

*I am doing a great job!*

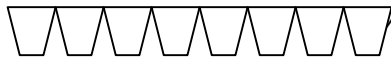
*I am using my miracle space to heal myself.*

*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*

<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.

*Record Your Exercise activity and time*