



# Beautiful from the Inside Out

Reverend Julie Renee



## Day Twelve

*My Body Loves Meditation!*

*I love myself. I trust myself.*

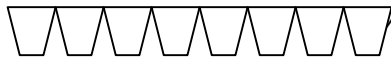
*I express my unique, radiant beautiful self!*

*Yes! Yes! Yes!*

*Meditation and focused awareness for the day*

## Hair and Eyes

*You feel blissful joy and abundance as you meditate.*



### 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*