



Beautiful from the Inside Out

Reverend Julie Renee



Day Fourteen

My Body Loves Meditation!

I am a Radiant Being of Light.

I am creating my life and my radiant beauty here and now!

Yes! Yes! Yes!

Meditation and focused awareness for the day

Neck, Breasts, and Arms

I am so, so proud of you! Remember, it only works if you are doing this program in joy and bliss!



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