



# 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

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*