



Beautiful from the Inside Out

Reverend Julie Renee



Day Fifteen

My Body Loves Meditation!

I am doing this program in joy and bliss.

My regular meditation practice is opening me to be my most gorgeous, stunning self!

Yes! Yes! Yes!

Meditation and focused awareness for the day

Prepare and Clear

Be kind to your body. Let your choices support the meditations.



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