



Beautiful from the Inside Out

Reverend Julie Renee



Day Sixteen

My Body Loves Meditation!

I am a Radiant Being of Light.

This is my special, blissful time.

Yes! Yes! Yes!

Meditation and focused awareness for the day

Forehead and Eyes

Enjoy meditation, good nutrition, and fresh air as you do the program.



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