



Beautiful from the Inside Out

Reverend Julie Renee



Day Eighteen

My Body Loves Meditation!

I am beautiful and radiant in this moment.

I love myself as I create my life and my radiant beauty here and now!

Yes! Yes! Yes!

Meditation and focused awareness for the day

Checks and Mouth

I am so proud of the awesome progress that you are making!



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