



Beautiful from the Inside Out

Reverend Julie Renee



Day Two

Oh Goody here it comes!

This is my special time body and spirit to redesign my essence from the inside out to a radiant being of light!

I am so loved, so appreciated for who I am here and now! I am perfect in myself.

Meditation and focused awareness for the day

Forehead and Eyes

You are creating a youthful, loving, beautiful face and eyes, true to your divine nature.



Plan and Nutritional Supplements. My target calorie intake_____

<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