



Beautiful from the Inside Out

Reverend Julie Renee



Day Twenty

My Body Loves Meditation!

I am a Radiant Being of Light.

I can change and grow!

Yes! Yes! Yes!

Meditation and focused awareness for the day

Waist and Hips

I want you to surround yourself with positive energy.



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