



Beautiful from the Inside Out

Reverend Julie Renee



Day Twenty-eight

My Body Loves Meditation!

I am a Radiant Being of Light.

I breathe in positive energy, self-love, and self-appreciation.

Yes! Yes! Yes!

Meditation and focused awareness for the day

Neck, Breasts, and Arms

It is important to own your spiritual space right now.



| 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