



# 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.*



## Meal Plan and Nutritional Supplements

<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*