



# Beautiful from the Inside Out

Reverend Julie Renee



## Day Four

*My Body Loves Meditation!*

*I am one with my most radiant self.*

*I am willing to be extraordinary, to show up every day, and press "Play." I am willing to create my life and my radiant beauty here and now!*

*Yes! Yes! Yes!*

*Meditation and focused awareness for the day*

## Cheeks and Mouth

*It may take some time, but you CAN make healthy changes!*

 *Plan and Nutritional Supplements- my target calorie intake \_\_\_\_\_*

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*