



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_____

<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