



Beautiful from the Inside Out

Reverend Julie Renee



Day Forty-two

My Body Loves Meditation!

I am a Radiant Being of Light.

I am taking this time to learn about myself and heal myself.

Yes! Yes! Yes!

Meditation and focused awareness for the day

Neck, Breasts and Arms

You are creating your natural beauty from the inside out, Take time to embrace the life you are living. Notice where you have found love and how it feels in your body when your heart and bosom are vibrating with 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