



Beautiful from the Inside Out

Reverend Julie Renee



Day Forty-nine

My Body Loves Meditation!

I am a Radiant Being of Light.

Yes! Yes! Yes!

Meditation and focused awareness for the day

Neck, Breasts, and Arms

Imagine holding the world you love in your arms. Does this world feel heavy like a burden or light and joyous? You are the inventor of the world you choose to experience. What would you like to experience today?



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