



# 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*

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*