



Beautiful from the Inside Out

Reverend Julie Renee



Day Five

My Body Loves Meditation!

I am a Radiant Being of Light.

It is easy to love myself.

Yes! Yes! Yes!

Meditation and focused awareness for the day

Hair and Eyes

Your regular practice of Beautiful from the Inside Out meditation is blissful and prepares you to create miracles.



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