



# 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 \_\_\_\_\_*

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*