



Beautiful from the Inside Out

Reverend Julie Renee



Day Fifty-six

My Body Loves Meditation!

I am a Radiant Being of Light.

I am beautiful from the inside out!

Yes! Yes! Yes!

Meditation and focused awareness for the day

Neck, Breasts, and Arms

Imagine the long, silky neck of the Queen Nefertiti and the impact of her beauty upon women who were inspired by her throughout the centuries. Imagine the impact your appearance might inspire for future generations of women.



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