



# 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.*



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*