



Beautiful from the Inside Out

Reverend Julie Renee



Day Six

My Body Loves Meditation!

I am a Radiant Being of Light. Everything is in divine order.

I am willing to change and grow!

Yes! Yes! Yes!

Meditation and focused awareness for the day

Waist and Hips

You are doing a great job!



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