



# Beautiful from the Inside Out

Reverend Julie Renee



## Day Seven

*My Body Loves Meditation!*

*I own my own space.*

*I am moving into the state of grace and beauty. I am willing to create my life and my radiant beauty here and now!*

*Yes! Yes! Yes!*

*Meditation and focused awareness for the day*

## Neck, Breasts, and Arms

*You can feel it. Something is different!*

 *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*