



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_____

<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