



Beautiful from the Inside Out

Reverend Julie Renee



Day Eight

Today's special thought:

Oh Goody here it comes!

This is my special time body and spirit to redesign my essence from the inside out to a radiant being of light!

I am doing this program in joy and bliss!

Meditation and focused awareness for the day

Prepare and Clear

This is your long clear-out meditation. It is blissful and prepares you to create miracles.



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