



Beautiful from the Inside Out

Reverend Julie Renee



Day Nine

My Body Loves Meditation!

I am a Radiant Being of Light

I am willing to be extraordinary, to show up every day, and press "Play." I am willing to create my life and my radiant beauty here and now!

Yes! Yes! Yes!

Meditation and focused awareness for the day

Forehead and Eyes

You are creating a youthful, loving, beautiful face and eyes, true to your divine nature.



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