



# Beautiful from the Inside Out

Reverend Julie Renee



*My Body Loves Meditation!*

*I am one with my most radiant self.*

*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*

## *Cheeks and Mouth*

*It may take some time, but you CAN make healthy changes!*



*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*