



Beautiful from the Inside Out

Reverend Julie Renee



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 so loved, so appreciated for who I am here and now! I am perfect in myself.

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