



# Beautiful from the Inside Out

Reverend Julie Renee



*My Body Loves Meditation!*

*I am a Radiant Being of Light.*

*It is easy to love myself.*

*Yes! Yes! Yes!*

*Meditation and focused awareness for the day*

## *Hair and Eyes*

*Your regular practice of Beautiful from the Inside Out meditation 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*