



Beautiful from the Inside Out

Reverend Julie Renee



My Body Loves Meditation!

I love myself. I trust myself. I accept my unique self.

Wherever I go, love is waiting for me.

Yes! Yes! Yes!

Meditation and focused awareness for the day

Legs and Thighs

Congratulations on choosing this program. We are going 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