



# Beautiful from the Inside Out

Reverend Julie Renee



*My Body Loves Meditation!*

*I am a Radiant Being of Light. Everything is in divine order.*

*I am willing to change and grow!*

*Yes! Yes! Yes!*

*Meditation and focused awareness for the day*

## *Waist and Hips*

*You are doing a great job!*



*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*