

Having trouble viewing this email? [Click here](#) to see it in your browser



**essence**coaching  
essential + common sense

# Essential Pearl

Weekly self\* tip



Issue 57  
Monday 15th February, 2010

## The Power of Acknowledgment!

Everyone thrives on Acknowledgment!  
Acknowledgment is Empowering,  
leading to Success, Brilliance **“I Can!”**

Everyone **wants** Acknowledgment of  
their skills and strengths, it builds  
Happiness, Confidence & Self Esteem!  
Acknowledge both others and yourself  
*Action Today – Acknowledge Family, a  
Colleague, a Friend and Yourself!*

Visit our website  
[www.essentialgym.com](http://www.essentialgym.com)

Please Forward to a Friend

Essential Gym is an holistic coach approach to sustainable SELF\* Wellness.

*Tone Up - Your Mind, Body and Soul!*

\*Self: Soul Essence Love Fulfillment

© 2009 Essence Coaching Ltd

**Jane Thomas** ACC  
Principal Coach  
Essence Coaching



This email was sent to email@example.com. If you are not the intended recipient of this email or no longer wish to receive communications from Essence Coaching, please [click here](#) to unsubscribe.