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Subject: Essential Pearl 65 - Trust Forgive and Love

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Essential Pearl

Weekly self* tip

Issue 65
Monday 19th April, 2010

Trust Forgive and Love
Give yourself these gifts today!
Trust your choices made **now!** **Forgive**
unsuccessful choices!
Love yourself for your **abilities**
Love more your inadequacies!

I Trust Forgive & Love Myself!

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Essential Gym is an holistic coach approach to sustainable SELF* Wellness.
Tone Up - Your Mind, Body and Soul!
*Self: Soul Essence Love Fulfillment

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