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Essential Pearl

Weekly self* tip

Issue 76
Monday 12th July, 2010

Self Expectations!

What are your Expectations of Yourself?
Do you *really* believe you deserve them?
Set your Expectations High!
Stretch and Challenge your Self Belief
Believe you Can!
Believe You are Worthy Enough!
Today set your Self Expectations
At the highest!


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Tone Up - Your Mind, Body and Soul!
*Self: Soul Essence Love Fulfillment

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