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Subject: Essential Pearl 78 - One Moment!

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Essential Pearl

Weekly self* tip

Issue 78
Monday 26th July, 2010

In One Moment
Limited Beliefs are created!
Other peoples past perspective of You!
Decisions from then were based on this!
How old were you then?...and now, how old are you
being when making decisions?
Examine your limiting beliefs and let go!

Step up! Step into your age Today!
Make decisions based on Today's Reality!


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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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