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Subject: Essential Pearl 80 - Commitment

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# Essential Pearl

Weekly self\* tip

Issue 80  
Monday 9th August, 2010

Commitment is...  
Putting your plans into **Action!**  
Agreeing to **Self Imposed Obligations!**

To Commit is ...  
to **pledge yourself to a Purpose!**  
to **choose to live by your Beliefs!**  
to live in a **State of Integrity!**


Commitment is  
**Your Key to Success!**

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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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