



Essential Pearl

Weekly SELF Tip



essensecoaching
essential + common sense

Issue 1

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Happy New Year

May 2009 bring you 'Happiness & Joy' 'Peace & Prosperity'

Essential Pearls will be based on the Essential Gym monthly theme.
January's theme is Appreciation and Gratitude.

**"Begin the New Year practicing gratitude and appreciation.
By being thankful for what you have, YOU uplift your spirits.
YOU create a positive attitude.**

With the right attitude you can

- ✓ **Foster possibilities**
- ✓ **Create space for new opportunities**
- ✓ **Achieve new goals**
- ✓ **Reach new expectations"**

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The Essential Pearl will be coming into your email box weekly on a Monday if you would rather not receive this please [unsubscribe here](#). You have permission to forward to a friend.

Essential Pearls are a sample of what we offer at the Essential Gym
An holistic coach approach to sustainable SELF* Wellness
Tone Up - Your Mind, Soul and Body!

Visit our website www.essentialgym.com

Healthy Mind, Body & Soul = Healthy, Enriched Rewarding Life

*SELF soul essence love fulfillment



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