



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



ISSUE 10
Monday 2nd March, 2009

CURIOSITY

Keep being **Curious** - it creates
Motivation, Wonder and Admiration

Curiosity helps us to maintain a
Postive Attitude!

Be Curious - Discover, Explore and
Learn

Try it Today!

Visit our website
www.essentialgym.com

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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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