



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



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Use **Reflection** for **Self Knowing!**

Reflect on **Moments that Mattered**;
note what **Happened** your **Thoughts**
your **Feelings** then and now.

What have you **Learnt?**

Do this with **Curiosity!**

Please **Forward to a Friend**

Visit our website
www.essentialgym.com

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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