



**essence**coaching  
essential + common sense

# Essential Pearl

Weekly self\* tip



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**Motivation!** What motivates You?  
*Optimism, Trust, Acceptance,  
Purpose/Sense Of Meaning,  
Values/Honour, Love/Family,  
Curiosity, Open Communication,  
Action - so Just Do It, Courage,  
Random Acts of Kindness!*

Are these present for you today?

Visit our website  
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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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