



**essence**coaching  
essential + common sense

# Essential Pearl

Weekly self\* tip



ISSUE 21  
Monday 18th May, 2009

**Courage = Bravery + Fortitude**

**Be daring and honest!**

**Exercise Self Discipline!**

**Embrace challenges and adversity.**

**Build durability, be flexible, build inner strength, be congruent!**

**Do you stand up for what is right?**

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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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