



**essence**coaching  
essential + common sense

# Essential Pearl

Weekly self\* tip



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## EMPOWER SELF - ME POWER

Are you **empowering** yourself?  
Components include **self discipline** -  
control, **accountability**, **acceptance**,  
**knowing believing** and **confidence** in  
yourself! **Empower** yourself to cope  
with the **changing world** and **times!**  
Use **Me Power** today!

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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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