



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



ISSUE 23
Tuesday 2nd June, 2009

Be Confident!

Confidence is the key to **Success!**

Believe in You! Do what is **Right!**

Take Risks Go the extra to **Achieve!**
Admit and Learn from your mistakes!

Accept & Acknowledge
Compliments

What are you doing to build your
Self Confidence Today?

Visit our website
www.essentialgym.com

Please **Forward to a Friend**

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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