



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

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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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