



**essence**coaching  
essential + common sense

# Essential Pearl

## Weekly self\* tip



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Is your Possible *Self* being realised?  
To close the gap between your actual and possible *Self*. Honour and action your Values and Strengths. Be Positive and Accepting. Relate to others. Enjoy *Self* Confidence!  
Use *Self* Discipline. Be *Self*-Aware!  
**Today - Step into *Self* Possibility!**

Visit our website  
[www.essentialgym.com](http://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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