



Essential Pearl

Weekly SELF* Tip



essencecoaching
essential + common sense

Issue 3

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Essential Pearls are based on the Essential Gym monthly theme.
January 09's theme is Appreciation and Gratitude.

*"Gratitude unlocks the fullness of life. It turns what we have into enough,
and more. It turns denial into acceptance, chaos into order,
confusion into clarity...."*

It [Gratitude] turns

- ✓ *problems into gifts*
- ✓ *failures into success*
- ✓ *the unexpected into perfect timing*
- ✓ *and mistakes into important events (JAFLOS)*

Gratitude makes

- ✓ *sense of our past*
- ✓ *brings peace for today*
- ✓ *creates a vision for tomorrow"*

Melodie Beattie

Now is the time for YOU to create YOUR Vision for Tomorrow

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Essential Pearls are a sample of what we offer at the Essential Gym
An holistic coach approach to sustainable SELF* Wellness
Tone Up - Your Mind, Soul and Body!

Visit our website www.essentialgym.com

Healthy Mind, Body & Soul = Healthy, Enriched Rewarding Life

*SELF soul essence love fulfillment



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