



**essence**coaching  
essential + common sense

# Essential Pearl

Weekly self\* tip



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## What of Success?

The **Acknowledgement** of:  
**Achievement**, Completion, **Results**,  
Happiness, **Respect**, Love, a **Smile!**  
Start noticing your successes today -  
only you know what success is to you  
***"The secret of success is constancy  
to purpose"*** Benjamin Disraeli  
**Karawhuia - Give It A Go!**

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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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