



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



ISSUE 31
Monday 27th July, 2009

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!

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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