



**essence**coaching  
essential + common sense

# Essential Pearl

Weekly self\* tip



ISSUE 35  
Monday 24th August, 2009

## What of Today?

Are you living today **On Purpose?**  
The choice is yours, *to be the best*,  
and *do the best* in all you do, **NOW!**  
From mundane washing dishes, to  
the excitement of corporate decisions.  
Put **warmth**, **love** and **caring** into all  
you do and receive **Peace** and **Joy!**  
**Try it NOW - Today!**

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

Please Forward to a Friend

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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**Jane Thomas** ACC  
Principal Coach  
Essence Coaching



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