



**essence**coaching  
essential + common sense

# Essential Pearl

## Weekly self\* tip



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### Spring Is Here!

Revise your New Year Resolutions!  
There's time to **Review**, **Refine** and  
**Complete** your goals by December!  
**Spring Clean** - take a fresh look at  
life.

*Are you living the life you want?*  
*Check the website for tools to help.*  
*30 Day Challenge starting soon.*

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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