



## Essential Pearl

Weekly **SELF\*** Tip



**essence**coaching  
essential + common sense

Issue 4

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

Today Appreciate and give Gratitude for our greatest gift  
Our freedom to make CHOICES in life  
What choices are you making?  
It's a New Moon a Fresh Start  
Choose to day how you will live the rest of your life...

[This weeks blog](#)

The Essential Pearl will be coming into your email box weekly on a Monday. You have permission to forward to a friend. [Subscribe](#). If you would rather not receive this please [unsubscribe here](#).

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](http://www.essentialgym.com)

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

\*SELF soul essence love fulfillment



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