



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



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As Toyota says **Believe!**

Believe you can, **Believe** in yourself,
Believe you are worthy to **Receive**.
If you can **Dream** it you **Can Do It!**
Take action, keep trying, learning
along the way until you **Succeed**.
Believe! Do you **Believe** in yourself?
**30 Day Spring Challenge starts 1st
November 2009 - Sign on Today!**

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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