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essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



Issue 52
Monday 11th January 2010

SUCCESS 2010
Happy New Year!

It's time to set **Intentions** and
Expectations for 2010!
After change? Doing things differently?
What needs to happen for you to get
your desired outcome?
1. Trust Yourself 2. Take Action
3. SUCCESS 2010 will follow...

Jane's blog

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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