



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



ISSUE 6

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It's time to **focus!**

Set your **goals / objectives / intentions** for 2009!

Focus on your **Vision** - your intention! **Let go** of expected outcomes

On a daily basis – **take action!**

Please **Forward** to a Friend

Visit our website
www.essentialgym.com

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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