

Jane Thomas

From: Jane - Essential Gym [jane@essensecoaching.co.nz]
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essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip

ISSUE 13

Monday 23rd March, 2009



Use **Reflection** for **Self Knowing!**
Reflect on **Moments that Mattered;**
note what **Happened** your **Thoughts**
your **Feelings** then and now.

What have you **Learnt?**
Do this with **Curiosity!**

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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