



Essential Pearl

Weekly SELF* Tip



essencecoaching
essential + common sense

Issue 2

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

"There is more hunger for love and appreciation in this world than for bread."

Mother Teresa

Show your appreciation for yourself and others today!

When you *practice* appreciation you will experience

- ✓ Joy
- ✓ Love
- ✓ Happiness
- ✓ Peace Within

A [movie](#) on appreciation to watch

[Read more...](#)

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

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

*SELF soul essence love fulfillment



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