

**Jane Thomas**

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**Sent:** Monday, 2 February 2009 1:46 p.m.  
**To:** Jacque  
**Subject:** Essential Pearl Issue 6 - Preview



**essencecoaching**  
 essential + common sense

# Essential Pearl

*Weekly self\* tip*

**ISSUE 6**

Monday 2 February, 2009



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!**

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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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