

**Jane Thomas**

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# Essential Pearl

Weekly self\* tip

ISSUE 9  
Monday 23rd February, 2009

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[www.essentialgym.com](http://www.essentialgym.com)

## Six Steps to Happiness!

1. Choose to be **Happy!**
2. **Accept Yourself!** You're perfect!
3. Practice **Self** Discipline & **Self** Responsibility!
4. Honour your **Values** daily!
5. Enjoy a **Sense of Purpose!**
6. **Perfect the Present!** *Be in the Now!*

Please **Forward** to a Friend

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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