

**Jane Thomas**

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**essence**coaching  
essential + common sense

# Essential Pearl

Weekly self\* tip

ISSUE 19  
Monday 4th May, 2009



**Trust** is an **action** the more you practice the better you get!

With practice **Trust** grows!

You need to have **Trust** in **yourself** before you can **Trust** others!

**Commit** to totally **Trusting** yourself to truly **Trust** others around you!

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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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