


Jane Thomas


From: Jane - Essential Gym [jane@essensecoaching.co.nz]
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To: Jane Thomas
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Essential Pearl

Weekly self* tip

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Courage = Bravery + Fortitude
 Be daring and honest!
 Exercise Self Discipline!
 Embrace challenges and adversity.
 Build durability, be flexible, build
 inner strength, be congruent!
 Do you stand up for what is right?

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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

Jane Thomas ACC

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