

**Jane Thomas**

**From:** Jane - Essential Gym [jane@essensecoaching.co.nz]  
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**essencecoaching**  
essential + common sense

# Essential Pearl

Weekly self\* tip

ISSUE 23

Tuesday 2nd June, 2009



**Be Confident!**

**Confidence is a key to Success!**

Do what is **Right**. Take **Risks**. Go the extra to **Achieve** bigger and better.

**Learn** from mistakes, **Accept** and **Acknowledge Compliments!**

What are you doing to build your **Self Confidence Today?**

Visit our website  
[www.essentialgym.com](http://www.essentialgym.com)

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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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