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essential + common sense

Essential Pearl

Weekly self* tip



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The Power of Acknowledgment!

Everyone thrives on Acknowledgment!
Acknowledgment is Empowering,
leading to Success, Brilliance **“I Can!”**

Everyone **wants** Acknowledgment of
their skills and strengths, it builds
Happiness, Confidence & Self Esteem!
Acknowledge both others and yourself
*Action Today – Acknowledge Family, a
Colleague, a Friend and Yourself!*

Visit our website
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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