



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



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"I have no special talents. I am only passionately **curious**." *Albert Einstein*

Being **curious** opens up **possibilities** and **opportunities!**

Your **mind** muscle gets stronger with **curiosity!**

Exercise yours today! **Be curious!**

Please **Forward to a Friend**

Visit our website
www.essentialgym.com

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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Jane Thomas ACC
Principal Coach
Essence Coaching



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