



**essence**coaching  
essential + common sense

# Essential Pearl

## Weekly self\* tip



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### CURIOSITY! *continued...*

- improves your quality of **Life!**
  - helps you find **Clarity!**
- inspires your **Problem Solving!**
- reconnects you to **Possibilities!**
  - gives a sense of **Wellbeing!**

**Ask Questions! - Be Curious!**

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[www.essentialgym.com](http://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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