



**essence**coaching  
essential + common sense

# Essential Pearl

Weekly self\* tip



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Use **Reflection** for **Self Knowing!**  
Reflect on **Moments that Mattered;**  
note what **Happened** your **Thoughts**  
your **Feelings** then and now.

What have you **Learnt?**

Do this with **Curiosity!**

Please **Forward** to a **Friend**

Visit our website  
[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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