



**essence**coaching  
essential + common sense

# Essential Pearl

*Weekly self\* tip*



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**Champions** at the game of **Life**

Use as their bat and ball

**Love** and **Acceptance!**

With these **You** will be a **Winner!**

*Enjoy life! Be loving and accepting!*

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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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