



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



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Motivation! What motivates You?
*Optimism, Trust, Acceptance,
Purpose/Sense Of Meaning,
Values/Honour, Love/Family,
Curiosity, Open Communication,
Action - so Just Do It, Courage,
Random Acts of Kindness!*

Are these present for you today?

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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