



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



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Courage = Bravery + Fortitude

Be daring and honest!

Exercise Self Discipline!

Embrace challenges and adversity.

Build durability, be flexible, build inner strength, be congruent!

Do you stand up for what is right?

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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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