



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



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EMPOWER SELF - ME POWER

Are you **empowering** yourself?
Components include **self discipline** -
control, **accountability**, **acceptance**,
knowing believing and **confidence** in
yourself! **Empower** yourself to cope
with the **changing world** and **times!**
Use **Me Power** today!

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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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