



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



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JOY! *Faith, Gratitude, Hope & Love!*
The Delight in Being Alive!

JOY! A response to **happiness**,
pleasure and **abundance**. A sense
when we **serve others** for their good.
Practice **JOY** by celebrating,
dancing, and singing. *Jump for joy!*

EnJOY your life today!

Visit our website
www.essentialgym.com

Please Forward to a Friend

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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