



**essence**coaching  
essential + common sense

# Essential Pearl

Weekly self\* tip



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Do you **Accept** yourself?

Before you can change or make adjustments, first **Accept What Is!**

*Acceptance of Self without judgment!*

Appreciate who you are for both your strengths and vulnerabilities.

It's a choice, choose **Acceptance** now!

Please **Forward** to a Friend

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[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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