



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



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Let Go of **Attachment to Outcomes!**

Of expectations, judgments, and
disappointment,

They serve no purpose!

Allow Life to Flow!

Let Go and **Enjoy Attraction!**

Can you let go?

Please **Forward to a Friend**

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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