



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



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Is your Possible *Self* being realised?
To close the gap between your actual and possible *Self*. Honour and action your Values and Strengths. Be Positive and Accepting. Relate to others. Enjoy *Self* Confidence!
Use *Self* Discipline. Be *Self*-Aware!
Today - Step into *Self* Possibility!

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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Jane Thomas ACC
Principal Coach
Essence Coaching



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