



**essence**coaching  
essential + common sense

# Essential Pearl

*Weekly self\* tip*



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## Focus and Commitment!

Are necessary requirements from  
changing your thinking to striving to  
reach goals. They keep you on  
**Target!**

Stay **Focused** and **Committed** to your  
**Vision**, your **Intentions**, your **Desires**  
and to living a **Balanced Life** with  
**Purpose, Joy and Happiness!**

Visit our website  
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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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