



essencecoaching  
essential + common sense

# Essential Pearl

## Weekly self\* tip



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How are your **Energy Levels**?  
Monitor **Energy** rather than **Time**!  
**High Energy** levels are achieved  
through good **Nutrition**, being  
**Hydrated**, restorative **Sleep**,  
replenishing **Breaks**, regular  
**Exercise**. **High Energy = Focus +**  
**Commitment!** Time is finite - **YOU**  
manage **Energy!** Where are your  
energy levels Today?

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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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