



essencecoaching  
essential + common sense

# Essential Pearl

## Weekly self\* tip



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Be your **Authentic SELF**  
**Soul, Essence, Love, Fulfillment**  
Acknowledge, know and feel what  
each of these 'elements' means to you.  
When you're **Authentic** - life is  
**easier, happier, you attract what you**  
**want!**

Being your **Authentic SELF** takes  
practice, it's a **Lifelong Journey!**

**Are you being true to yourSELF?**

Visit our website  
[www.essentialgym.com](http://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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