



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



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HOPE!

Expecting and receiving a desired outcome - **Will Power & Way Power** - Where there's a **Will** there's a **Way!**

Hope is important in goal setting!
Hope builds **Resilience & Success!**

"Hope sees the invisible, feels the intangible, and achieves the impossible." Anonymous.

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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