



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



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FORGIVENESS

Forgiveness is part of **Letting Go!**

Let go of negative thoughts & energy

Daily **Forgive** yourself for your mistakes & others who have hurt you.

Forgiveness allows you to move on - to make each day a fresh start.

Visit our website
www.essentialgym.com

Forgive Today!

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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