



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



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Perceptions!

We all come from our own
Perspective! Although unique
perceptions are influenced by others.

Reflect on *unflattering Perceptions*
or *Thoughts with Wonder, Curiosity,*
Inquiry and Learning. (*Coach U*
Guiding Principle 2)

Create a New *Flattering Perception!*

Visit our website
www.essentialgym.com

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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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Jane Thomas ACC
Principal Coach
Essence Coaching



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