



**essence**coaching  
essential + common sense

# Essential Pearl

Weekly self\* tip



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**Happiness** is a choice!

**Happiness** begins with feeling in control of life

**Happiness** is a skill Make it a **habit!**

**Happiness** is attractive and you look younger

Increase your **Happiness** today

Try a Random Act of Kindness!

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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**Jane Thomas** ACC  
Principal Coach  
Essence Coaching



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