



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



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Six Steps to Happiness!

1. Choose to be **Happy!**
2. **Accept Yourself!** You're perfect!
3. Practice **Self Discipline & Self Responsibility!**
4. Honour your **Values** daily!
5. Enjoy a **Sense of Purpose!**
6. **Perfect the Present!** *Be in the Now!*

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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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