



**essence**coaching  
essential + common sense

# Essential Pearl

Weekly self\* tip

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"I have no special talents. I am only passionately **curious**." *Albert Einstein*

Being **curious** opens up **possibilities**  
and **opportunities!**

Your **mind** muscle gets stronger with  
**curiosity!**

Exercise yours today! **Be curious!**

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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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