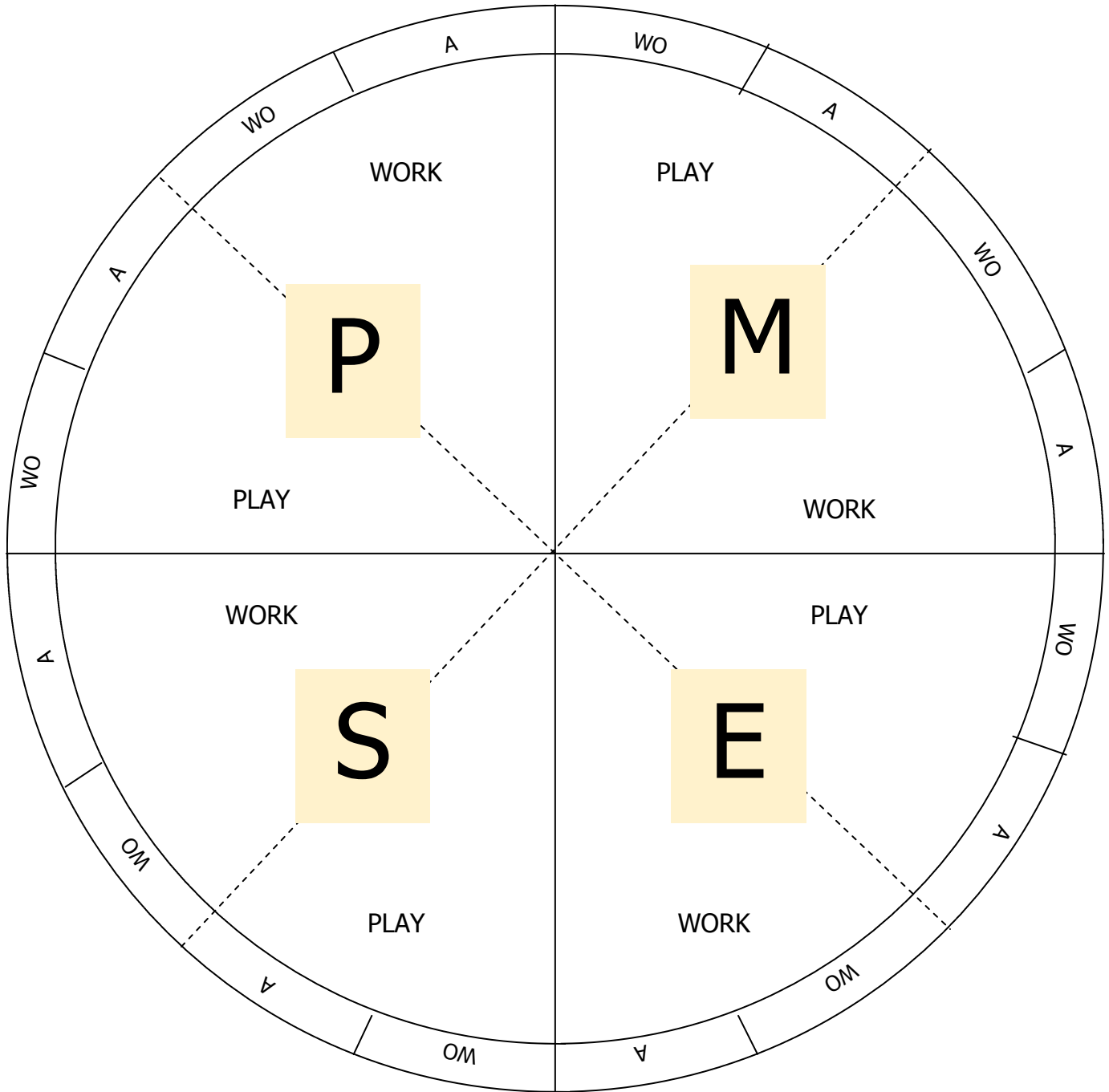


# InEssence Coaching<sup>SM</sup> LLC

Kellie R. Mox Richards MPH

## Life Budget<sup>TM</sup>



### LEGEND:

P = Physical  
M = Mental

S = Spiritual  
E = Emotional

WO = With Others  
A = Alone