

LIFE MASTERY BINDER

unlock your full potential



www.lifemasterymagazine.com

INSTRUCTIONS

PLAN A

1. Choose the cover for your Binder
2. Choose the Binder pages relevant to you
3. Print the Cover and Binder pages you chose (or all)
4. Punch holes and file in Binder
5. Start your month using the trackers and all the resources in the Binder

OR

PLAN B

Download the pdf files and open them in GoodNotes or Adobe Reader (free) and use it as a digital Binder/Planner!

6. Your journey starts now! Enjoy!



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LIFE MASTERY

BINDERTM

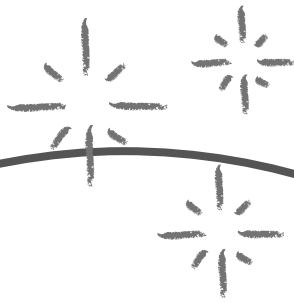
BELONGS TO



Your Life Mastery Binder!

We are thrilled to introduce you to your Life Mastery Binder - the tool to empower yourself and unlock your full potential. Throughout your journey with us, we will provide you with thoughtfully curated resources that inspire positive change and transformation in your life.

These printable resources will help you start building your own transformational binder. Get ready to embark on a journey of personal growth and self-discovery with the Life Binder by your side. Let's begin this empowering journey together!



Mindfulness & Meditation

Mindfulness &
Meditation

2024

Life Mastery Magazine

Mindfulness is...

Observing Your Life as it is Happening



Noticing thoughts as they rise without
the need to buy into them



Allowing feelings to exist without letting
them drive your actions



Taking actions based on your
determination, not old habits or short
term convenience

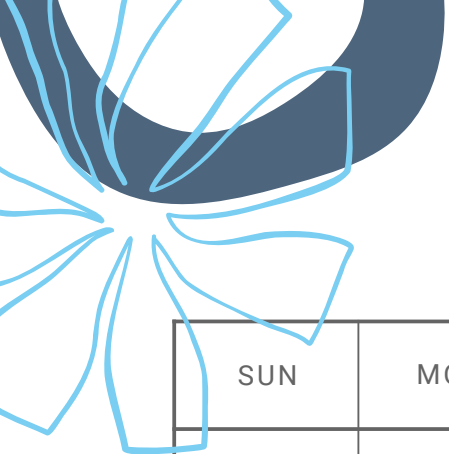


Accepting your current situation without
judgement



Accepting where you are but ok with not
settling for it

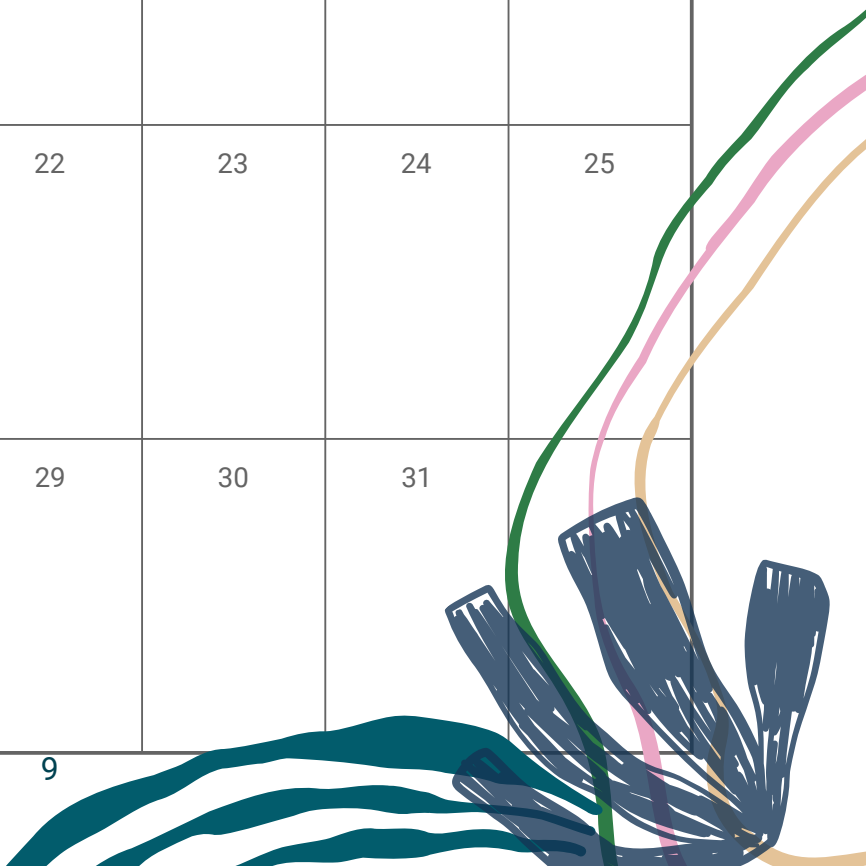




2024 May



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12	13	14	15	16	17	18
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26	27	28	29	30	31	



Daily Self-Care

DATE : _____

M T W T F S S

C H E C K L I S T

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| <input type="checkbox"/> MAKE YOUR BED | <input type="checkbox"/> TAKE A LONG BATH |
| <input type="checkbox"/> TAKE YOUR MEDICATIONS & VITAMINS | <input type="checkbox"/> DO A FACE MASK |
| <input type="checkbox"/> SKINCARE ROUTINE | <input type="checkbox"/> CALL A FRIEND OR FAMILY |
| <input type="checkbox"/> HEALTHY MEALS | <input type="checkbox"/> MEDITATION |
| <input type="checkbox"/> GO FOR A WALK | <input type="checkbox"/> WATCH A MOVIE |
| <input type="checkbox"/> CLEANING HOUSE | <input type="checkbox"/> CUDDLE A PET OR HUMAN |
| <input type="checkbox"/> WASHING CLOTHES | <input type="checkbox"/> TRY A NEW RESTAURANT |
| <input type="checkbox"/> LISTEN TO MUSIC | <input type="checkbox"/> MAKE TIME TO READ |
| <input type="checkbox"/> HAVE A POWER NAP | <input type="checkbox"/> TRY A NEW RECIPE |
| <input type="checkbox"/> SOCIAL MEDIA BREAK | <input type="checkbox"/> NO PHONE 30 MINS BEFORE BED |

WORKOUT

- | | | |
|----------------------------------|-----------------------------------|--------------------------------|
| <input type="checkbox"/> CARDIO | <input type="checkbox"/> WEIGHT | <input type="checkbox"/> YOGA |
| <input type="checkbox"/> STRETCH | <input type="checkbox"/> REST DAY | <input type="checkbox"/> OTHER |

HOURS OF SLEEP (Hours)



HYDRATION (Glass)



THINGS THAT MADE ME HAPPY TODAY

MOOD



Daily Wellness

TODAY I FEEL

DATE : _____

M T W T F S S

TODAY'S AFFIRMATION

TODAY'S MANTRA

TODAY I'M PROUD OF

WEATHER



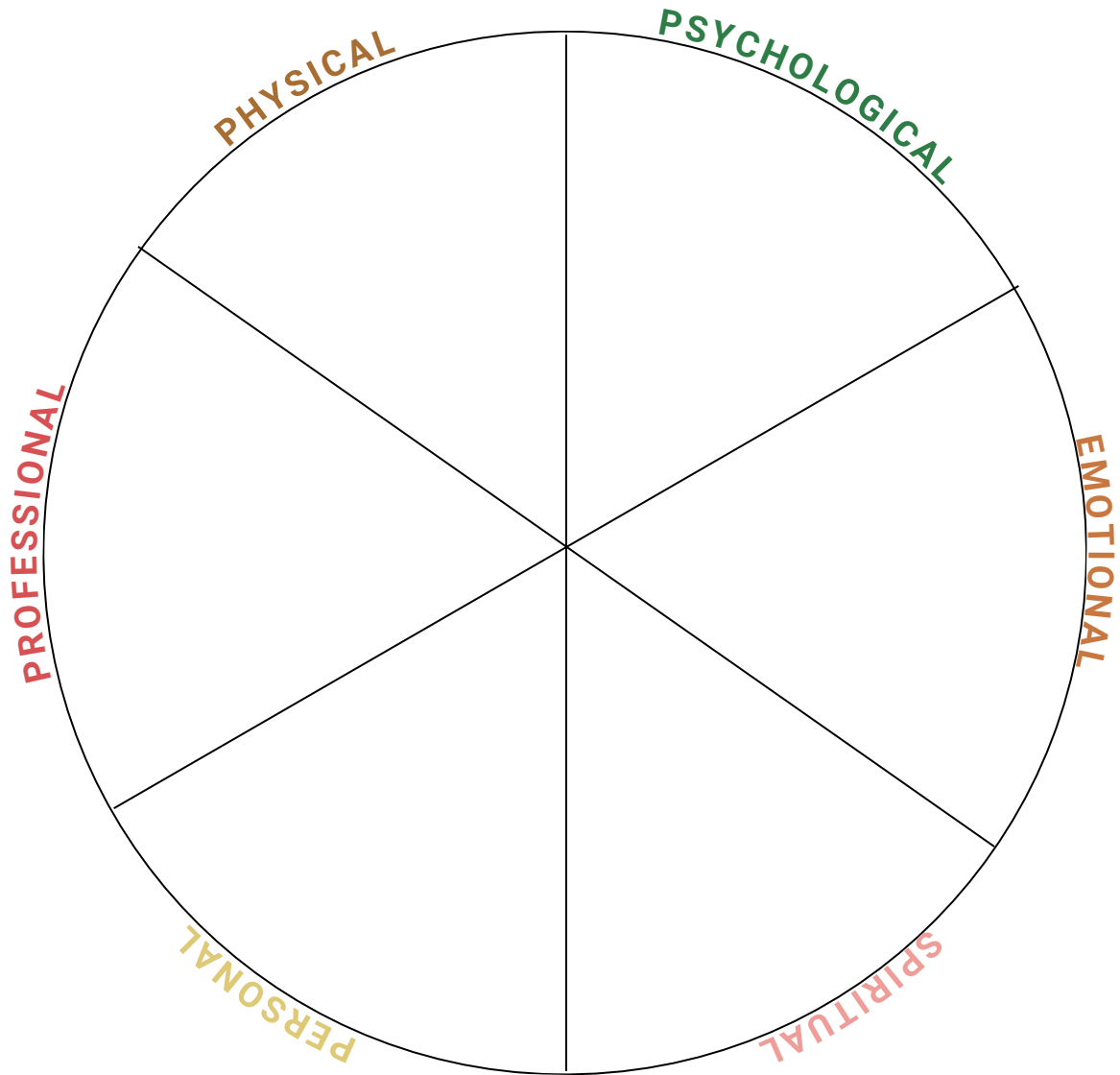
NOTES

TODAY'S GOAL

TOMORROW'S PLAN

WHEEL OF LIFE

Mindfulness



Priority categories

Notes

Habit Tracker

May

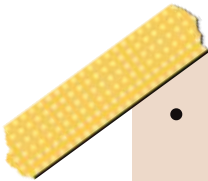

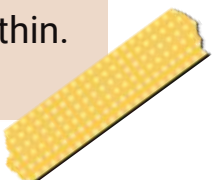
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Affirmations for Mindfulness & Meditation

Embrace this month's focus on your Mindfulness and Meditation by trying these affirmations. You can incorporate them into your everyday routine. Stick to the ones that you find most meaningful.

Let these affirmations nurture positive thoughts in your mind.

- 
- I am present in this moment, embracing all that it brings.
 - I breathe in peace, I breathe out tension.
 - My mind is calm, my body is at ease.
 - I am grateful for the beauty that surrounds me.
 - I choose to let go of what I cannot control.
 - I trust in the process of life unfolding.
 - I am worthy of self-care and moments of stillness.
 - I release judgment and embrace acceptance.
 - I am compassionate towards myself and others.
 - I am the observer of my thoughts, finding stillness within.
- 
- 

Using affirmations regularly can be a great way to boost your meditation practice and cultivate inner peace. Just remember, they're not a quick fix for everything. It's also important to take action and tackle any root causes behind those negative thoughts.

30 DAY Mindfulness Challenge

SUN	MON	TUE	WED	THU	FRI	SAT

PICK ONE... OR SIX!



WORKOUT



WALK IN NATURE



HOBBY



JOURNAL




SLEEP MORE



HEALTHY FOOD

Challenge Tracker

May



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Mindfulness Goals

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Meditation Goals

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7

8

Journaling Prompts for Mindfulness & Meditation

- What does mindfulness mean to me, and how can I incorporate it into my daily routine?
- Reflect on a moment today when you felt truly present and at peace. What led to that feeling?
- Write about a challenging situation you faced recently. How did mindfulness help you navigate it?
- What are three things you are grateful for today, and how did they make you feel?
- Describe a mindfulness practice that resonates with you. How does it make you feel?
- How do you currently handle stress, and how could mindfulness enhance your coping mechanisms?
- Write about a time when you were able to let go of control and embrace the present moment. How did it feel?
- Explore a nature-based mindfulness activity you can engage in this week. Reflect on the experience.
- How can you show more self-compassion in your daily life? What practices can support this?
- Reflect on a moment of conflict or tension. How could a mindful approach have changed the outcome?

My Word This Month Is _____

How I see myself implementing my word
across the different areas of my life:

My Business

Finances

Health

Home

Inner Growth

Family

Lifestyle

Relationships

Spiritual

Mindfulness BINGO

Eat one meal mindfully, savoring each bite

Close your eyes and listen to the sounds around you for a minute

Do a quick grounding exercise, bare feet on the ground

Practice deep listening in a conversation

Take 3 deep breaths

Try a quick meditation on your senses

Spend a few minutes in silence, focusing on your breath

Mindfully drink a glass of water, sipping it slowly

Before getting up, set an intention for your day

Eat a piece of fruit mindfully, savour the taste

Take a mindful shower, feeling the water on your body

Write in a gratitude journal before bed

Smile at a stranger and observe their reaction

Pause before reacting to a stressful situation

Try a loving-kindness meditation

Practice a body scan meditation for 5 minutes

Create a mindful morning routine

Listen to a guided meditation

Pause to appreciate the beauty of a flower or plant

Enjoy a cup of tea or coffee without distractions

Take a break to watch the clouds pass by

Do a quick desk or chair yoga stretch

Put away your phone and be fully present with a loved one

Write down 3 things you are grateful for

Take a short walk and pay attention to your surroundings

Healthy me recipe card



NAME OF DISH

Kitchari with Spinach and Turmeric

CATEGORY

Main course

PREP TIME

5 min

COOK TIME

35 min

INGREDIENTS

- *1 cup basmati rice*
- *1/2 cup yellow split mung beans*
- *4 cups water*
- *1 tablespoon ghee or coconut oil*
- *1 teaspoon cumin seeds*
- *1 teaspoon mustard seeds*
- *1 teaspoon ground turmeric*
- *1 teaspoon ground coriander*
- *1/2 teaspoon ground ginger*
- *1/2 teaspoon ground cinnamon*
- *1/2 teaspoon ground cardamom*
- *2 cups chopped spinach (fresh or frozen)*

notes

Salt, to taste
Fresh cilantro leaves, for garnish (optional)
Lemon wedges, for serving

INSTRUCTIONS

- *Rinse the basmati rice and yellow split mung beans under cold water until the water runs clear. Drain and set aside.*
- *In a large pot, heat the ghee or coconut oil over medium heat. Add the cumin seeds and mustard seeds and cook until they begin to sizzle and pop, about 1 minute.*
- *Add the ground turmeric, coriander, ginger, cinnamon, and cardamom to the pot. Stir to coat the spices in the oil and cook for another minute until fragrant.*
- *Add the rinsed rice and mung beans to the pot, stirring to combine with the spices.*
- *Pour in the water and bring the mixture to a boil. Once boiling, reduce the heat to low, cover, and simmer for 20-25 minutes, or until the rice and mung beans are tender and cooked through.*
- *Stir in the chopped spinach and cook for an additional 3-5 minutes, until the spinach is wilted and incorporated into the kitchari.*
- *Season the kitchari with salt to taste, adjusting as needed.*
- *Serve the kitchari hot, garnished with fresh cilantro leaves if desired, and accompanied by lemon wedges for squeezing over the top.*
- *Before enjoying your meal, take a moment to appreciate the nourishing ingredients and the effort put into preparing the dish. Chew slowly and mindfully, savoring each bite and being present in the moment.*

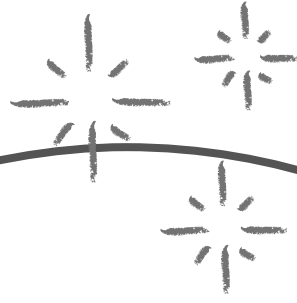


I Am Releasing

Let it go

Let it go

Let it go



More Resources

2024

Life Mastery Magazine

Mindfulness &
Meditation

What Are Affirmations?

Affirmations are positive statements that are repeated to oneself with the intention of instilling a particular belief or mindset. They are often used as a tool for self-improvement and personal development. Affirmations work by influencing the subconscious mind, helping to challenge and reframe negative or limiting beliefs that may be holding an individual back.

How to Use Affirmations:

1. Repetition: Affirmations are repeated regularly, either silently or aloud. This repetition helps to reinforce the message and gradually replace negative thoughts with positive ones.
2. Belief reinforcement: Affirmations are most effective when they align with the individual's goals and values. By consistently repeating positive statements, individuals can strengthen their belief in themselves and their ability to achieve their goals.
3. Subconscious influence: Affirmations work by influencing the subconscious mind. The subconscious mind is believed to be more receptive to positive suggestions, especially when they are repeated frequently and with conviction.

Benefits of Using Affirmations:

1. Positive mindset: Affirmations help to cultivate a positive mindset by focusing on strengths, possibilities, and potential rather than dwelling on limitations or failures.
2. Increased self-confidence: Regularly affirming positive statements can boost self-confidence and self-esteem, helping individuals to overcome self-doubt and insecurity.
3. Motivation and goal achievement: Affirmations can provide motivation and encouragement, helping individuals to stay focused on their goals and persevere through challenges.
4. Stress reduction: Positive affirmations can help to reduce stress and anxiety by promoting feelings of calmness, optimism, and resilience.
5. Improved relationships: Affirmations can also be used to improve relationships by promoting empathy, understanding, and forgiveness.

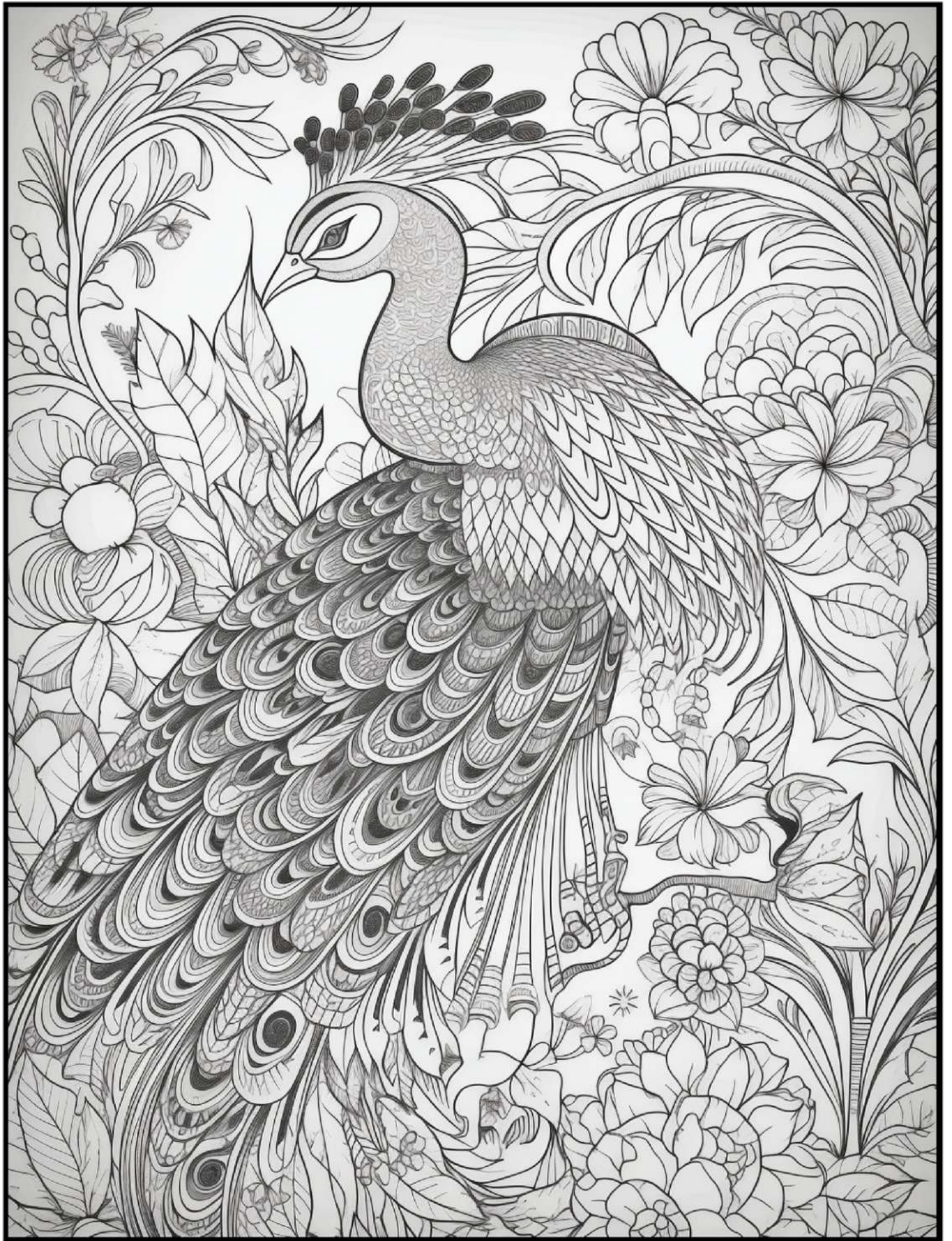
Overall, affirmations can be a powerful tool for personal growth and self-improvement when used consistently and with intention. However, it's important to note that while affirmations can be beneficial, they are not a substitute for action or addressing underlying issues that may be contributing to negative thought patterns.

What Is Journaling?

Journaling is all about jotting down your thoughts, reflections, and experiences in a diary or journal. It can be as simple as free-flow writing or using prompts for self-discovery.

The benefits of journaling are pretty awesome and can really boost your mental, emotional, and physical well-being. A few of those benefits are listed below.

- Stress Reduction: Journaling provides a safe outlet for expressing emotions and processing stressful experiences. By putting thoughts and feelings onto paper, individuals can release tension and gain perspective, leading to reduced feelings of anxiety and overwhelm.
- Clarity and Self-Reflection: Writing down thoughts and feelings can bring clarity to complex emotions and situations. Journaling allows individuals to explore their innermost thoughts, leading to greater self-awareness, understanding, and insight into their own behavior and motivations.
- Emotional Healing and Processing: Reflective journaling enables individuals to work through past traumas or difficult experiences. By putting experiences into words, individuals can validate their emotions, gain closure, and promote emotional healing and growth.
- Goal Setting and Achievement: Journaling can help individuals clarify their goals, set intentions, and track their progress over time. By regularly writing down goals, action plans, and milestones, individuals can stay focused, motivated, and accountable, increasing their likelihood of success.
- Improved Mental Health and Well-being: Regular journaling has been linked to improved mood, increased self-esteem, and reduced symptoms of depression and anxiety. By engaging in self-expression and self-reflection, individuals can boost their overall mental health and well-being, leading to a greater sense of fulfillment and life satisfaction.





Healthy me recipe card

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DIFFICULTY

NAME OF DISH

CATEGORY

PREP TIME

COOK TIME

INGREDIENTS

INSTRUCTIONS

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