

# LIFE MASTERY BINDER

**unlock your full potential**



[www.lifemasterymagazine.com](http://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!

# LIFE MASTERY BINDER



# JUNE

# LIFE MASTERY BINDER



unlock your full potential

[www.lifemasterymagazine.com](http://www.lifemasterymagazine.com)

# LIFE MASTERY

# BINDER<sup>TM</sup>

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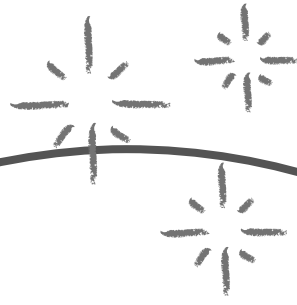


## *Your Life Mastery Binder!*

We are thrilled to introduce you to your Life Mastery Binder - the tool to empower you to 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!**



# Self Empowerment

2024

*Life Mastery Magazine*

# DAILY AFFIRMATIONS

I *inhale* positive energy  
and *exhale* fears and doubts.

I *concentrate* on things  
that are in my *control*.

I *welcome* opportunity.

I *focus* on what is going  
*right*.

I *handle* anything  
that comes my way.

# June

2024

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6



You're *wonderful*

# SELF-AWARENESS ASSESSMENT

The purpose of this assessment is to help you gain insight into your thoughts, feelings, behaviors: your overall self. It provides a structured way for you to reflect on various aspects such as your values, personality traits and emotional intelligence.

READ THE PROMPTS BELOW AND THINK ABOUT THE FIRST THING THAT COMES TO MIND. FILL YOUR ANSWERS OUT IN THE BLANK BOXES.

## I AM A HUMAN BEING THAT...

LOVES	
WANTS TO	
IS DRIVEN BY	
IS INSPIRED BY	
HAS A HABIT OF	
IS HAPPIEST WHEN	
BELIEVES IN	
WOULD GIVE	
WILL ONE DAY	
HAS THE GOAL OF	
WHO NOTICES	
IS AFRAID OF	

# Daily Self-Care

DATE : \_\_\_\_\_

M T W T F S S

## C H E C K L I S T

- |   |  |
|---|--|
| <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

# Core Values Worksheet

Circle 6 core values that resonate with you the most

Honesty	Tolerance	Self-awareness	Collaboration	Adventure
Integrity	Open-mindedness	Self-acceptance	Teamwork	Education
Loyalty	Forgiveness	Self-confidence	Excellence	Knowledge
Compassion	Generosity	Independence	Quality	Learning
Empathy	Courage	Freedom	Service	Justice
Respect	Perseverance	Family	Altruism	Simplicity
Kindness	Determination	Friendship	Reliability	Balance
Authenticity	Ambition	Love	Authenticity	Resilience
Accountability	Creativity	Empowerment	Creativity	Health
Gratitude	Innovation	Equality	Openness	Well-being
Humility	Adaptability	Inclusivity	Adaptability	Exploration
Responsibility	Flexibility	Diversity	Harmony	Innovation
Trustworthiness	Curiosity	Environmentalism	Peace	Honor
Fairness	Wisdom	Sustainability	Spirituality	Unity
Patience	Self-discipline	Community	Fun	Transparency

Rank Your 6 Core Values Below

1

4

2

5

3

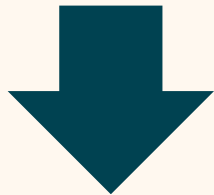
6

# How to Incorporate Core Values into your Personal Routines

**Define Your Core Values**  
(Identify What Matters Most)



**Align Your Daily Habits**  
(Infuse Your Day with Your Values)



**Set Intentions for Each Day**  
(Start with Purpose)



**Practice Mindfulness  
and Gratitude**  
(Stay Present and Appreciative)

- Reflect on your core values and beliefs.
- Prioritize values that resonate deeply with you.
- Write down your core values to keep them top of mind.

- Review your daily routines and habits.
- Identify opportunities to align each routine with your core values.
- Make intentional choices that reflect what matters most to you

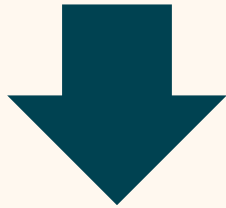
- Begin each day with clarity and intention.
- Set intentions that reflect your core values and goals.
- Use affirmations or mantras to reinforce your intentions throughout the day.

- Cultivate mindfulness in your daily activities.
- Take moments to pause, breathe, and connect with your values.
- Practice gratitude for the blessings and opportunities in your life.



**Reflect and Adjust Regularly**  
(Review and Adapt)

- Set aside time for regular reflection on your routines and habits.
- Assess whether your actions align with your core values.
- Make adjustments as needed to stay true to your values and aspirations.



**Live Your Values Every Day**  
(Embrace Your Values, Transform Your Life)

- Incorporating core values into your personal routines empowers you to live authentically, find fulfillment, and create positive change in your life and the world.

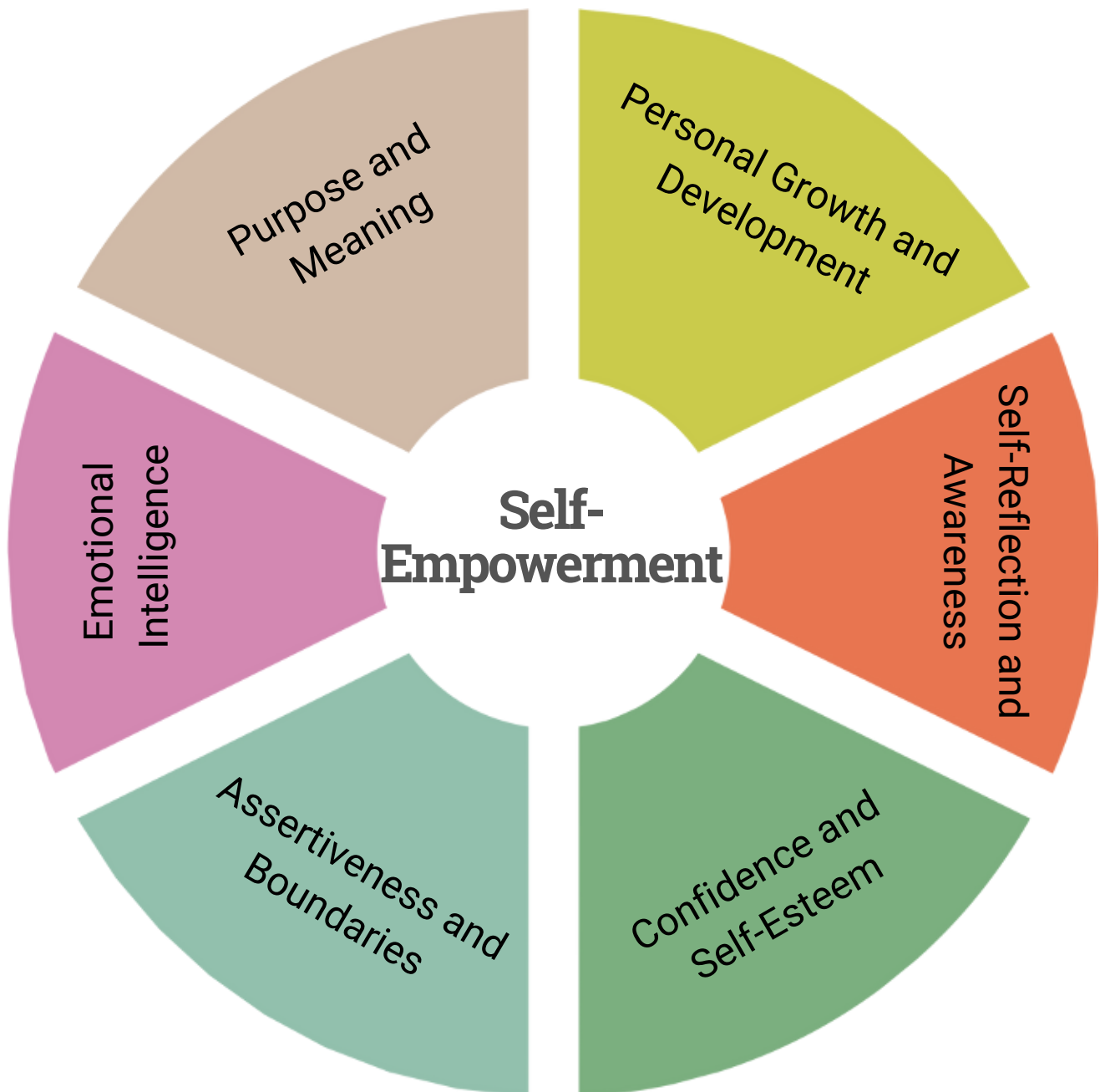


**Take the First Step**  
(Live Your Values)

- Start today by identifying your core values and incorporating them into your daily routines. Your journey to a more meaningful and fulfilling life begins now

# WHEEL OF LIFE

By focusing on these areas of the Wheel of Life, you will cultivate greater self-empowerment and lead a more fulfilling and meaningful life.



# WHEEL OF LIFE

**Personal Growth and Development:** Focuses on activities and efforts aimed at continuous learning, self-improvement, and personal development. It includes pursuits such as setting and achieving goals, acquiring new skills, expanding knowledge, and challenging oneself to grow beyond one's comfort zone.

**Self-Reflection and Awareness:** This involves practices such as mindfulness, meditation, journaling, and introspection to gain deeper insight into oneself, one's thoughts, emotions, and behaviors. It also encompasses recognizing strengths, weaknesses, values, and beliefs.

**Confidence and Self-Esteem:** Focuses on cultivating a positive self-image, acknowledging one's worth and capabilities, and developing resilience in the face of challenges. It involves affirming oneself, celebrating achievements, and challenging self-limiting beliefs.

**Assertiveness and Boundaries:** This involves expressing oneself authentically, advocating for one's needs and desires, and communicating assertively with others. It also includes recognizing and enforcing personal boundaries to maintain emotional and psychological well-being.

**Emotional Intelligence:** Focuses on developing skills such as self-regulation, empathy, and interpersonal effectiveness. It involves understanding and managing one's own emotions, as well as navigating and influencing the emotions of others in a constructive manner.

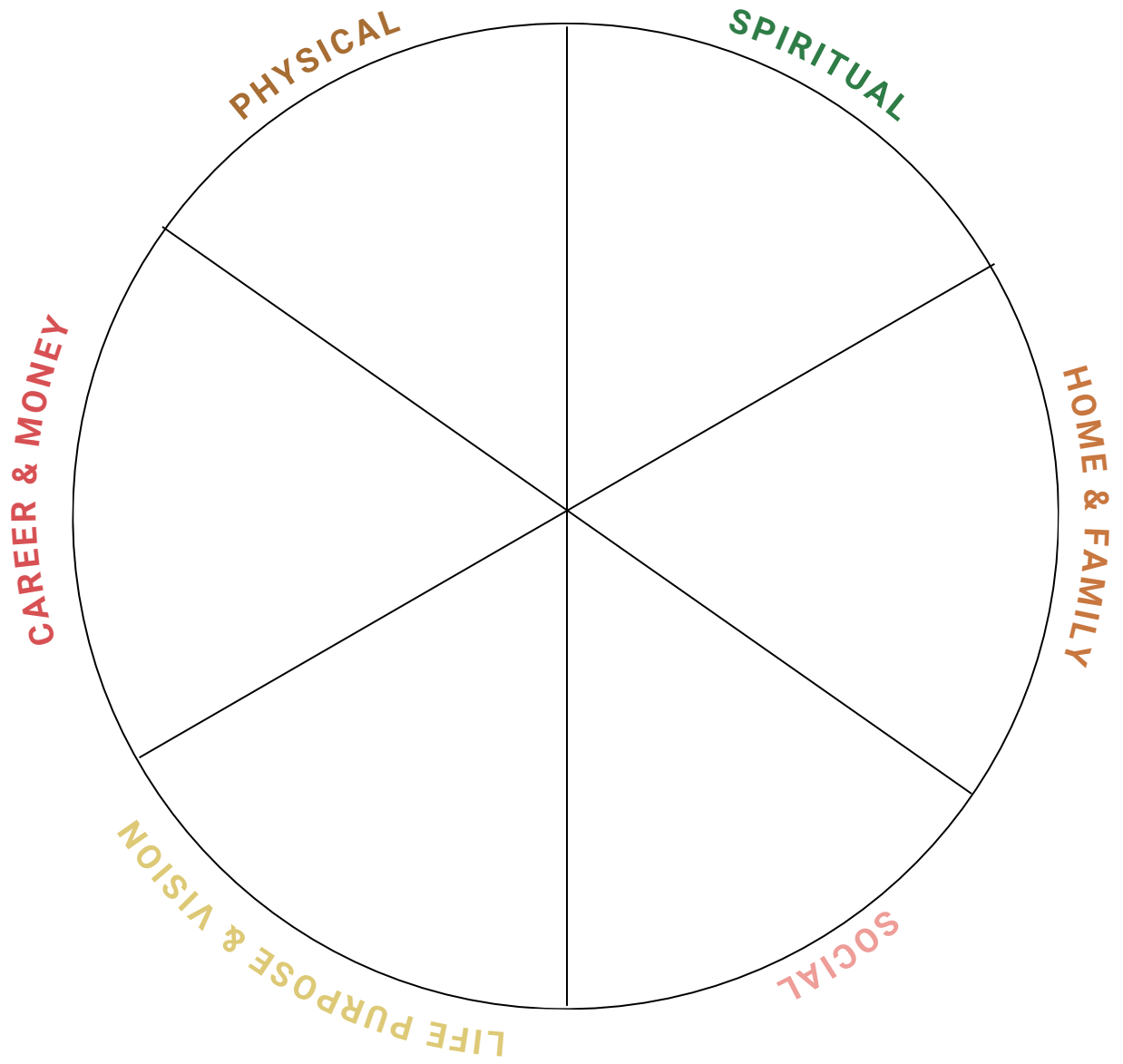
**Purpose and Meaning:** This involves exploring one's passions, values, and life goals, and aligning actions with a sense of purpose. It includes pursuing activities that bring fulfillment, making meaningful contributions to society, and living authentically according to one's values and beliefs.

Priority categories	Notes
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# WHEEL OF LIFE

Self-Empowerment



Priority categories

Notes

Five horizontal lines for writing priority categories.

Five horizontal lines for writing notes.

# Habit Tracker

## JUNE

#	HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
1																																	
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31																																	

### Notes

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# Vitamine Tracker

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Week of \_\_\_\_\_

VITAMINS	m	t	w	t	f	s	s
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
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Week of \_\_\_\_\_

VITAMINS	m	t	w	t	f	s	s
_____	●	●	●	●	●	●	●
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_____	●	●	●	●	●	●	●

Week of \_\_\_\_\_

VITAMINS	m	t	w	t	f	s	s
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
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Week of \_\_\_\_\_

VITAMINS	m	t	w	t	f	s	s
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Week of \_\_\_\_\_

VITAMINS	m	t	w	t	f	s	s
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Notes

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## **Benefits of Yin Yoga:**

- **Increased Flexibility:** Yin Yoga improves flexibility by gently stretching and focusing on the connective tissues. This allows for more ease in movement, both during everyday activities and when practicing other forms of physical activity.
- **Reduce Stress:** The meditative qualities of Yin Yoga coupled with breathing techniques that are deep and slow induce a relaxation state which calms the nervous systems. This reduces stress. A regular practice can help you face the challenges of life calmly and with clarity.
- **Improved joint health and range of motion:** Yin Yoga encourages you to hold poses in the same position for extended periods, stimulating the fluid within your joints which helps nourish and maintain the health of the joints.
- **Enhanced Mindfulness:** The stillness of holding the poses for several minutes helps cultivate mindfulness, by focusing the attention on the present moment.
- **Balanced Energy Flow:** Yin Yoga focuses on the body's meridian line. These are the channels of energy or chi flow through the body's meridians according to Chinese Medicine. Yin Yoga helps to harmonize the energetic system of the body by restoring harmony and releasing blocks.

### Resources:

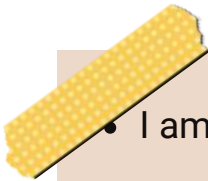

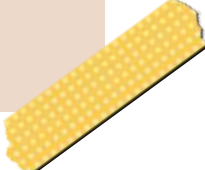
- [Ekhart Yoga](#) - Guide to Yin Poses
- [Paul Grilley](#) - Yin Yoga Principles and Practice (pdf)
- [Bernie Clark](#) - The Complete Guide to Yin Yoga (pdf)



# Affirmations for Self-Empowerment

Embrace this month's focus on your Self-Empowerment 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 in control of my own destiny.
  - I have the strength and resilience to overcome any challenge.
  - I trust in my abilities and believe in my potential.
  - I am worthy of success and happiness.
  - I embrace my unique qualities and celebrate my individuality.
  - I am confident in making decisions that align with my values.
  - I release any doubts and fears that hold me back.
  - I am capable of achieving my goals and dreams.
  - I honor my worth and stand tall in my truth.
  - 
  - I am empowered to create the life I desire.
- 
- 

Using affirmations regularly can be a great way to boost your confidence and cultivate a positive mindset. Just remember, they're not a quick fix for everything. It's also important to take action and tackle any root causes behind any negative thoughts you may be feeling.

# 30 DAY Self-Empowerment CHALLENGE

SUN

MON

TUE

WED

THU

FRI

SAT

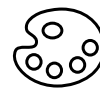

PICK ONE... OR SIX! OR CHOOSE YOUR OWN!



WORKOUT



WALK IN NATURE



HOBBY



JOURNAL



SLEEP MORE




HEALTHY FOOD



# Challenge Tracker

## JUNE



1					
2					
3					
4					
5					
6					
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29					
30					
31					

# Self-Empowerment Goals

1

2

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4

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6

7

8

# Monthly Goals

1

2

3

4

5

6

7

8

# Journaling Prompts for Self-Empowerment

Use these prompts to deepen your self-awareness, build confidence, and create a clear path towards personal empowerment and growth.

- 1. What are my core values and how do they shape my decisions?** Reflecting on your core values helps you understand what truly matters to you, empowering you to make decisions that align with your authentic self.
- 2. What limiting beliefs do I need to let go of to reach my full potential?** Identifying and challenging limiting beliefs can free you from self-imposed constraints, allowing you to embrace your true potential.
- 3. What are three achievements I am proud of and why?** Celebrating your accomplishments boosts your confidence and reinforces your belief in your abilities.
- 4. What steps can I take today to move closer to my goals?** Breaking down your goals into actionable steps makes them more attainable and empowers you to take control of your progress.
- 5. How do I handle setbacks and what can I learn from past challenges?** Reflecting on how you overcome difficulties builds resilience and helps you see challenges as opportunities for growth.
- 6. What does my ideal life look like and what can I do to start creating it?** Visualizing your ideal life clarifies your aspirations and motivates you to take steps towards achieving them.
- 7. How do I practice self-compassion and why is it important?** Embracing self-compassion fosters a positive self-image and encourages you to treat yourself with kindness, enhancing your overall well-being.
- 8. Who are my role models and what qualities do I admire in them?** Identifying qualities you admire in others can inspire you to cultivate those traits within yourself.
- 9. How do I define success and how can I measure it in my life?** Defining success on your own terms empowers you to pursue goals that are meaningful to you, rather than conforming to external expectations.
- 10. What positive affirmations can I use to reinforce my self-belief?** Creating and using affirmations strengthens your self-belief and encourages a positive mindset, supporting your journey towards self-empowerment.



# 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

# Healthy me recipe card



NAME OF DISH

*Quinoa and Vegetable Buddha Bowl*

CATEGORY

*Main course*

PREP TIME

*7 min*

COOK TIME

*20 min*

## INGREDIENTS

- *1 cup quinoa, rinsed*
- *2 cups water or vegetable broth*
- *1 tablespoon olive oil*
- *2 cloves garlic, minced*
- *1 small onion, diced*
- *2 cups chopped mixed veggies  
(peppers, broccoli, carrots, zucchini)*
- *1 sliced avocado*
- *Handful of fresh spinach or kale*
- *Optional toppings:  
sliced radishes, pumpkin seeds, tahini dressing*

## INSTRUCTIONS

- *In a medium saucepan, combine the quinoa and water or vegetable broth.*
- *Bring to a boil, then reduce the heat to low, cover, and simmer for about 15 minutes, or until the quinoa is cooked and the liquid is absorbed.*
- *Remove from heat and let it sit covered for 5 minutes. Fluff with a fork.*

### While the quinoa is cooking:

- *Heat the olive oil in a large skillet over medium heat. Add the minced garlic and diced onion, and sauté until softened and fragrant, about 2-3 minutes.*
- *Add the chopped mixed vegetables to the skillet and cook until tender-crisp, about 5-7 minutes, stirring occasionally.*
- *Season with salt and pepper to taste.*

### To assemble the Buddha bowls:

- *Divide the cooked quinoa evenly among serving bowls. Top with the sautéed vegetables, sliced avocado, and fresh spinach or kale leaves.*
- *Garnish with optional toppings such as sliced radishes, pumpkin seeds, and a drizzle of tahini dressing.*
- *Salt and pepper to taste.*

## notes

*Remember you eat with your eyes  
(besides your mouth). The more  
various colored vegetables the better!*



# I Am Releasing

Let it go

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Let it go

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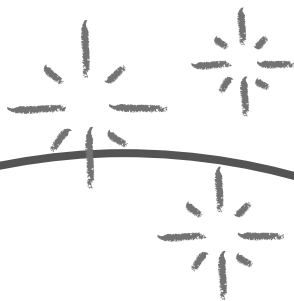
Let it go

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# More Resources

2024

Life Mastery Magazine

Self  
Empowerment

# 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.

# More Journaling Prompts

- Reflect on a recent challenge you faced. How did you overcome it, and what strengths did you discover within yourself in the process?
- Describe a moment when you felt truly confident and empowered. What factors contributed to this feeling, and how can you cultivate more of it in your daily life?
- Identify one limiting belief you hold about yourself. Challenge this belief by exploring evidence to the contrary and envisioning a more empowering alternative perspective.
- Think about a skill or trait you admire in others but believe you lack. Consider how you can develop or strengthen this aspect of yourself through consistent practice and self-belief.
- Imagine your ideal future self, living a life aligned with your deepest values and aspirations. What steps can you take today to move closer to this vision, and what obstacles might you need to overcome along the way?"

*Add Your Own*

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