

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!

LIFE MASTERY BINDER



JULY

LIFE MASTERY BINDER



unlock your full potential

www.lifemasterymagazine.com

LIFE MASTERY

BINDERTM

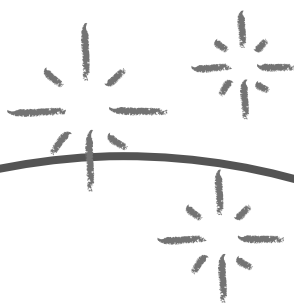


Your Life Mastery Binder!

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!



Relationships

2024

Life Mastery Magazine

Heartfelt

AFFIRMATIONS

I am abundantly *loved*

I feel *free* to be myself in
my relationships.

I am *loved and cherished* for
who I am.

I *welcome* love.

I *trust* in the universe

I am *grateful* for the love
already present in my life

Cherish every moment

July

2024

SUN	MON	TUE	WED	THU	FRI	SAT
	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			

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	

40 DATE IDEAS CARDS

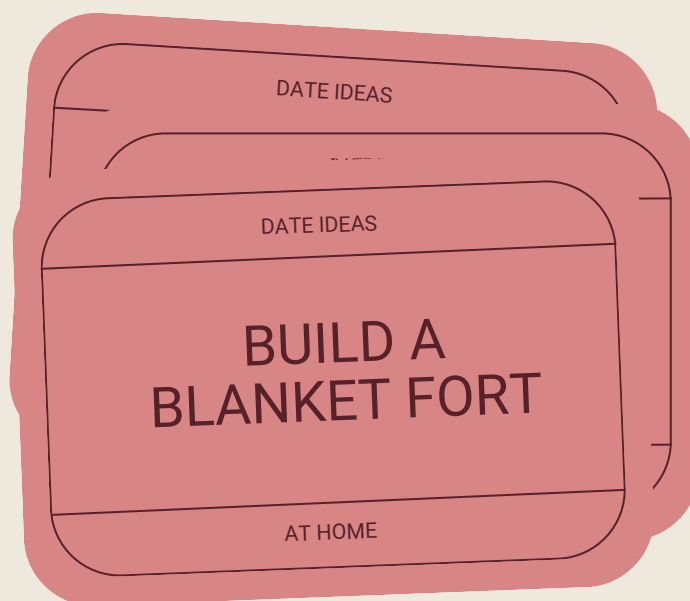
CUT THE CARDS, MIX THEM, AND
PICK A DATE!



FOOD & BEVERAGE DATE IDEAS



AT-HOME DATE IDEAS



ROMANTIC DATE IDEAS



OUTDOOR & ADVENTUROUS IDEAS



+BONUS: RAINY DAYS DATE IDEAS

FOOD & BEVERAGE DATE IDEAS

DATE IDEAS

GO ON A LOCAL
FOOD OR DRINK
TOUR

FOOD & BEVERAGE

DATE IDEAS

PACK A
GOURMET
PICNIC

FOOD & BEVERAGE

DATE IDEAS

BLINDFOLDED
TASTE-TESTING

FOOD & BEVERAGE

DATE IDEAS

INDOOR PICNIC

FOOD & BEVERAGE

DATE IDEAS

MEXICAN FOOD
NIGHT

FOOD & BEVERAGE

DATE IDEAS

GO TO A
FARMERS
MARKET

FOOD & BEVERAGE

DATE IDEAS

PIZZA & MOVIE
NIGHT

FOOD & BEVERAGE

DATE IDEAS

GO TO A
COOKING
CLASS

FOOD & BEVERAGE

AT-HOME DATE IDEAS

DATE IDEAS

**BUILD A
BLANKET FORT**

AT HOME

DATE IDEAS

**BOARD GAMES
NIGHT**

AT HOME

DATE IDEAS

HAVE A DIY SPA

AT HOME

DATE IDEAS

**PAINT
TOGETHER**

AT HOME

DATE IDEAS

**WRITE DOWN
YOUR BUCKET
LIST**

AT HOME

DATE IDEAS

**PLAY VIDEO
GAMES
TOGETHER**

AT HOME

DATE IDEAS

**KARAOKE
NIGHT**

AT HOME

DATE IDEAS

**START A
SCRAPBOOK**

AT HOME

ROMANTIC DATE IDEAS

DATE IDEAS

STAY IN BED
ALL DAY

ROMANTIC

DATE IDEAS

WATCH A CLASSIC
ROMANTIC MOVIE

ROMANTIC

DATE IDEAS

PLAY TRUTH
OR DARE

ROMANTIC

DATE IDEAS

HAVE BREAKFAST
IN BED

ROMANTIC

DATE IDEAS

TRY OUT BODY
PAINT

ROMANTIC

DATE IDEAS

PLAN A
ROMANTIC
GETAWAY

ROMANTIC

DATE IDEAS

GO
STARGAZING

ROMANTIC

DATE IDEAS

RECREATE
YOUR FIRST
DATE

ROMANTIC

OUTDOOR & ADVENTUROUS DATE IDEAS

DATE IDEAS

TAKE A
SPONTANEOUS
ROAD TRIP

OUTDOOR & ADVENTURE

DATE IDEAS

RENT A
TANDEM BIKE

OUTDOOR & ADVENTURE

DATE IDEAS

TACKLE ONE OF
EACH OF YOUR
FEARS

OUTDOOR & ADVENTURE

DATE IDEAS

GO CAMPING

OUTDOOR & ADVENTURE

DATE IDEAS

GO TO A THEME
PARK

OUTDOOR & ADVENTURE

DATE IDEAS

PLAY A SPORT
TOGETHER

OUTDOOR & ADVENTURE

DATE IDEAS

VISIT A
BOTANICAL
GARDEN

OUTDOOR & ADVENTURE

DATE IDEAS

ATTEND A
MUSIC FESTIVAL

OUTDOOR & ADVENTURE

RAINY DAYS DATE IDEAS

DATE IDEAS

TELL GHOST
STORIES

RAINY DAYS

DATE IDEAS

BAKE HOMEMADE
COOKIES

RAINY DAYS

DATE IDEAS

GO TO A LIVE
COMEDY SHOW

RAINY DAYS

DATE IDEAS

MOVIE
MARATHON

RAINY DAYS

DATE IDEAS

VISIT A MUSEUM
OR GALLERY

RAINY DAYS

DATE IDEAS

PLAY AT AN
ARCADE

RAINY DAYS

DATE IDEAS

GO TO A BAR
HOSTING TRIVIA

RAINY DAYS

DATE IDEAS

DO SOME
KARAOKE

RAINY DAYS

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





BE KIND TO YOURSELF

Be mindful of negative self-talk

Surround yourself with positivity

Set healthy boundaries

Celebrate your accomplishments

Be patient with yourself

Seek support when needed



Daily Wellness

DATE : _____

M T W T F S S

TODAY I FEEL

TODAY'S AFFIRMATION

TODAY'S MANTRA

TODAY I'M PROUD OF

WEATHER



NOTES

TODAY'S GOAL

TOMORROW'S PLAN

GREAT RELATIONSHIPS

Do's & Don'ts

Learn to
compromise

Pick your
battles wisely

Have realistic
expectations

Give each
other space



Take them
for granted

Allow jealousy
or insecurities

Hold your past
against them

Hide things
from them



WHEEL OF LIFE

The Wheel of Life: Boosting Your Relationships in Fun Ways

The Wheel of Life is a super handy tool for you to check out and improve different parts of your relationships. By looking at each area below you can spot what's off balance and find ways to make things better. Let's break it down:

In Relationships

Finding Balance

Physical Health

- Staying healthy means you have the energy and mood to enjoy activities with . Good health can make you happier and more fun to be around.



- Keep fit with regular exercise, eat well, and get enough sleep. This way, you'll have the energy to do fun stuff and be fully present with your loved ones.

Spiritual Health

- Feeling peaceful and having a purpose can make your connections deeper. Sharing spiritual practices or values can bring you closer together.



- Engage in activities that nourish your spirit: E.g. meditation, prayer, nature walks, or deep talks. Respect & support the spiritual beliefs of those you care about.

Home and Family

- A happy home environment is key for strong family ties. It builds trust and emotional security.



- Spend quality time with your family. Keep the communication open, and create a loving and respectful atmosphere. Set healthy boundaries to ensure everyone feels respected and understood.

Social Life

- Your social life is all about your interactions with friends, colleagues, and the community. Good social connections provide support, joy, and a sense of belonging.



- Nurture meaningful friendships. Join in social activities, but also save some time for yourself. It's about having a supportive network that makes your life richer.

Life Purpose and Vision

- Knowing your purpose and vision can guide how you relate to others. Sharing goals and values can make your connections stronger.



- Align your personal goals with your relationships. Reflect regularly on your aspirations and make sure your relationships support your journey.

Career and Money

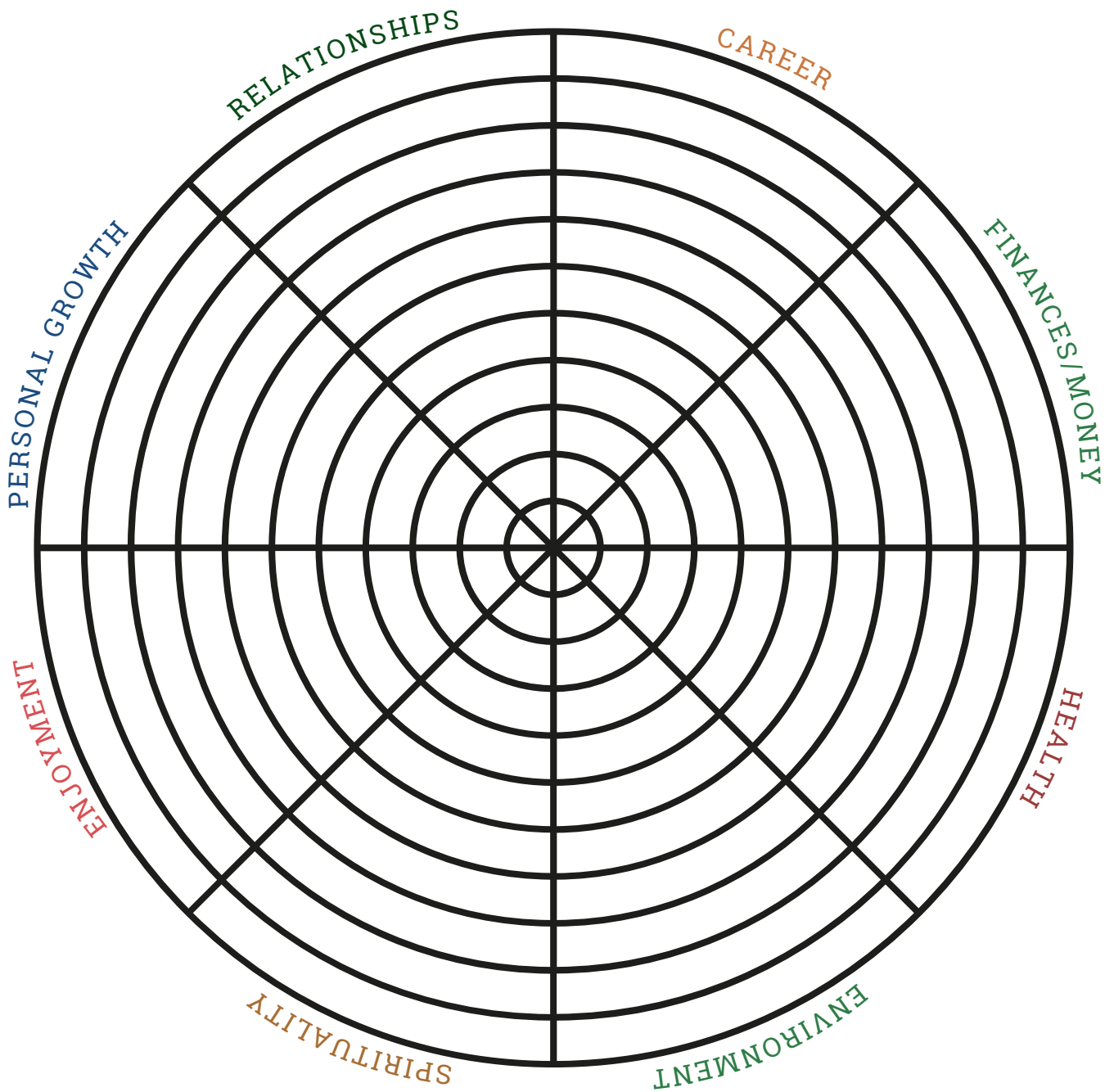
- Your job and finances can really affect your relationships. Work stress or money problems can cause strain, but financial stability can bring peace.



- Manage work stress. Set career goals that don't hurt your relationships, and ensure your financial health supports your family and social life. It's about balancing work success with personal happiness

WHEEL OF LIFE®

Relationships



Consider how satisfied you are in each area on a scale from 1 (very dissatisfied - inner circle) to 10 (fully satisfied - outer circle). Place a dot in the middle of the corresponding line on the wheel to note your score.

Habit Tracker

JULY

#	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																																
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																																

Notes

Vitamine Tracker

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

Week of _____

VITAMINS m t w t f s s

_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●

Week of _____

VITAMINS m t w t f s s

_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●

Week of _____

VITAMINS m t w t f s s

_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●

Week of _____

VITAMINS m t w t f s s

_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●

Week of _____

VITAMINS m t w t f s s

_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●

Notes

6 Awesome Benefits of Walking

Walking might seem simple, but it's packed with perks! Lace up your sneakers and let's hit the pavement:

1 Boosts Your Mood

Feeling a bit down? A brisk walk can lift your spirits. It gets your blood pumping and releases those feel-good hormones, making you happier and more relaxed. Plus, a stroll in nature is a fantastic way to unwind!

2 Improves Your Health

Walking is a great way to keep your heart and lungs in shape. It helps lower blood pressure and reduces the risk of heart disease. Plus, it's a gentle workout that's easy on your joints.

3 Helps Control Weight

Trying to manage your weight? Walking can help! It burns calories and revs up your metabolism without the need for a gym membership. Just 30 minutes a day can make a difference.

4 Boosts Your Energy

Feeling sluggish? Instead of reaching for another cup of coffee, try a walk. It increases your energy levels by improving blood flow and oxygen supply to your muscles and brain.

5 Strengthens Your Muscles and Bones

Walking helps keep your muscles and bones strong, especially in your legs and core. It's a low-impact exercise, so it's less likely to cause injury compared to more intense workouts.

6 Enhances Creativity

Need to brainstorm or get creative? Walking is a great way to clear your mind and boost creativity. Many people find their best ideas come when they're on the move.



Affirmations for Relationships

Embrace this month's focus on relationships by using these affirmations to remind yourself how awesome you are and how great your relationships can be!

"I am worthy of love and respect."

- Believe it! You deserve to be treated with kindness and love in all your relationships.

"I communicate openly and honestly."

- Sharing your thoughts and feelings helps build stronger connections.

"I attract positive and supportive people into my life."

- Surround yourself with friends who lift you up and make you smile.

"I forgive myself and others for past mistakes."

- Everyone messes up sometimes. Letting go helps you move forward with a lighter heart.

"I am a good listener and make others feel heard."

- Paying attention and really listening shows you care about what others have to say.

"I appreciate the little things in my relationships."

- Small gestures, like a kind word or a thoughtful action, can mean a lot.

"I bring joy and laughter to my relationships."

- Sharing fun moments and laughter strengthens your bonds with others.

"I handle conflicts with patience and understanding."

- Staying calm and empathetic during disagreements helps solve problems without hurt feelings.

"I am grateful for the people in my life."

- Take a moment to appreciate the friends and family who make your life awesome.

"I show love and affection easily and freely."

- Letting people know you care through words and actions makes your relationships flourish.

31 DAY CHALLENGE TRACKER

SUN	MON	TUE	WED	THU	FRI	SAT

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



WORKOUT



WALK IN NATURE



HOBBY



JOURNAL



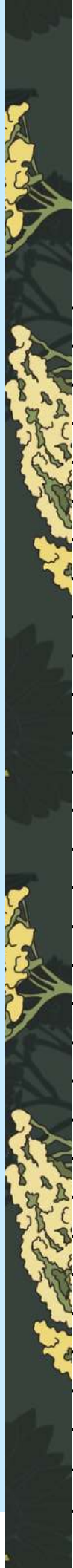
SLEEP MORE



HEALTHY FOOD

Challenge Tracker

JULY



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					

Relationship Goals

1

2

3

4

5

6

7

8

Monthly Goals

1

2

3

4

5

6

7

8

Journaling Prompts for Relationships

Use these prompts as a fun and reflective way to explore your relationships and how you can make them even better.

Happy journaling!

How do I handle conflicts in my relationships, and what can I do better?

- Reflect on your usual approach to disagreements and consider ways to improve.

Who has had the biggest impact on my life, and how have they influenced me?

- Think about someone who has shaped who you are today.

What are three qualities I admire most in others, and why are they important to me?

- List and explain the traits you value in the people around you.

Describe a time when I felt truly supported by someone. What did they do that made a difference?

- Recall a moment of support and detail what made it so meaningful.

If I could go on a dream vacation with anyone, who would it be and where would we go?

- Imagine an ideal trip and why you'd choose to spend it with that person.

What are my top three relationship goals, and how can I work towards them?

- Set some clear goals for your relationships and brainstorm ways to achieve them.

Write a letter to someone I appreciate but don't often express gratitude to. What would I say?

- Draft a heartfelt letter to someone who deserves more thanks.

How have my relationships changed over the past year, and what have I learned from these changes?

- Reflect on the evolution of my relationships and the lessons learned.

What is one thing I can do to improve my relationships?

- Think of a small, actionable step to enhance your connections with others.

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



DIFFICULTY

NAME OF DISH

Stuffed Bell Peppers

CATEGORY

Main course

PREP TIME

20-30 min

COOK TIME

30 - 40 min

INGREDIENTS

- *4 large bell peppers (any color)*
- *1 cup cooked quinoa or brown rice*
- *15 oz black beans, rinsed and drained*
- *1 cup corn kernels*
- *1 cup diced tomatoes*
- *1 small onion, finely chopped*
- *2 garlic cloves, minced*
- *1 teaspoon ground cumin*
- *1 teaspoon smoked paprika*
- *1 cup shredded cheese (cheddar, mozzarella)*
- *1 teaspoon chili powder (optional)*
- *1/4 cup chopped fresh cilantro (optional)*

INSTRUCTIONS

Preheat your oven to 375°F (190°C).

Prepare the Peppers:

- *Cut the tops off the bell peppers and remove the seeds and membranes. Place them in a baking dish, standing upright.*

Make the Filling:

- *In a large skillet, heat a bit of olive oil over medium heat. Add the chopped onion and garlic, sautéing until softened and fragrant (about 3-4 minutes).*
- *Add the diced tomatoes, corn, black beans, cooked quinoa or brown rice, ground cumin, smoked paprika, chili powder (if using), salt, and pepper. Stir well to combine and cook for another 5 minutes until heated through.*

Stuff the Peppers:

- *Spoon the filling mixture into each bell pepper, packing it in tightly. Top each pepper with shredded cheese.*

Bake the Peppers:

- *Cover the baking dish with aluminum foil and bake for 30 minutes. Remove the foil and bake for an additional 10-15 minutes, until the peppers are tender and the cheese is melted and golden.*

For the Garnish:

- *Sliced avocado*
- *Fresh lime wedges*
- *Greek yogurt or a dairy-free alternative (optional)*

notes

While eating, appreciate the vibrant colors and delicious aromas. Eat slowly, savoring each bite and enjoying the variety of textures and flavors.

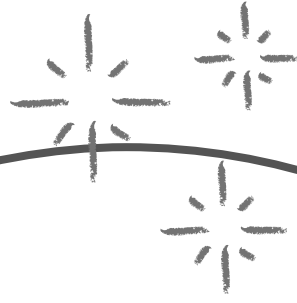
I Am Releasing

Let it go

Let it go

Let it go





More Resources

Relationships

2024

Life Mastery Magazine

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.

