

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



unlock your full potential

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LIFE MASTERY BINDER



AUGUST

LIFE MASTERY

BINDERTM

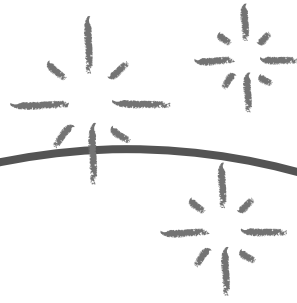


Your Life Mastery Binder!

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!



Vision

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



August 2024

SUN	MON	TUE	WED	THU	FRI	SAT
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

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

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



Habit Tracker

AUGUST

#	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	
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Notes

Vitamin 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 _____

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Week of _____

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Week of _____

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Notes

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

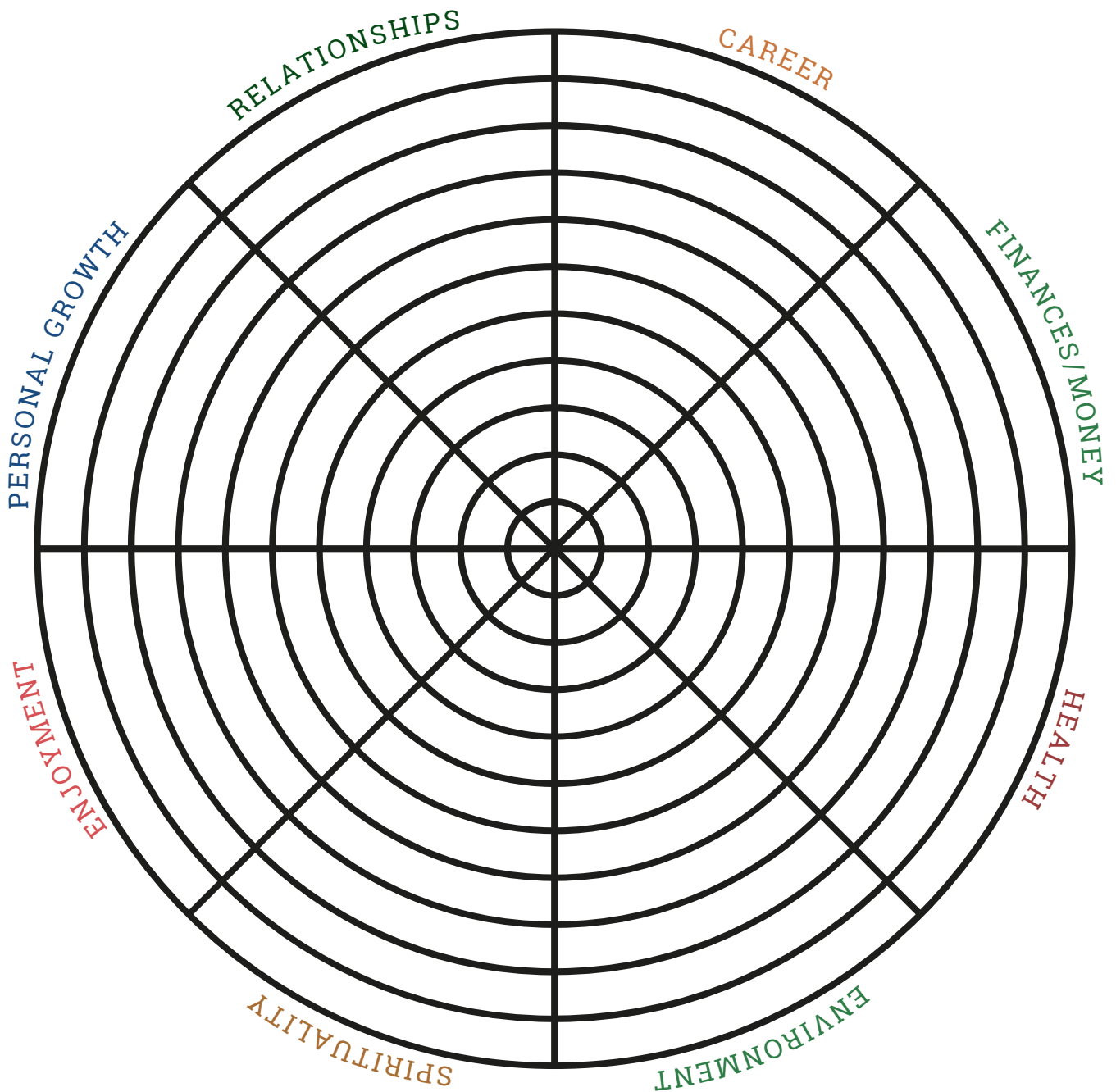
AUGUST



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WHEEL OF LIFE®

Vision



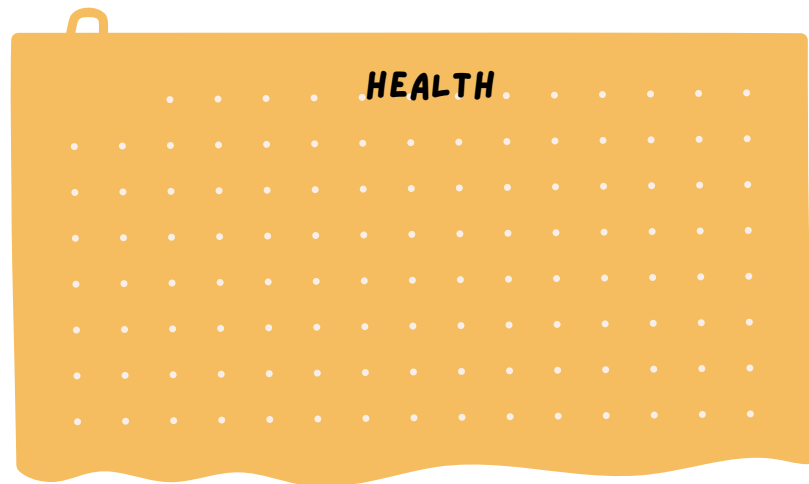
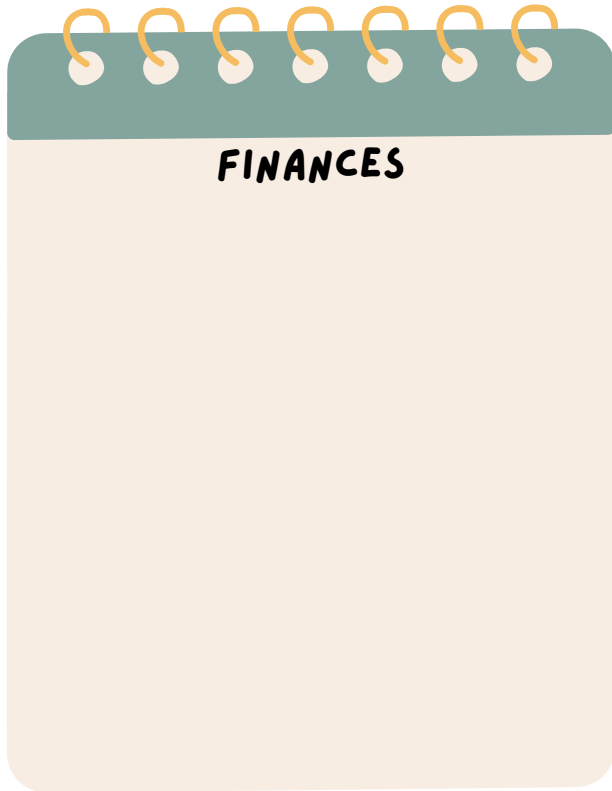
Consider how satisfied you are in each area on a scale from 1 (very dissatisfied - inner circle) to 10 (fully satisfied - outer circle). Place a dot in the middle of the corresponding line on the wheel to note your score.

If you need help completing your Wheel of Life, you can find it in the section - **More Resources** of this Life Mastery Binder.

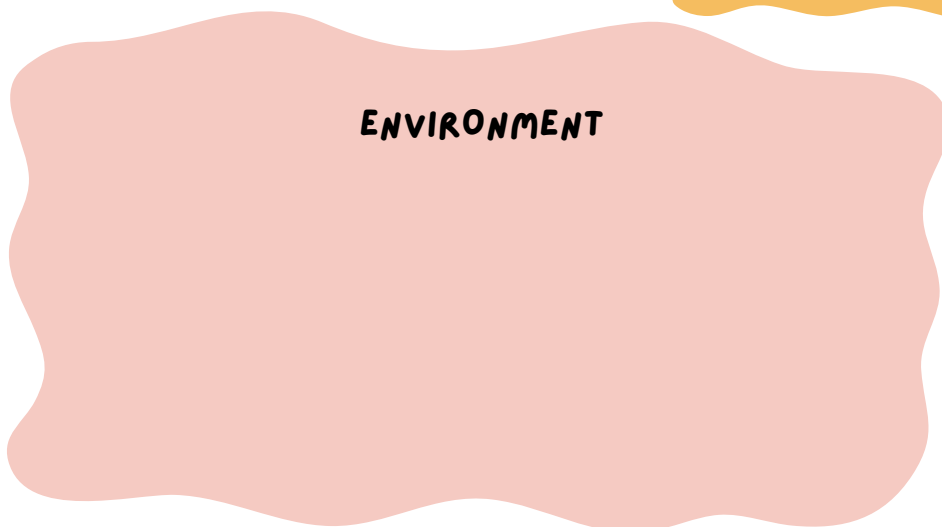
Getting Started with Your Vision Board

Let's start to focus on your dreams! Think about the different areas below and write what you would like to achieve in each. Use this information to later find pictures, words, and quotes that inspire you and represent the goals you've written. You'll want to stick them on a poster board or a digital board.

TIP Place your vision board somewhere you'll see it every day to remind you of your dreams and keep you motivated.

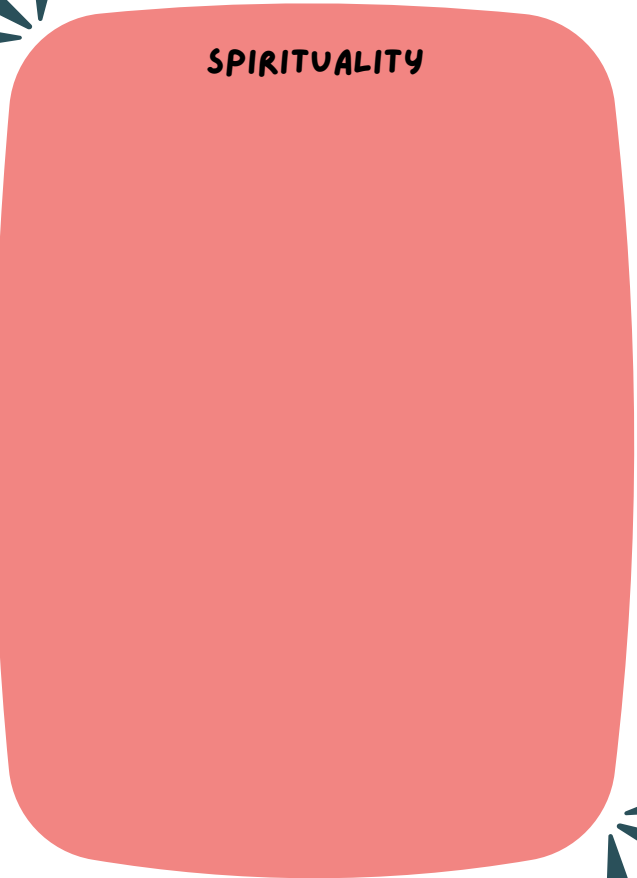


2024
VISION BOARD

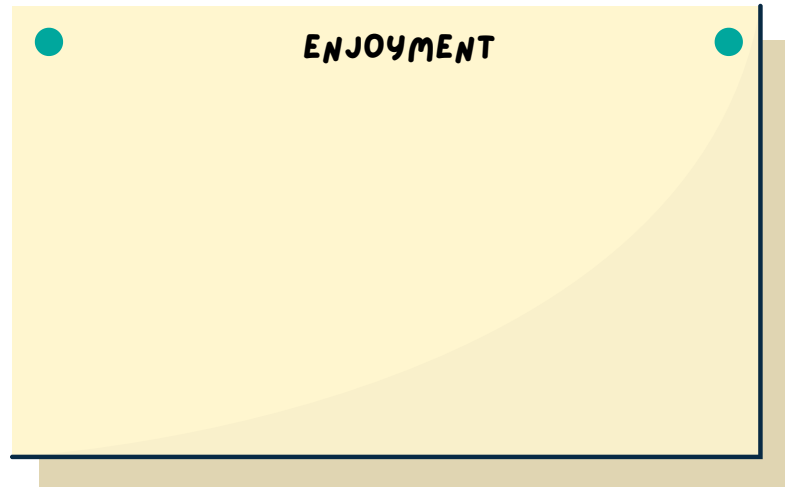




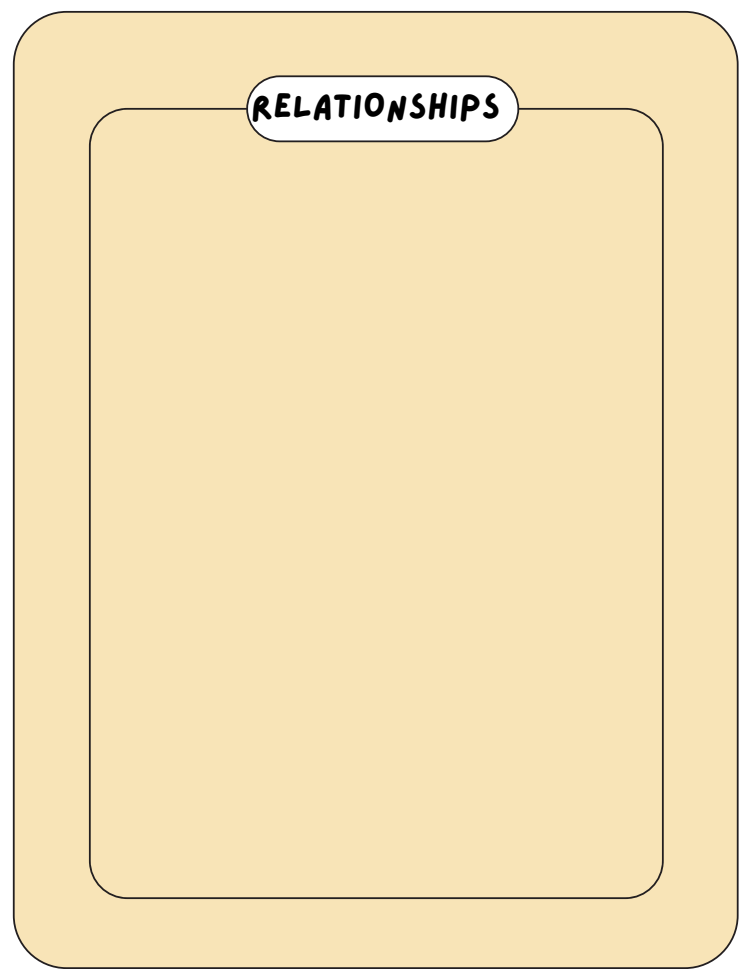
SPIRITUALITY



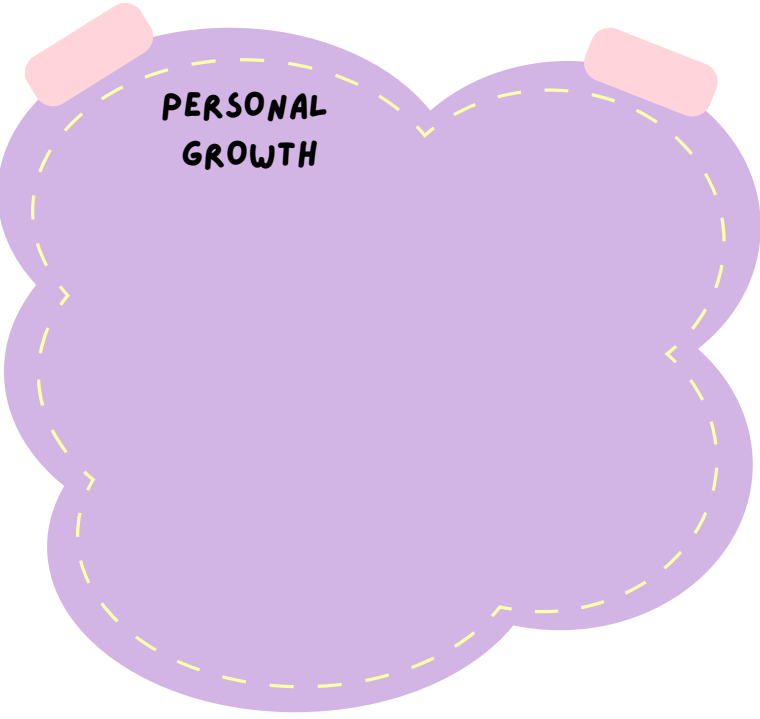
ENJOYMENT



RELATIONSHIPS



**PERSONAL
GROWTH**



My VISION BOARD

* Example



INSPIRED



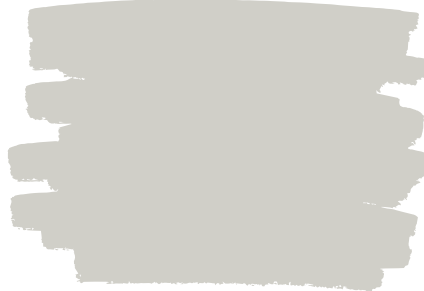
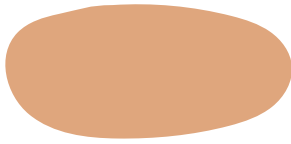
Happy

Every day I create
the space for
miracles to happen

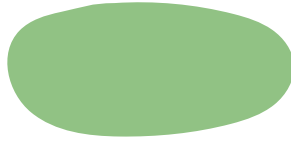


POWERFUL

My VISION BOARD



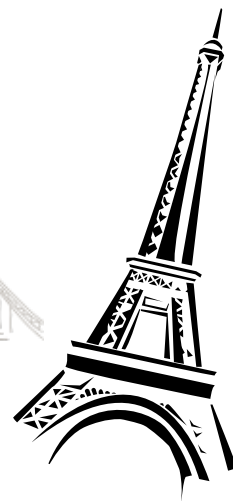
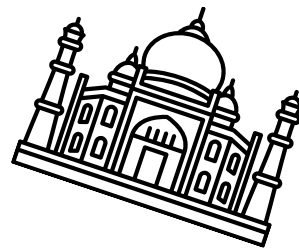
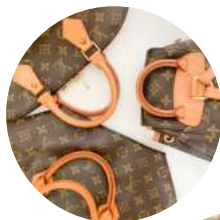
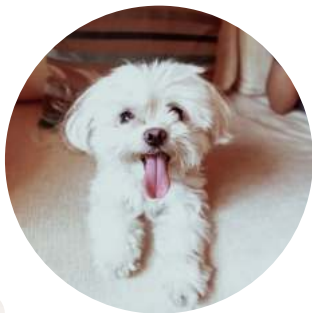
My VISION BOARD



ELEMENTS

Dream Life

Travel goals



ELEMENTS

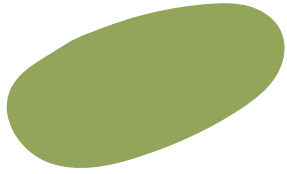
Dream Life

Work Life



My VISION BOARD

Dream Life & Work



ELEMENTS

Words for how I feel

EXPANSIVE

FULFILLED

Grateful

POWERFUL

BADASS

Beautiful

Joyful

EXCITED

Happy

INSPIRED

Glowing

ELEMENTS

Affirmations

I believe I can achieve anything I put my heart and mind to

I CAN AND I WILL

**I deserve and am worthy of
exponential success**

I am enough

I AM WORTHY

EACH AND EVERY DAY MY WORK POSITIVELY IMPACTS MORE AND MORE PEOPLE

Every day I create the space for miracles to happen

I am thriving as a successful entrepreneur

I am fearless

IT IS SAFE FOR ME TO BE VISIBLE

Affirmations for Living Your Vision

Affirmations can provide several key benefits for vision board manifestation.

- Help reshape your mindset by replacing limiting beliefs with empowering, positive thoughts about your ability to achieve your goals.
- Increase your motivation and focus, keeping your vision top-of-mind and inspiring you to take action.
- Enhance your visualization skills, making the manifestation of your vision board feel more vivid and attainable

**CELEBRATE
EVERY WIN,
NO MATTER
HOW SMALL**

- "I am a visionary, and my dreams are the blueprint for my spectacular future."
- "Every day, I see the vibrant, successful life I'm creating through my vision board."
- "My vision board is a magical mirror, reflecting back the abundance heading my way."
- "I trust the power of my imagination to paint the perfect picture of my ideal life."
- "Each image on my vision board is a puzzle piece fitting together my extraordinary destiny."
- "My vision is 20/20, and I clearly see myself living my best life, one step at a time."
- "The Universe is my personal interior decorator, bringing my vision board to life in style."
- "I am the artist, and my vision board is the canvas where I masterfully design my future."
- "Manifesting my dreams is as easy as 1-2-3 with the help of my trusty vision board."
- "Today, I step into the extraordinary world my vision board has created for me."

Vision Goals

1

2

3

4

5

6

7

8



Monthly Goals

1

2

3

4

5

6

7

8



Journaling Prompts for Your Vision

Journaling about your vision can provide valuable benefits in the manifestation process. It serves as a platform to explore your goals and desires in greater detail, helping to solidify the vision in your mind. Regular journaling can uncover limiting beliefs or fears that may be hindering your progress, allowing you to work through these obstacles.



1. If I could wave a magic wand and create my dream life, what would it look like? Describe the sights, sounds, and feelings in vivid detail.
2. Imagine I've just stepped into the world of my vision board. What amazing experiences are unfolding before my eyes?
3. What are the three most important goals I want to achieve through this vision board? Why are these goals so meaningful to me?
4. If my vision board could talk, what words of encouragement or advice would it share with me to help me stay motivated?
5. What are the small, daily actions I can take to bring my vision board to life, one step at a time?
6. What unexpected opportunities or surprises might arise as a result of manifesting the life depicted on my vision board?
7. How can I infuse more joy, creativity, and playfulness into the process of creating and visualizing my vision board?
8. What limiting beliefs or fears do I need to release in order to fully embrace the extraordinary future my vision board represents?
9. If I could ask my future self, who has already manifested the vision board, for one piece of advice, what would they say?
10. How can I celebrate and acknowledge the progress I'm making, even the small wins, as I continue manifesting my vision board?

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

CATEGORY

PREP TIME

COOK TIME

INGREDIENTS

INSTRUCTIONS

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notes

Healthy me recipe card

✓ ✓ ○ ○ ○
DIFFICULTY

NAME OF DISH

Summer Chicken Salad

CATEGORY

Main course

PREP TIME

15 min

COOK TIME

12 min

INGREDIENTS

- *2 cups cooked chicken breast
shredded or cubed*
- *1 cup cantaloupe, diced*
- *1 cup baby spinach*
- *1/2 cup blueberries*
- *1/4 cup almonds, sliced*
- *1/4 cup feta cheese, crumbled*
- *1/4 red onion, thinly sliced*
- *1 avocado, diced*



INSTRUCTIONS

- *In a large bowl, combine the chicken, cantaloupe, spinach, blueberries, almonds, feta cheese, red onion, and avocado.*
- *In a small bowl, whisk together the olive oil, lemon juice, honey, salt, and pepper.*
- *Drizzle the dressing over the salad and toss gently to combine.*
- *Serve immediately and enjoy this refreshing, protein-packed, and low-carb summer dish!*

DRESSING

- *3 tablespoons olive oil*
- *1 tablespoon lemon juice*
- *1 teaspoon honey*
- *Salt and pepper to taste*



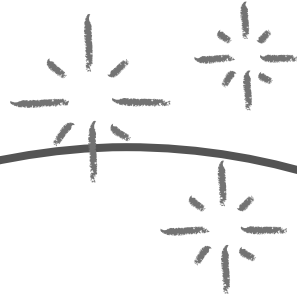
I Am Releasing

Let it go

Let it go

Let it go



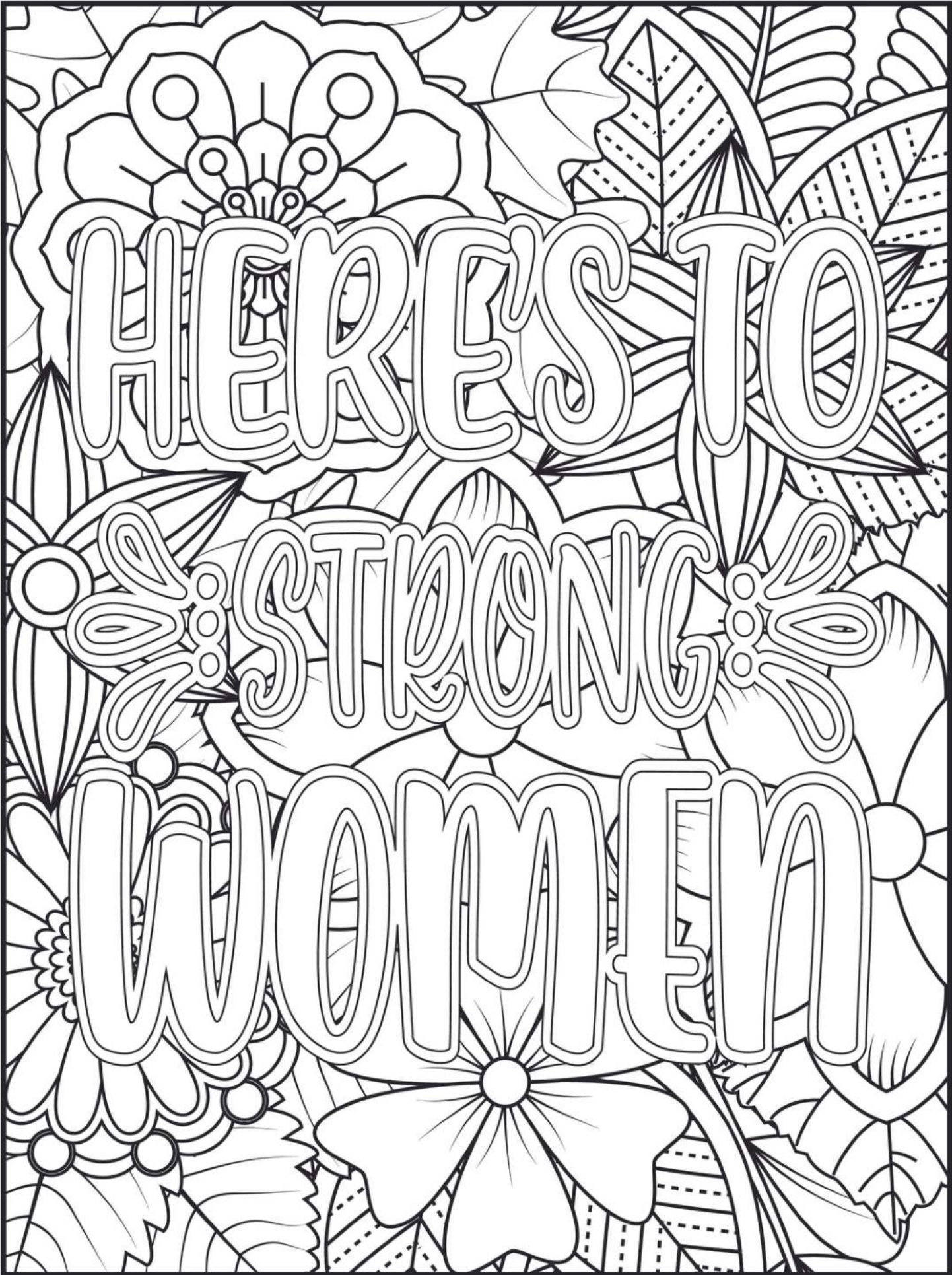


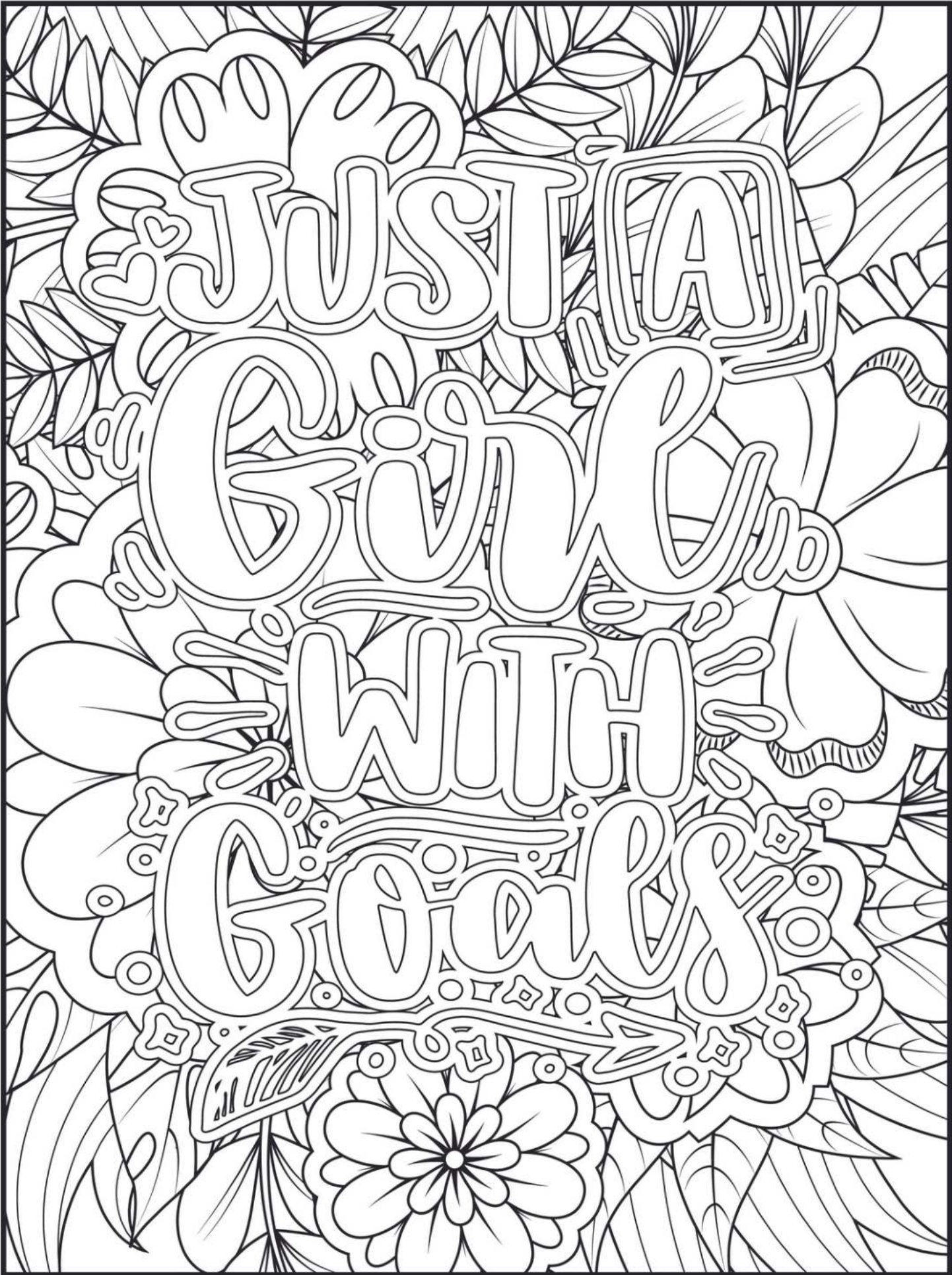
More Resources

Vision Board

2024

Life Mastery Magazine











WHEEL OF LIFE

The Wheel of Life: Boosting Your Vision in Fun Ways

The Wheel of Life is a super handy tool for you to check in on your dream and vision the different areas parts of your life. By looking at each area below you can spot what's off balance and find ways to finding balance. Let's break it down:

Dream and Vision

Physical Health

- Imagine being as strong and energetic as a superhero, ready to tackle any challenge.



Mix up your workouts with different activities like swimming, biking, and dancing. Enjoy your favorite treats in moderation, and get plenty of sleep to recharge your superpowers.

Spiritual Health

- Picture yourself as a wise sage, full of inner peace and connected to the universe.



Spend time meditating or practicing yoga, but also have fun moments like stargazing or walking in nature. Balance deep reflection with light-hearted activities that make your spirit soar.

Home and Family

- Envision a loving home filled with laughter, support, and unforgettable memories.



Have regular family game nights or movie marathons. Balance quality family time with personal hobbies to ensure everyone has their own space and joy.

Social Life

- See yourself surrounded by a diverse group of friends who bring out the best in you.



Attend social events and plan adventures with friends, but also set aside 'me time' to recharge. Mix group activities with one-on-one hangouts to deepen connections.

Life Purpose and Vision

- Imagine living a life full of purpose, where your passions and goals align perfectly.



Set big, exciting goals, but break them down into smaller, achievable steps. Celebrate small victories along the way, keeping the journey as enjoyable as the destination.

Career and Money

- Picture a successful career that not only brings in the bucks but also makes you happy.



Work hard and stay focused, but remember to take breaks and enjoy life outside of work. Budget wisely, but treat yourself occasionally to keep motivation high

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.

