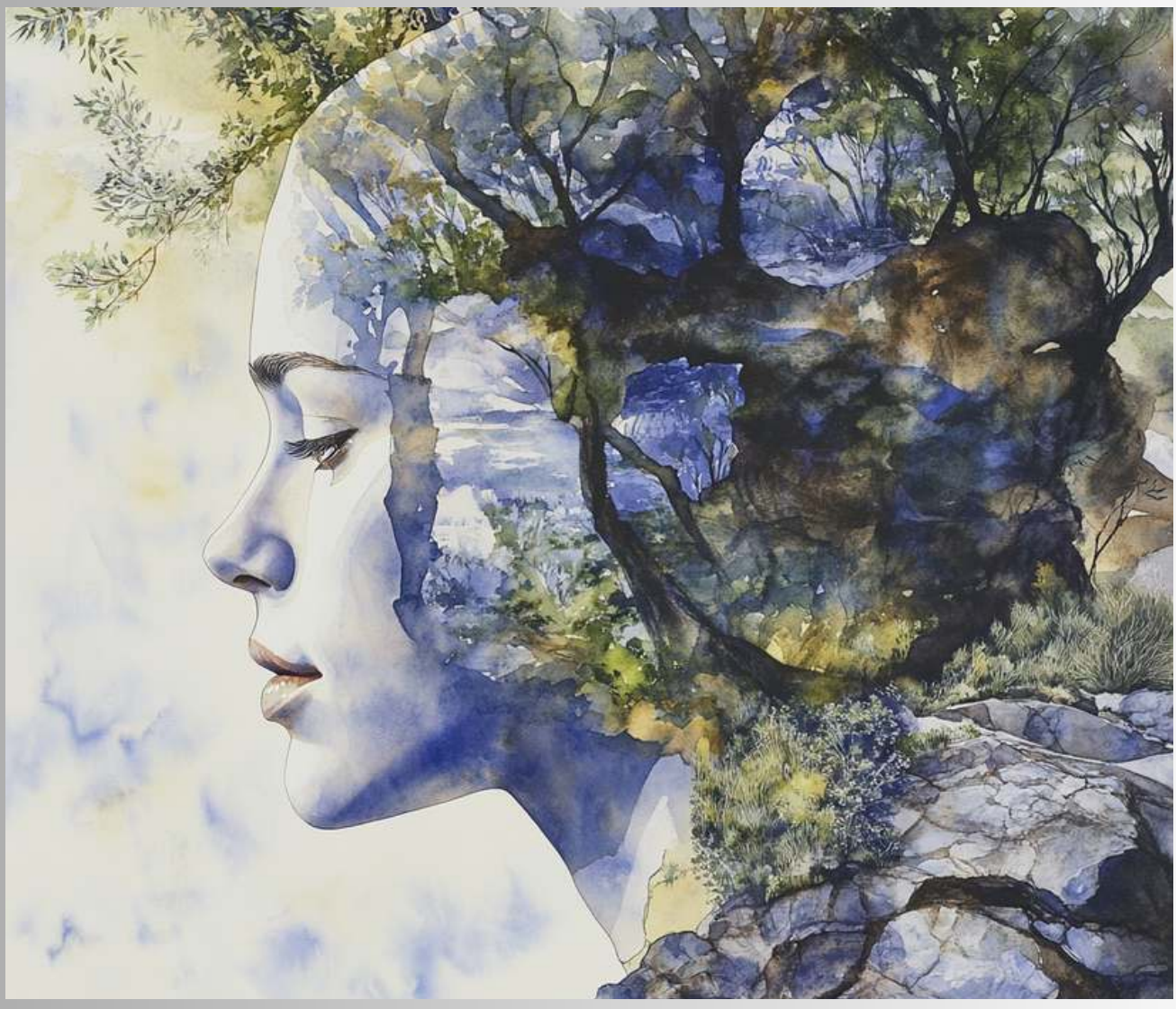
LIFE MASTERY

BINDER



SEPTEMBER

© Copyright 2024 Life Mastery Publishing

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!

© Copyright 2024 Life Mastery Publishing

LIFE MASTERY BINDER

unlock your full potential

www.lifemasterymagazine.com

LIFE MASTERY BINDER™

© Copyright 2024 Life Mastery Publishing

WELCOME!!!

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!

© Copyright 2024 Life Mastery Publishing

Balancing Your Stress

2024

Life Mastery Magazine

© Copyright 2024 Life Mastery Publishing

September 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	1	2	3	4	5

Today,
I will

© Copyright 2024 Life Mastery Publishing

MANAGE YOUR STRESS

Mini Workbook

A Workbook designed to help you manage your wellness and mental health.

© Copyright 2024 Life Mastery Publishing

THOUGHT AWARENESS

Observe your stream of consciousness as you think about a stressful situation. Do not suppress any thoughts. Let them run their course while you watch them, and write them down as they occur.

Negative Thoughts	

The next step is to rationally challenge the negative thoughts. Look at every thought you wrote down and ask yourself whether the thought is reasonable.

Rational Thoughts	

Use rational, positive thoughts and affirmations to counter negative thinking. See if there are any opportunities that are offered by it.

Positive Thoughts	

© Copyright 2024 Life Mastery Publishing

COGNITIVE RESTRUCTURING

Reducing Stress by Changing Your Thinking

Cognitive restructuring is useful for understanding what lies behind negative moods. These may undermine our performance, or damage our relationships with other people.

Step 1: Identify the Situation

Describe the situation that triggered your negative mood.

Step 2: Analyze Your Mood

Describe how you felt in the situation, and how you're feeling now.

© Copyright 2024 Life Mastery Publishing

Step 3: Identify Automatic Thoughts

Make a list of your automatic thoughts in response to the situation.

Step 4: Find Objective Evidence

Write down any evidence you can find that supports the automatic thoughts and any evidence that contradicts the thought.

Step 5: Monitor Your Present Mood

Take a moment to assess your mood. Do you feel better about the situation? Is there any action you need to take? Write down your present mood, along with any further steps that you need to take.

© Copyright 2024 Life Mastery Publishing

Understanding
YOUR PROBLEMS

Try to fill in something of your own experience. You may begin to understand your difficulties a little better. Particularly what patterns may exist and how things interact.

Situation

Feelings

Thoughts

Physical Symptoms

Behaviours

© Copyright 2024 Life Mastery Publishing

ACTIVITY

STRESS MANAGEMENT - EMPTYING YOUR CUP

Imagine your stress as water pouring into a cup. Too much, and it'll overflow, right? Life's little pressures keep adding to the cup. So, we gotta find ways to pour some out!

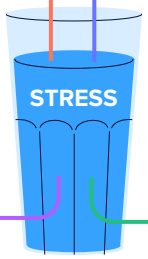
Everyone feels their cup fill up now and then. It's all cool! The trick? Learn to sip, not gulp. And remember, balancing that cup? It's a life-long gig.

SIGNS I FEEL STRESSED:

-
-
-

PEOPLE I GO TO WHEN I'M STRESSED:

-
-
-



WHAT RELAXES ME:

PHRASES I CAN SAY TO RELAX MYSELF:

-
-
-

REFLECTION:

How did you feel while completing this activity?
Which question was easiest to answer?
When thinking about signs that you're stressed, are they more physical or mental reactions?

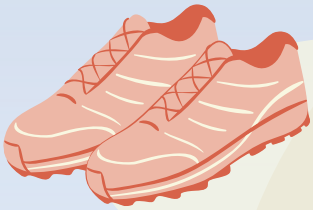
© Copyright 2024 Life Mastery Publishing

10 minute activities

for quick self-care!

DO SOME JOURNALLING

HAVE A SHORT BREAK



TAKE A QUICK 10 MINUTE WALK

LISTEN TO MUSIC OR MEDITATE

BURN SOME ESSENTIAL OILS

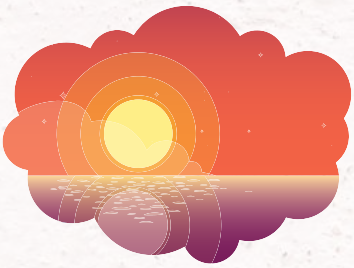
CALL OR TEXT A FRIEND

JOIN OUR MEDITATION CLASS ON FRIDAYS

© Copyright 2024 Life Mastery Publishing

Mindfulness Scavenger Hunt

Tick off each activity as you achieve it!



Watch a sunrise or sunset without taking a photo

Practice deep breathing

Taste something new and describe the flavours

Colour in a picture

Sit in silence for 20 minutes and listen for hidden sounds

Feel the different textures of leaves in your garden

Walk your neighbourhood at dinner time and smell your neighbour's cooking

Write a list of 10 things you are grateful for

© Copyright 2024 Life Mastery Publishing

Daily Self-Care

DATE : _____

M T W T F S S

C H E C K L I S T

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

WORKOUT

- ◯ CARDIO
- ◯ WEIGHT
- ◯ YOGA
- ◯ STRETCH
- ◯ REST DAY
- ◯ OTHER

THINGS THAT MADE ME HAPPY TODAY

HOURS OF SLEEP (Hours)

1 2 3 4 5 6 7 8

HYDRATION (Glass)

1 2 3 4 5 6 7 8

MOOD

ANGRY TIRED SAD GREAT FUN

© Copyright 2024 Life Mastery Publishing

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

© Copyright 2024 Life Mastery Publishing

Habit Tracker

SEPTEMBER

#	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																																

Notes

© Copyright 2024 Life Mastery Publishing

Vitamin 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

© Copyright 2024 Life Mastery Publishing

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

© Copyright 2024 Life Mastery Publishing

Challenge Tracker

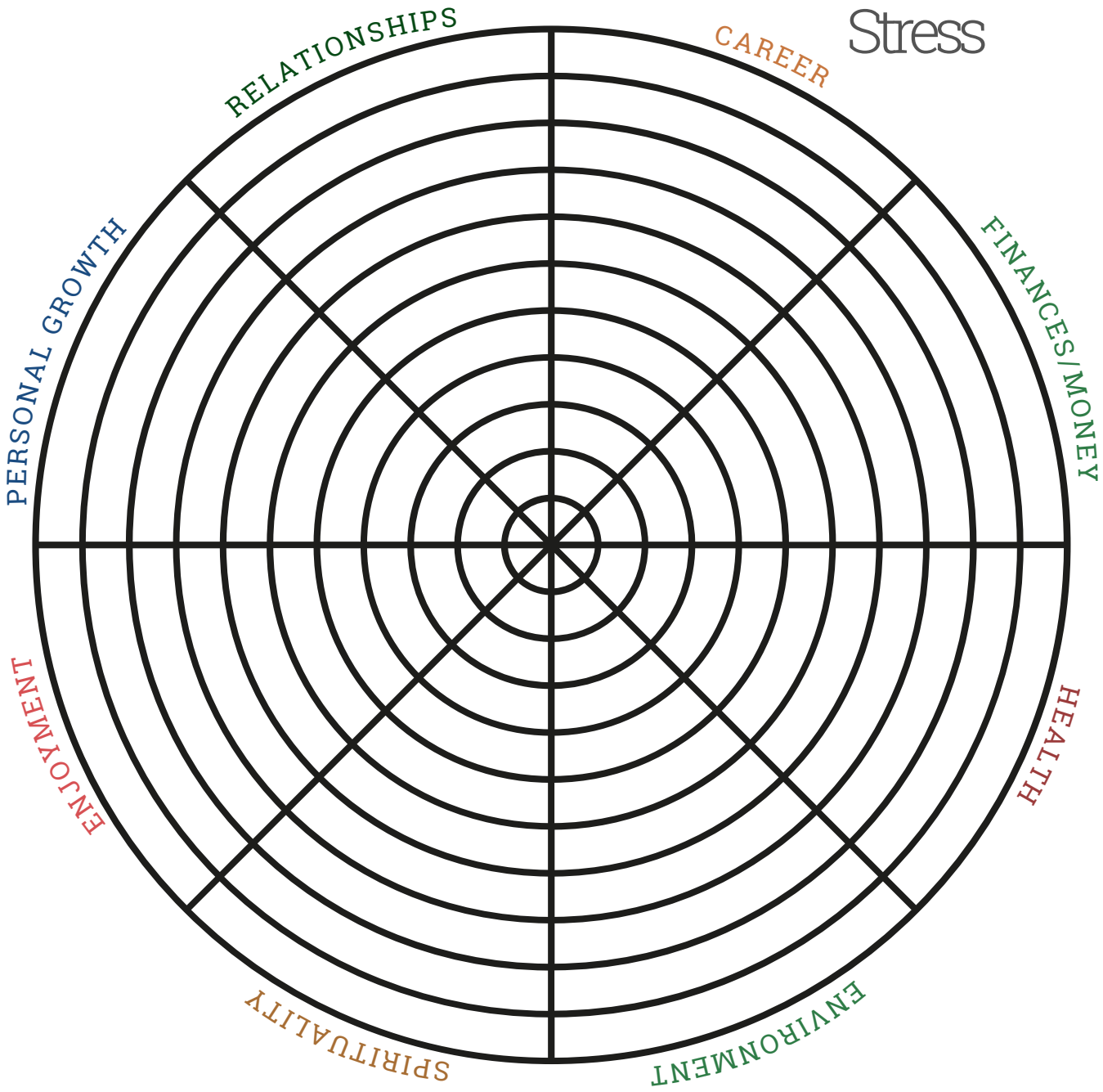
SEPTEMBER

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						

© Copyright 2024 Life Mastery Publishing

WHEEL OF LIFE ®

Balancing Your Stress



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.

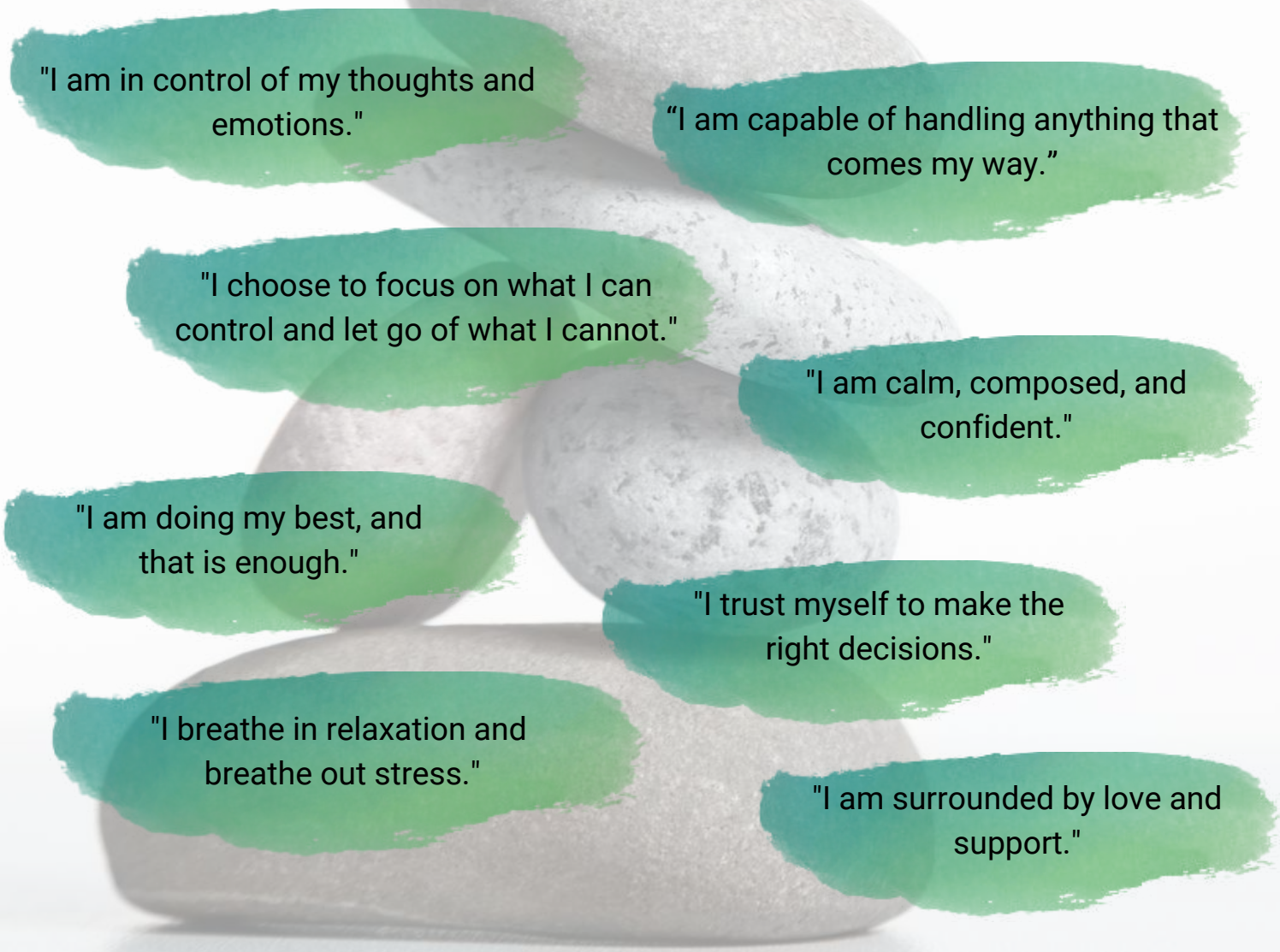
If you need help completing your Wheel of Life, you can find it in the section - **More Resources** of this Life Mastery Binder.

© Copyright 2024 Life Mastery Publishing

Affirmations for Managing Your Stress

Affirmations are positive statements that can help you challenge and overcome self-sabotaging and negative thoughts. When you repeat them often and believe in them, you can start to make positive changes. Using affirmations can help manage stress and balance out stressful days.

- **Shift in Mindset:** By focusing on positive outcomes, you can reduce feelings of stress and anxiety.
- **Increased Resilience:** Helping you bounce back more quickly from stressful situations.
- **Enhanced Focus:** Reducing the feeling of being overwhelmed by stress.
- **Emotional Balance:** Helping you stay calm and centered.
- **Boosted Confidence:** Making you feel more in control of stressful situations.



© Copyright 2024 Life Mastery Publishing

Gratitude Practice

September 2024

© Copyright 2024 Life Mastery Publishing

Stress Management Goals

1

2

3

4

5

6

7

8

© Copyright 2024 Life Mastery Publishing

Monthly Goals

1

2

3

4

5

6

7

8

© Copyright 2024 Life Mastery Publishing

Journaling Prompts for Your Managing Your Stress

What three things am I grateful for today?

Describe a perfect, stress-free day.

What three things am I grateful for today?

List five activities that help me relax.

What's one thing I can do to take care of myself today?

What are three things I love about myself?

How can I let go of what I cannot control?

Write about a time I felt truly happy.

List my top three priorities right now.

Write about someone who makes me feel safe and supported.

© Copyright 2024 Life Mastery Publishing

Journal Prompt

Date:

© Copyright 2024 Life Mastery Publishing

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

© Copyright 2024 Life Mastery Publishing

Healthy me recipe card

DIFFICULTY

NAME OF DISH

Kimchi Pizza

CATEGORY	PREP TIME	COOK TIME
Main course	10 min	8 min

INGREDIENTS

- 1 thin crust pizza base
- 2 Tbsp kimchi . finely chopped

BASE OIL (Mix in a small bowl)

- 1/2 tsp dried parsley
- 1/4 tsp minced garlic
- 1/8 tsp raw sugar
- 2 tsp extra virgin olive oil

INSTRUCTIONS

- Put a pizza stone into the oven and pre-heat it for 20 mins at 240 degree Celsius (464 F).
- While waiting, prepare the pizza. Brush the base oil on the pizza base and sparingly place the chopped Kimchi.
- When the pizza stone is ready, place the pizza on to the stone and bake it for 7 mins (at the same temperature).
- Slice the pizza for easy eating and serve.

© Copyright 2024 Life Mastery Publishing

I Am Releasing

Let it go

Let it go

Let it go

© Copyright 2024 Life Mastery Publishing

End Of Month Self-Reflection

September 2024

© Copyright 2024 Life Mastery Publishing

© Copyright 2024 Life Mastery Publishing

More Resources

2024

Life Mastery Magazine

Balancing Your Stress

© Copyright 2024 Life Mastery Publishing

AFFIRMATIONS

I am amazing

everything will be OK

I am capable

I am enough

I can do this

I ADD VALUE TO THE WORLD

I am proud of myself!

Healthy me
recipe card

○ ○ ○ ○ ○

DIFFICULTY

NAME OF DISH

CATEGORY

PREP TIME

COOK TIME

INGREDIENTS

- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....

INSTRUCTIONS

notes

© Copyright 2024 Life Mastery Publishing

© Copyright 2024 Life Mastery Publishing

© Copyright 2024 Life Mastery Publishing

© Copyright 2024 Life Mastery Publishing

WHEEL OF LIFE

The Wheel of Life: Balancing Areas of Stress

The "Wheel of Life" is a self-assessment used to balance various areas of life. When focusing on stress management, it helps to identify areas that might be contributing to stress and those that need more attention to achieve balance.

Life Area	Finding Balance
Physical Health • Stress can negatively affect physical health, leading to issues like fatigue, illness, weight changes, and sleep disturbances.	Incorporate regular physical activity, a balanced diet, and sufficient sleep into your routine. Practice relaxation techniques such as deep breathing or yoga to manage stress and maintain well-being..
Spiritual Health • Stress can cause feelings of disconnection, loss of purpose, or spiritual emptiness.	Engage in activities that help you reconnect with your inner self, such as meditation, prayer, or spending time in nature. Reflect on your values and beliefs to find peace and clarity amidst stress.
Home and Family • Family conflicts, lack of communication, and an unstable home environment can increase stress levels.	Prioritize open communication and quality time with loved ones. Create a supportive and nurturing home environment where everyone feels safe and valued, reducing sources of stress at home.
Social Life • A lack of social support or overwhelming social obligations can contribute to stress and feelings of isolation.	Maintain a balanced social life by nurturing meaningful relationships and setting boundaries. Avoid overcommitment. Engage in social activities that uplift you and reduce feelings of loneliness.
Life Purpose and Vision • Uncertainty about your life purpose or feeling unfulfilled can be a significant source of stress.	Regularly reflect on your goals and values to ensure your life is aligned with your sense of purpose. Set achievable goals that provide direction and fulfillment, reducing existential stress.
Career and Money • Job pressures, financial instability, and lack of work-life balance are major stressors.	Set clear career goals that align with your personal values and manage your time effectively to avoid burnout. Develop a financial plan to create stability and reduce money-related stress.

© Copyright 2024 Life Mastery Publishing

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.

© Copyright 2024 Life Mastery Publishing

Write Your Own Affirmations

© Copyright 2024 Life Mastery Publishing

Affirmations

Date:

© Copyright 2024 Life Mastery Publishing

© Copyright 2024 Life Mastery Publishing

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.

© Copyright 2024 Life Mastery Publishing

Write Your Own Journal Prompt

© Copyright 2024 Life Mastery Publishing

Journal Prompt

Date:

© Copyright 2024 Life Mastery Publishing

© Copyright 2024 Life Mastery Publishing