

LM MAGAZINE

BINDER



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!

LM BINDER



unlock your full potential

www.lifemasterymagazine.com

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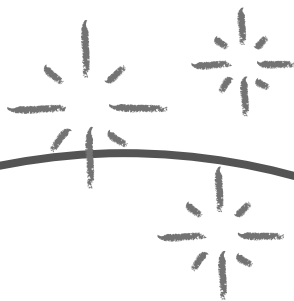
LM
*BINDER*TM

WELCOME!!!

Your Life Mastery Binder!

I'm thrilled to introduce you to your Life Mastery Binder – the tool to empower you to unlock your full potential. Throughout your journey, you will get 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 LM Binder by your side.



GOAL SETTING

2024

Life Mastery
Magazine

November

2024

SUN	MON	TUE	WED	THU	FRI	SAT
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

Take a deep breath
and try all over again

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



TODAY'S GOAL

NOTES

TOMORROW'S PLAN

Habit Tracker

NOVEMBER

#	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 _____

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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_____	●	●	●	●	●	●	●
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Week of _____

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

Notes

30 DAY CHALLENGE TRACKER

SUN	MON	TUE	WED	THU	FRI	SAT

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



WORKOUT



WALK IN NATURE



HOBBY



JOURNAL



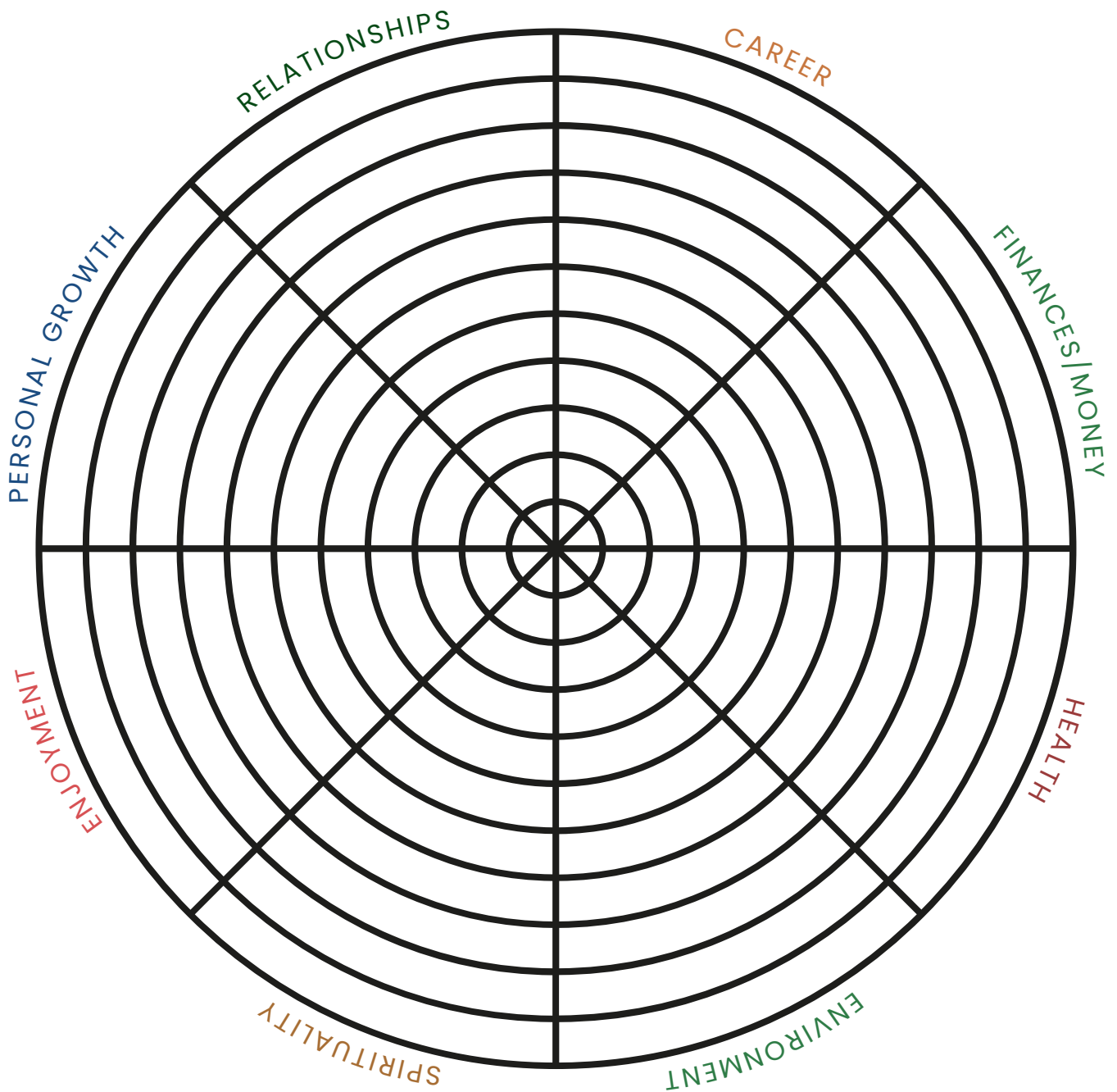
SLEEP MORE



HEALTHY FOOD

WHEEL OF LIFE®

Goal Setting



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.

Affirmations for Goal Setting

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 you shift your mindset in all areas, including Money.

I let go of the limiting beliefs and replace them with positive thoughts.

Now is the perfect time to take action.

My goals are right for me and that is all that matters.

Pursuing my goals makes me the person I am.

I am becoming the best version of myself.

There's an abundance of opportunities in my life.

The first step to success is to simply begin.

I believe I can make all of my dreams come true.

Goal Setting GOALS

1

2

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4

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7

8

Monthly Goals

1

2

3

4

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6

7

8

Journaling Prompts for Goal Setting

How can I stay motivated and committed to working towards my goal(s)?

What steps can I take today to move closer to my goal(s)?

What habits or routines can I establish to support my goal(s)?

What excites me the most about reaching my goal(s)?

Out of 10, how satisfied will I feel once I reach this goal?

What is currently holding me back from achieving my goal(s)?

What can I do to overcome these potential obstacles or challenges?

What is the positive impact on each of my values if I achieve this goal?

What can get in the way of me reaching my goal(s)?

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



NAME OF DISH

Parsnip & Carrot Ginger Soup

CATEGORY

Starter or Main

PREP TIME

15 min

COOK TIME

30 min

INGREDIENTS

- *2 Tablespoons cooking fat (butter, ghee, bacon fat, or oil)*
- *1 large onion, finely chopped (red or yellow is fine)*
- *2 cloves of garlic, minced*
- *1-inch piece of fresh ginger, peeled and grated or minced*
- *1/2 teaspoon ground cinnamon*
- *1/8 teaspoon cayenne pepper*
- *Fine sea salt*
- *1 pound carrots, cut into 1/2 inch chunks*
- *1/2 pound parsnips, cut into 1/2 inch chunks*
- *4-5 cups homemade bone-broth or stock (or water)*
- *2 teaspoons maple syrup or honey (if making this for a baby under 1 year of age use the maple syrup)*
- *freshly ground black pepper*



INSTRUCTIONS

- 1. In a large pot, heat the cooking fat over medium-high. Add the onion and cook until it's soft and fragrant, about 5 minutes. Add the garlic, ginger, cinnamon and cayenne with a hefty pinch of fine sea salt. Cook, stirring frequently, until the mixture is fragrant, about 30 seconds. Add the carrots, parsnips and 4 cups of stock or water. Bring to a boil. Reduce the heat and simmer until the vegetables are tender. About 25 minutes.*
- 2. Carefully transfer the mixture to a blender, add the maple syrup or honey and blend on high until smooth (you can also use an immersion blender to do this)*
- 3. Season the soup with freshly ground black pepper and taste for seasonings.*

Recipe card



DIFFICULTY

NAME OF DISH

Parsnip & Carrot Ginger Soup

CATEGORY

Starter or Main

PREP TIME

15 min

COOK TIME

30 min



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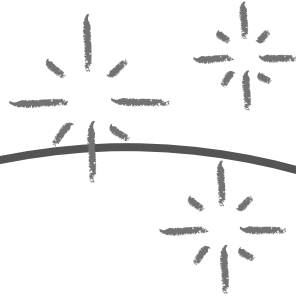
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I Am Releasing

Let it go

Let it go

Let it go



Your Challenges

2024

Life Mastery
Magazine

GOAL
SETTING



30 - DAY GOAL SETTING CHALLENGE



BY SARA FERNANDES

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WELCOME!

In this Workbook you'll find different ways to track your Goals, choose the one that best suits you and start writing!

A few tips:

- Write your goals by hand, there's something very powerful that happens when you do that;
- Start by journaling about what your goals may be and why you want to pursue them. Give yourself 10 to 15 minutes to do this;
- You are allowed to change your goals, they may seem set in stone today, but they are not, you evolve every single day so, your goals may too!

I hope you enjoy the process, it doesn't need to be hard or overwhelming and you can always come back and tweak them.



30-Day Goal Clarity Challenge

This month, take your dreams from ideas to achievable steps with our 30-Day Goal Clarity Challenge! Each week guides you through the essential steps to transform aspirations into action. Join us on this journey to set, plan, and start achieving a goal that excites and motivates you.

Week 1: Define and Dream

Focus: Finding what truly matters to you.

Day 1:

Dream Big – Write down a list of dreams. No limits—anything goes!

Day 2:

Identify Key Areas – Decide which life area (e.g., career, health, relationships) you most want to focus on.

Day 3:

Discover Your 'Why' – Reflect on why this area is meaningful for you and write it down.

Day 4:

Visualize Success – Take a few minutes to close your eyes and imagine achieving this goal. How do you feel? What do you see?

Day 5:

Define Your Values – List your core values and think about how this goal aligns with them.

Day 6:

Write a Personal Mission Statement – Create a short statement that captures your aspirations and purpose.

Day 7:

Summarize Your Vision – Put it all together by summarizing your vision for this goal in one paragraph.

Week 2: Set Specific Goals

Focus: Turning dreams into SMART goals.

Day 8:

Turn Dreams into Goals – Choose one key dream and turn it into a specific goal.

Day 9:

Make It Measurable – Define how you'll measure success for this goal.

Day 10:

Set Achievable Milestones – Break your goal into smaller steps or phases.

Day 11:

Keep It Relevant – Ensure this goal aligns with your life vision and values.

Day 12:

Set a Timeframe – Determine a realistic timeframe to reach each milestone.

Day 13:

Write Out Your SMART Goal – Refine your goal to ensure it's Specific, Measurable, Achievable, Relevant, and Time-bound.

Day 14:

Review and Commit – Take a moment to read your goal statement and make a commitment to yourself.

Week 3: Plan and Prepare

Focus: Mapping out steps and getting ready to act.

Day 15:

Identify Your First Step – Write down the very first action you'll take.

Day 16:

Map Out Mini Milestones – Add more steps, creating a rough roadmap to your goal.

Day 17:

Gather Resources – List any tools, books, or support systems you'll need.

Day 18:

Identify Potential Obstacles – Think about possible challenges and how you might overcome them.

Day 19:

Set Up Accountability – Find a friend, group, or online community to check in with.

Day 20:

Plan Rewards – Decide on small rewards for each milestone you reach.

Day 14:

Review Your Plan – Look over your roadmap and make any final adjustments.

Week 4: Build Consistency

Focus: Developing daily habits to reach your goal.

Day 22:

Take Daily Action – Begin working on the first step of your goal today.

Day 23:

Reflect on Progress – Write down a few lines on how your journey is going.

Day 24:

Set Reminders – Use a calendar or phone reminders to stay on track.

Day 25:

Stay Inspired – Read a quote, listen to a podcast, or do something that motivates you.

Day 26:

Overcome Obstacles – If you encounter any setbacks, reflect on what you learned and adjust as needed.

Day 27:

Celebrate Small Wins – Recognize the progress you've made so far.

Day 28:

Adjust Your Plan – Based on your experience this week, make any needed changes to your roadmap.

Day 29:

Share Your Journey – Write down or share what you've learned during this challenge.

Day 30:

Reflect on Growth – Look back over the past month and see how far you've come. Celebrate completing the challenge!

GOAL SETTING

START DATE:

--/--/----

END DATE:

--/--/----

MY GOAL IS ...

MY WHY

TO REMEMBER

ACTION STEPS

RESOURCES

DRAW / SKETCH

GRATEFUL FOR

“

”

GOAL SETTING

Use this table to define your short-term and long-term business goals. Make sure your goals are (Specific, Measurable, Achievable, Relevant, and Time-bound).

SHORT-TERM GOALS	LONG-TERM GOALS
(1-12 MONTHS)	(1-5 YEARS)

SMART GOALS

Instructions: For each goal, fill in the details according to the SMART criteria. This will help ensure that your goals are clear, focused, and actionable.

S	SPECIFIC	A. What exactly do you want to achieve? B. Who is involved or responsible? C. Where will it take place (if applicable)? D. Why is this goal important?
M	MEASURABLE	A. How will you track progress? B. What are the key performance indicators (KPIs)? C. How will you know when the goal is accomplished?
A	ACHIEVABLE	A. Is the goal realistic given your resources and constraints? B. What steps or actions will you take to reach the goal? C. Do you have the necessary skills and support?
R	RELEVANT	A. Does the goal align with your business objectives? B. Will it contribute to your long-term success and growth? C. Is now the right time to pursue this goal?
T	TIME-BOUND	A. When will you start working on the goal? B. What is the target completion date? C. Are there any milestones or checkpoints along the way?

SMART GOALS

GOAL:

S	
M	
A	
R	
T	



Holiday Savings Trackers



Rules

- 1 You are here so that you can save cash to spend this holiday season
- 2 this challenge is not meant to make you feel like you are behind or that you are a failure. you are here, you are already a winner!
- 3 you can choose which challenges you want to participate in and it's up to you if you share the result with others
- 4 you are welcome to encourage others to participate in this challenge with you, like your kids
- 5 you must have fun

key

A	\$1	1	\$1
B	\$2	2	\$2
C	\$3	3	\$3
D	\$4	4	\$4
E	\$5	5	\$5
F	\$6	6	\$6
G	\$7	7	\$7
H	\$8	8	\$8
I	\$9	9	\$9
J	\$10	10	\$10
K	\$11	11	\$11
L	\$12	12	\$12
M	\$13	13	\$13
N	\$14	14	\$14
O	\$15	15	\$15
P	\$16	16	\$16
Q	\$17	17	\$17
R	\$18	18	\$18
S	\$19	19	\$19
T	\$20	20	\$20
U	\$21	21	\$21
V	\$22	22	\$22
W	\$23	23	\$23
X	\$24	24	\$24
Y	\$25	25	\$25
Z	\$26	26	\$26
		27	\$27
		28	\$28
		29	\$29
		30	\$30
		31	\$31

challenge n.1

The first Challenge I have for you is this, each letter of the alphabet has a value (check the Key page), every day you get paid, from now until the 3rd week of December, you'll save the total amount of your name. You can choose if you do the Family name or your first name!

If you are feeling brave you can choose the word CHRISTMAS that would make a whooping \$110 savings every pay day!

WORD/NAME:

TOTAL =

X PAY DAYS =

YOU SAVED A TOTAL OF \$

NOTES:

\$500 IN 31 DAYS

Day Saved Balance



1	\$1	*	\$1	-----
2	\$2		\$3	-----
3	\$3		\$6	-----
4	\$4		\$10	-----
5	\$5		\$15	-----
6	\$6		\$21	-----
7	\$7		\$28	-----
8	\$8		\$36	-----
9	\$9		\$45	-----
10	\$10		\$55	-----
11	\$11		\$66	-----
12	\$12		\$78	-----
13	\$13		\$91	-----
14	\$14		\$105	-----
15	\$15		\$120	-----
16	\$16		\$136	-----
17	\$17		\$153	-----
18	\$18		\$171	-----
19	\$19		\$190	-----
20	\$20		\$210	-----
21	\$21		\$231	-----
22	\$22		\$253	-----
23	\$23		\$276	-----
* 24	\$24		\$300	-----*
25	\$25		\$325	-----
26	\$26		\$351	-----
27	\$27		\$378	-----
28	\$28		\$406	-----
29	\$29		\$435	-----
30	\$30		\$465	-----
* 31	\$31		\$496	-----*

BINGO

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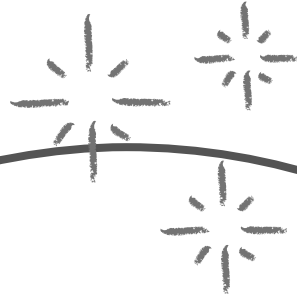
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\$5

\$35

\$44



More Resources

2024

Life Mastery
Magazine

GOAL
SETTING

Healthy me

RECIPE CARD

○ ○ ○ ○ ○
DIFFICULTY

NAME OF DISH

CATEGORY

PREP TIME

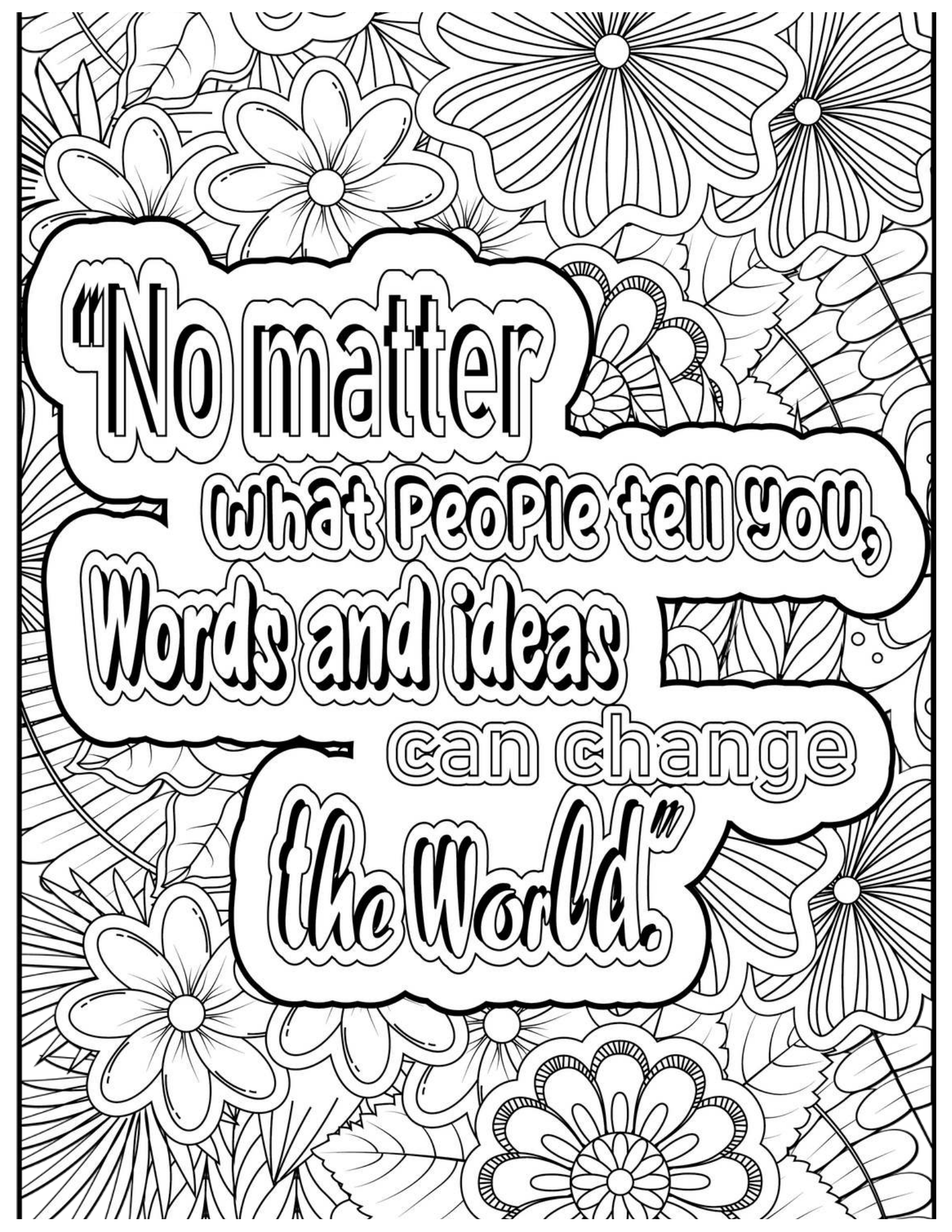
COOK TIME

INGREDIENTS

INSTRUCTIONS

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notes



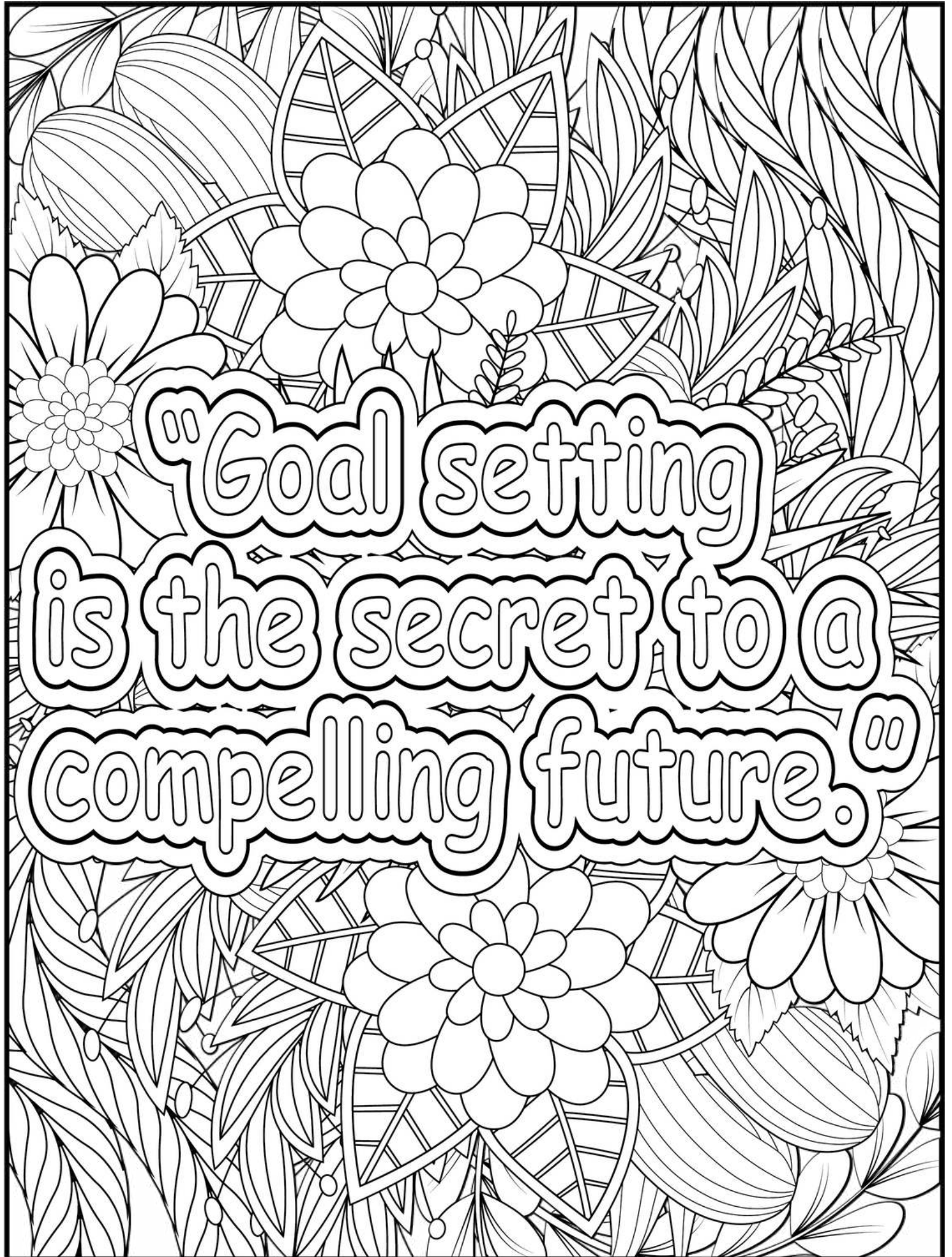
"No matter

what people tell you,

words and ideas

can change

the world."



"Goal setting
is the secret to a
compelling future."



WHEEL OF LIFE

The Wheel of Life: Money Mindset

The Wheel of Life is a powerful tool for evaluating how balanced different areas of your life are, including your financial well-being. By focusing on the "money" section, you can identify where you stand financially, uncover limiting beliefs, and create actionable goals to improve your money mindset, ultimately leading to a more fulfilling, financially confident life.

Life Area

Finding Balance

Physical Health

- Stress from financial instability can lead to neglecting self-care, resulting in poor health.



Set aside a budget for health essentials and low-cost stress-relief activities like exercise or meditation. Treat your well-being as a necessary investment.

Spiritual Health

- Focusing too much on material wealth can make you feel disconnected from your deeper values.



Reframe money as a tool for fulfilling your purpose and serving others. Incorporate mindful spending practices that align with your spiritual values.

Home and Family

- Financial strain can cause tension and miscommunication with family members.



Create a family budget and involve everyone in open conversations about financial goals and priorities. This builds unity and reduces anxiety.

Social Life

- Lack of money may make you feel left out of social activities, leading to isolation.



Plan low-cost or free social activities with friends, and be open about your financial goals. This fosters connection without the pressure to overspend.

Life Purpose and Vision

- Financial stress may overshadow your ability to focus on your long-term dreams and passions.



Break your vision into small, financially manageable steps. Use a clear budgeting plan to allocate resources toward pursuing your purpose.

Career and Money

- A lack of clarity on career goals can lead to earning less, creating frustration with financial progress.



Invest time in personal development and networking to explore growth opportunities. Align your career moves with long-term financial goals for greater satisfaction.

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.

