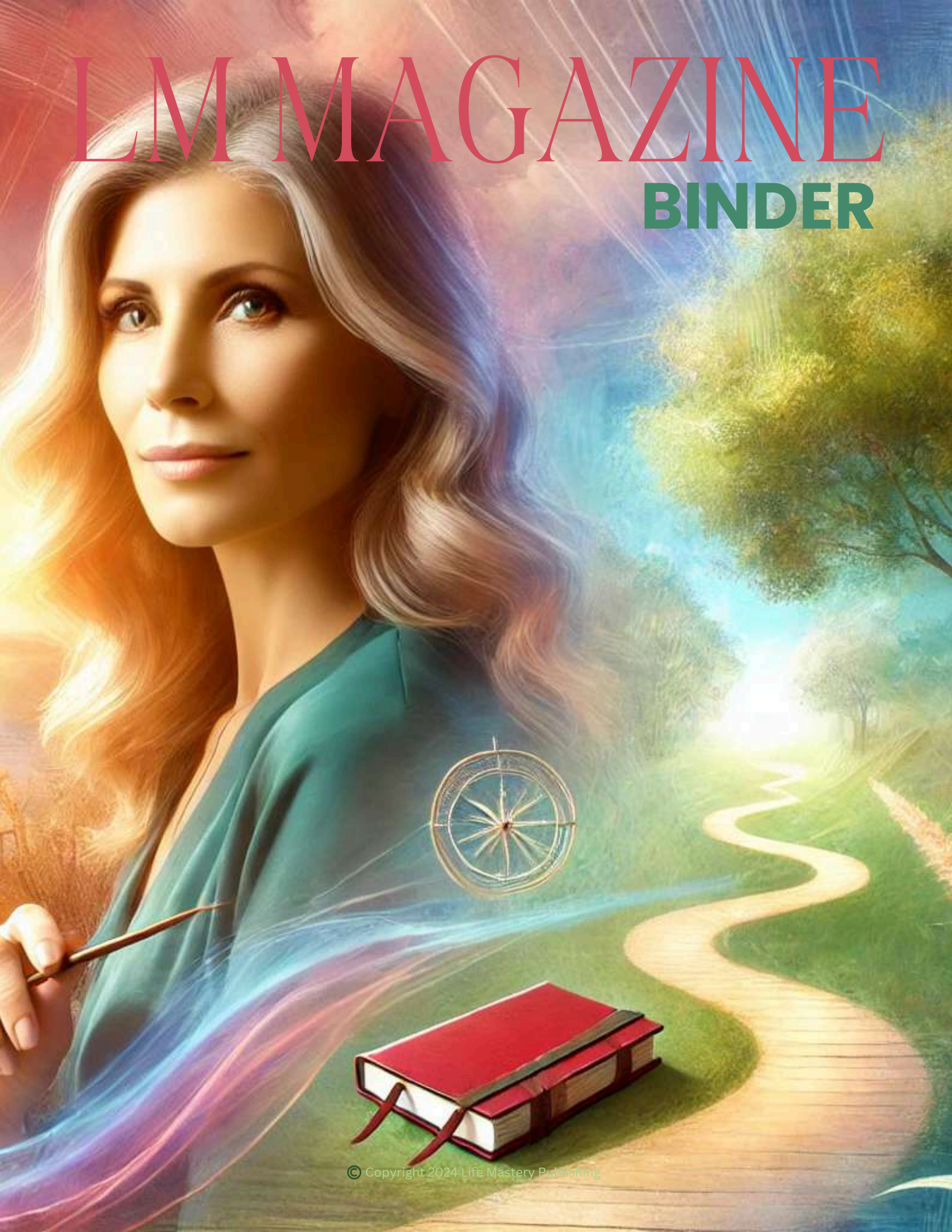


LM MAGAZINE

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

LM BINDER



unlock your full potential

www.lifemasterymagazine.com

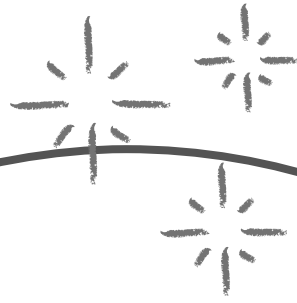
LM
*BINDER*TM

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.



Finding & Following Your Purpose

2024

LM
Magazine

December 2024

MON	TUE	WED	THU	FRI	SAT	SUN
25	26	27	28	29	30	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

Season's *greetings*

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)



HYDRATION (Glass)



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

Habit Tracker

DECEMBER

#	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

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
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_____	●	●	●	●	●	●	●
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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

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



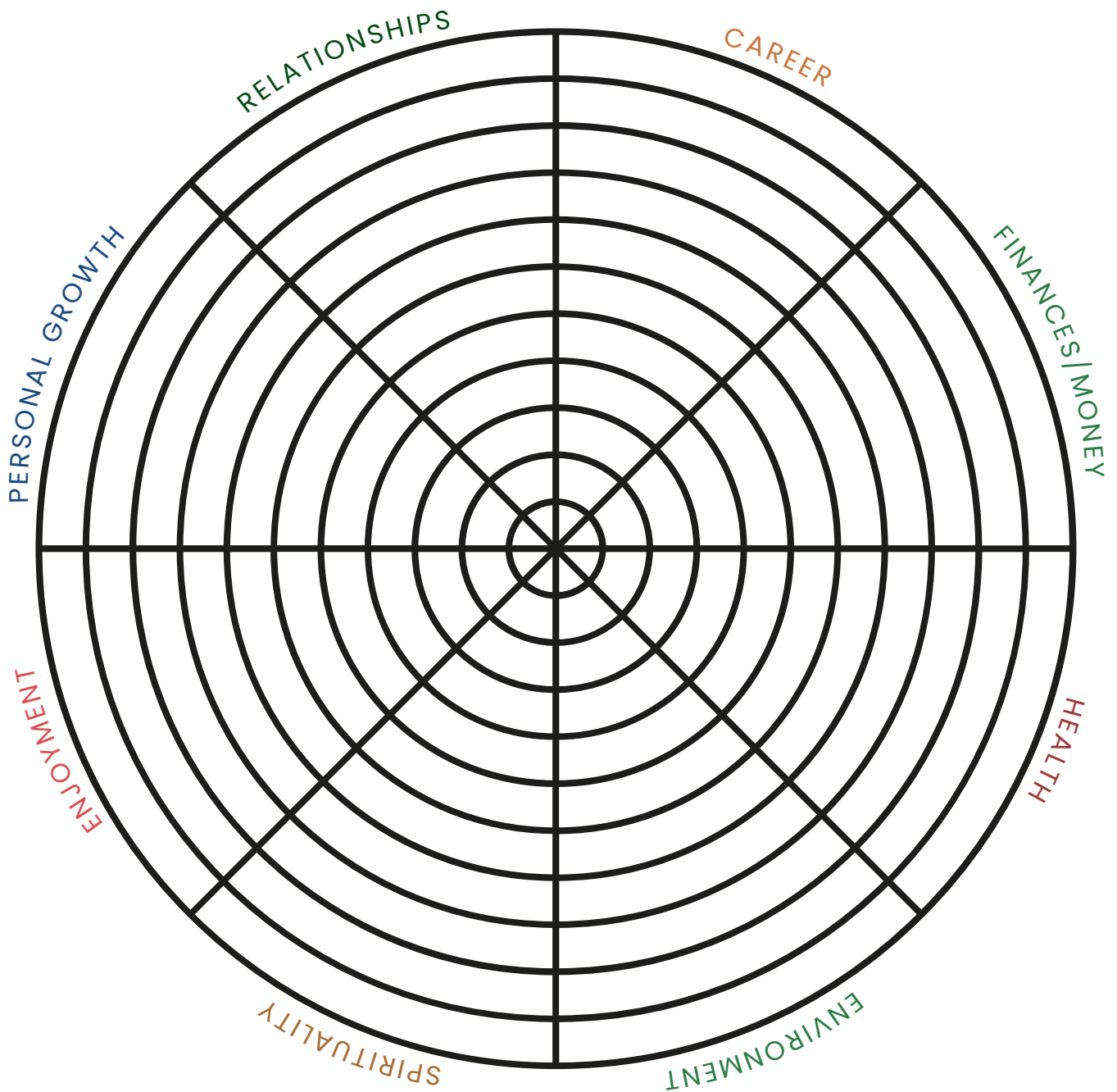
SLEEP MORE



HEALTHY FOOD

WHEEL OF LIFE®

Purpose



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 Finding & Following Your Purpose

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.

The clarity I seek is
already within me,
waiting to be
uncovered

My life is a reflection of
the values and dreams
I hold dear

I am open to new
opportunities that align
with my purpose

Every challenge I face
brings me closer to
understanding my
purpose

I am living a life that
honors my soul's
deepest desires

I trust the journey of my
life and know I am
always moving toward
my purpose

Every step I take is filled
with intention, leading
me closer to what lights
up my soul

I am worthy of living a
life aligned with my
deepest passions and
values

Purpose GOALS

1

2

3

4

5

6

7

8

Monthly Goals

1

2

3

4

5

6

7

8

Journaling Prompts for Finding & Following Your Purpose

What do I want?

What are my unique talents or skills, and how can I use them to contribute meaningfully?

What do people often come to me for advice or help with, and how does it make me feel?

What would I want people to remember me for at the end of my life?

How do I want to grow as a person, and what steps can I take to get there?

What childhood dreams or activities brought me the most joy, and how can I incorporate them into my life now?

If I could try anything without fear of failure, what would I do, and why does it excite me?

What is one problem in the world or my community that I feel passionate about solving?

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

Cranberry Bread

CATEGORY

Bread (8 servings)

PREP TIME

15 min

COOK TIME

1h30 min

INGREDIENTS

- *4 tablespoons unsalted butter, melted, plus more for pan*
- *2 cups all-purpose flour (spooned and leveled), plus more for pan*
- *1 cup packed light-brown sugar*
- *1 1/2 teaspoons baking powder*
- *1/2 teaspoon baking soda*
- *1 teaspoon salt*
- *1 large egg, lightly beaten*
- *3/4 cup whole milk*
- *1 bag (12 ounces) cranberries*
- *1 tablespoon turbinado sugar, for topping (optional)*



INSTRUCTIONS

1. *Preheat oven to 350°F. Butter and flour a 9-by-5-inch loaf pan (8-cup capacity), and set aside. In a large bowl, whisk together flour, brown sugar, baking powder, baking soda, and salt; set aside.*
2. *In a medium bowl, combine butter, egg, and milk. Add wet mixture to dry mixture, and whisk to combine; fold in cranberries.*
3. *Pour batter into prepared pan; sprinkle top with turbinado sugar, if desired.*
4. *Bake until a toothpick inserted in center of loaf comes out clean, about 1 hour and 15 minutes. Transfer pan to a wire rack; let bread cool 30 minutes. Invert onto rack, then immediately turn right side up to cool completely.*



Do not over-mix the batter; whisk the wet and dry ingredients together until just combined.

Recipe card



DIFFICULTY

NAME OF DISH

Cranberry Bread

CATEGORY

Bread (8 servings)

PREP TIME

15 min

COOK TIME

1h30 min

INGREDIENTS

- 4 tablespoons unsalted butter, melted, plus more for pan*
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- 1 cup packed light-brown sugar*
- 1 1/2 teaspoons baking powder*
- 1/2 teaspoon baking soda*
- 1 teaspoon salt*
- 1 large egg, lightly beaten*
- 3/4 cup whole milk*
- 1 bag (12 ounces) cranberries*
- 1 tablespoon turbinado sugar for topping (optional)*



INSTRUCTIONS

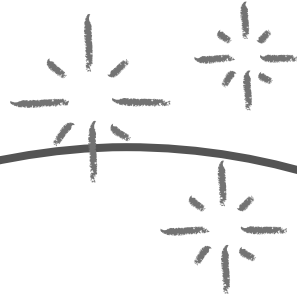
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- In a medium bowl, combine butter, egg, and milk. Add wet mixture to dry mixture, and whisk to combine; fold in cranberries.*
- Pour batter into prepared pan; sprinkle top with turbinado sugar, if desired.*
- Bake until a toothpick inserted in center of loaf comes out clean, about 1 hour and 15 minutes. Transfer pan to a wire rack; let bread cool 30 minutes. Invert onto rack, then immediately turn right side up to cool completely.*

I Am Releasing

Let it go

Let it go

Let it go



Your Challenges

2024

Life Mastery
Magazine

PURPOSE

7-DAY
FINDING
YOUR
PURPOSE
CHALLENGE



LM MAGAZINE BY SARA FERNANDES

"The meaning of
life is to find your
gift. The purpose
of life is to give it
away."

- Pablo Picasso

WELCOME!

7-Day – Finding your Purpose Challenge

This workbook is your guide to finding and following your purpose over the next 7 days.

Each day offers prompts and activities to help you reflect, dream, and take actionable steps toward a meaningful life.

Set aside time each day to focus on yourself, and get ready to uncover what truly matters.

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



Cover Photo by [Alexa Williams](#) on [Unsplash](#)

My commitment

7-Day - Finding your Purpose Challenge

I, _____, commit to dedicating the next seven days to exploring and uncovering my true purpose. I promise to approach each day's challenge with an open mind, curiosity, and the courage to dream big.

I understand that this journey is about progress, not perfection, and I give myself permission to embrace every insight, breakthrough, and even the moments of uncertainty along the way.

By taking this step, I am choosing to prioritize my growth, reconnect with my passions, and create a life that feels deeply meaningful. I am ready to discover what makes my heart light up and take action toward living a purpose-filled life!

date:

signature:

Monthly Planner

I start my challenge on the:

MON.

TUE.

WED,

THUR.

FRI.

SAT.

SUN.

7-Day – Finding your Purpose Challenge

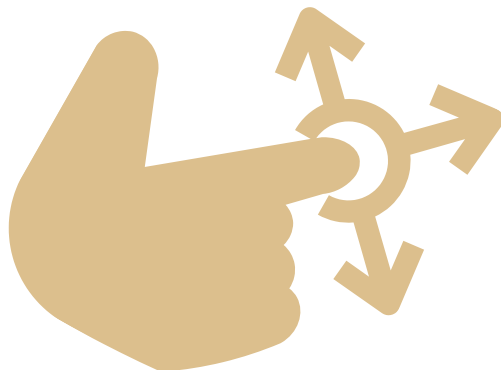
Day 1 Reflect on Your Joy

Write down 5 moments when you felt happiest or most fulfilled. What were you doing? Who were you with? Explore the patterns in these moments.

Activity:

Draw or describe an image that represents your happiest moment.

Use the next pages in this Workbook to complete these assignments.



Activity:

Draw or describe an image that represents your happiest moment.

Day 2

Identify Your Strengths

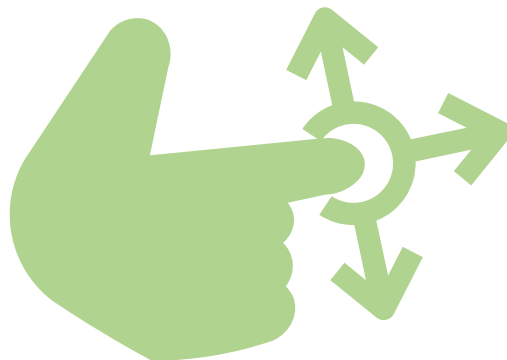
List your top 5 skills, talents, or traits. Then, ask a trusted friend or family member to share what they see as your unique strengths.

Compare their perspective with your list.

Activity:

Circle the strengths that resonate with your purpose most.

Use the next pages in this Workbook to complete these assignments.



Activity:

Circle the strengths that resonate with your purpose most.

Day 3

Explore What You Value

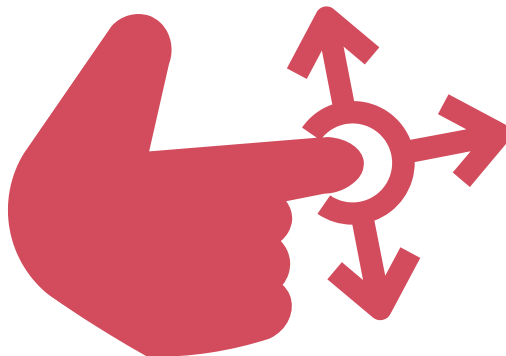
Reflect on the causes, people, or ideas that matter most to you.

What would you stand up for? Write down your top 3 values and how they influence your decisions.

Activity:

Create a personal values statement using your top 3 values.

Use the next pages in this Workbook to complete these assignments.



Day 4

Recognize Your Impact

Think about the times you've positively impacted someone else's life.

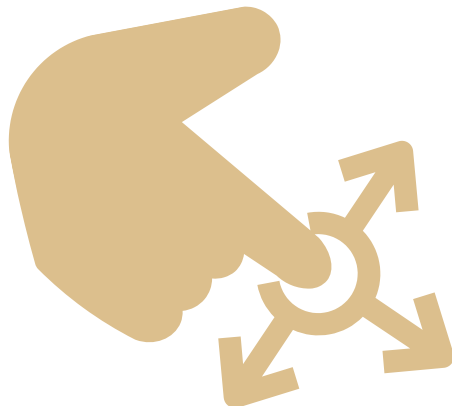
What did you do? How did it feel?

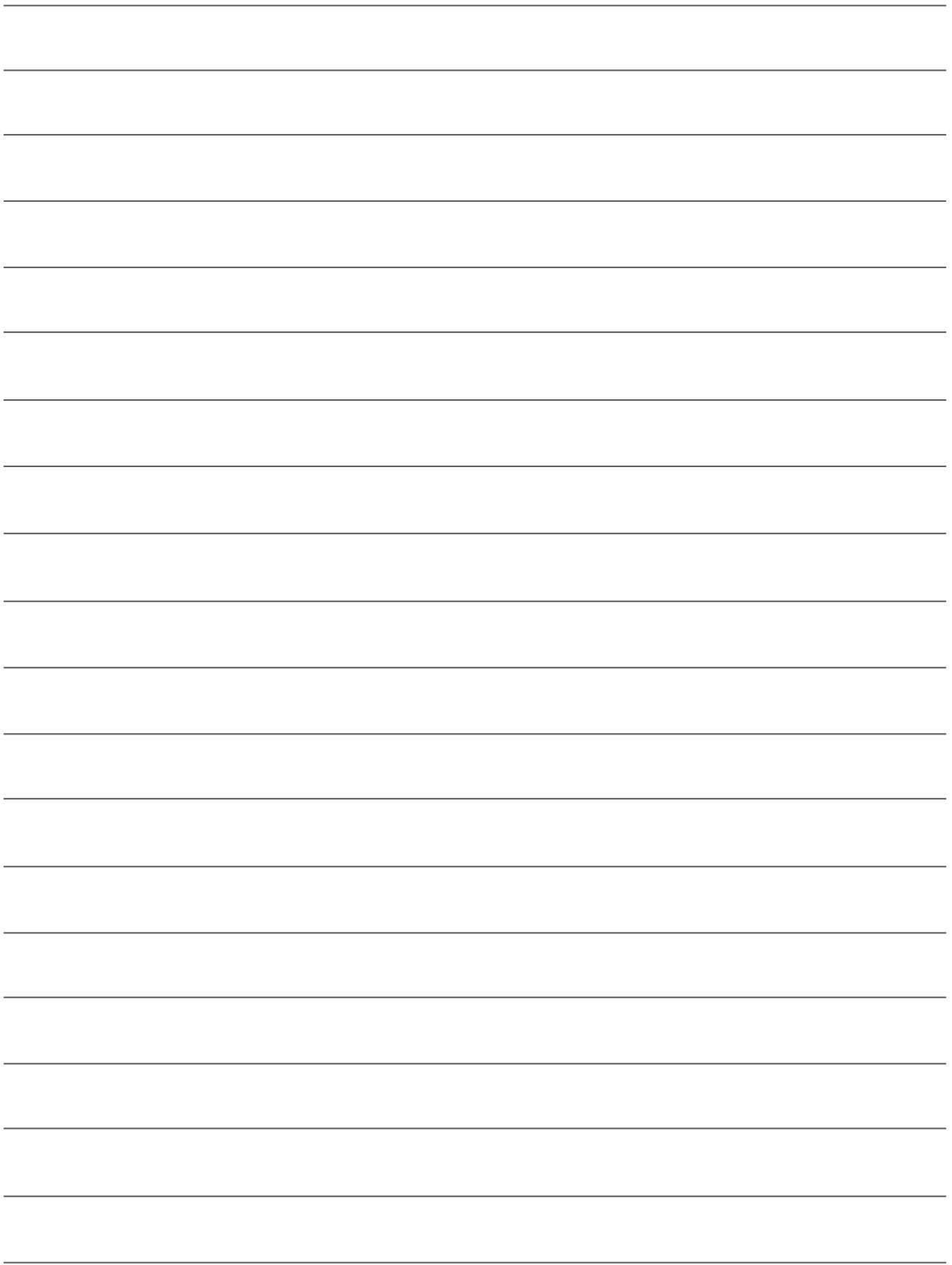
This can reveal the kind of difference you want to make in the world.

Activity:

Write a thank-you letter to yourself for these contributions.

Use the next pages in this Workbook to complete these assignments.







Day 5

Dream Without Limits

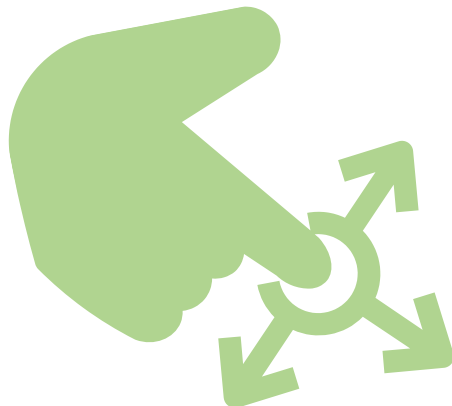
What would your life look like if money, time, or fear weren't factors?

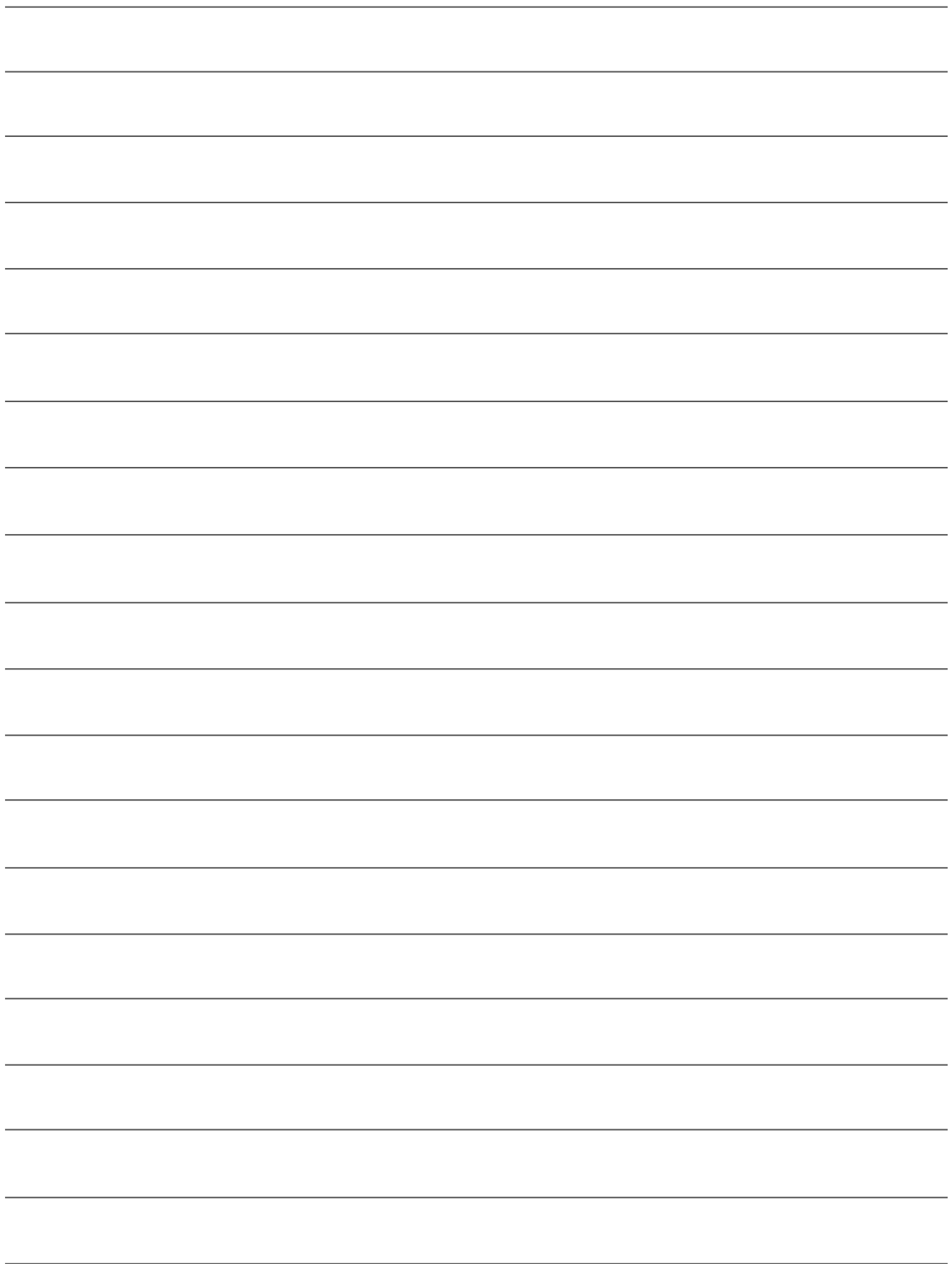
Write a detailed vision for your dream life. Let your imagination guide you.

Activity:

Create a vision board by sketching or attaching magazine clippings/photos.

Use the next pages in this Workbook to complete these assignments.





Activity:

Create a vision board on this page by sketching or attaching magazine clippings/photos.

Day 6

Define Small Steps

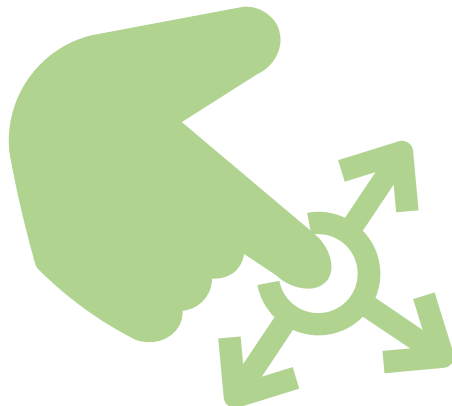
Break your dream into smaller, achievable goals.

Choose one thing you can start doing this week to move closer to your purpose.

Activity:

Create a to-do list for the first goal you will work on.

Use the next pages in this Workbook to complete these assignments.



Activity:

Create a to-do list for the first goal you will work on.

- _____
- _____
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NOTES :

Day 7

Celebrate and Commit

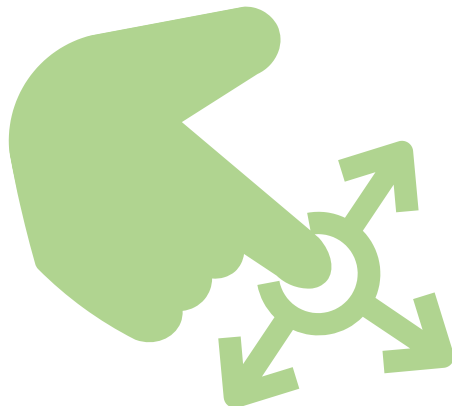
Reflect on the challenge. What was your biggest insight?

Write a commitment letter to yourself outlining what you've learned and the first steps you'll take toward living a purposeful life.

Activity:

Write down one word that encapsulates your purpose journey and decorate the page with it.

Use the next pages in this Workbook to complete these assignments.



Activity:

Write down one word that encapsulates your purpose journey and decorate the page with it.

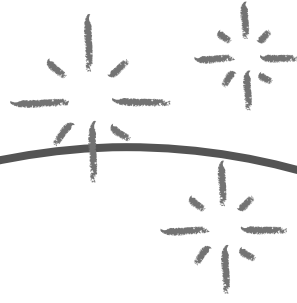
Wrap-Up

Congratulations on completing the challenge!

Take a moment to celebrate your journey and reflect on what you've learned.

You've taken the first steps toward living a life of purpose, and that's no small feat.

Keep going—you're capable of incredible things!



More Resources

2024

Life Mastery
Magazine

PURPOSE

Healthy me

RECIPE CARD

○ ○ ○ ○ ○
DIFFICULTY

NAME OF DISH

CATEGORY

PREP TIME

COOK TIME

INGREDIENTS

INSTRUCTIONS

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notes



Nothing

is impossible,

the word

itself says

'It's possible!'



Wake up

Determined,

Go to

bed

Satisfied."



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.

