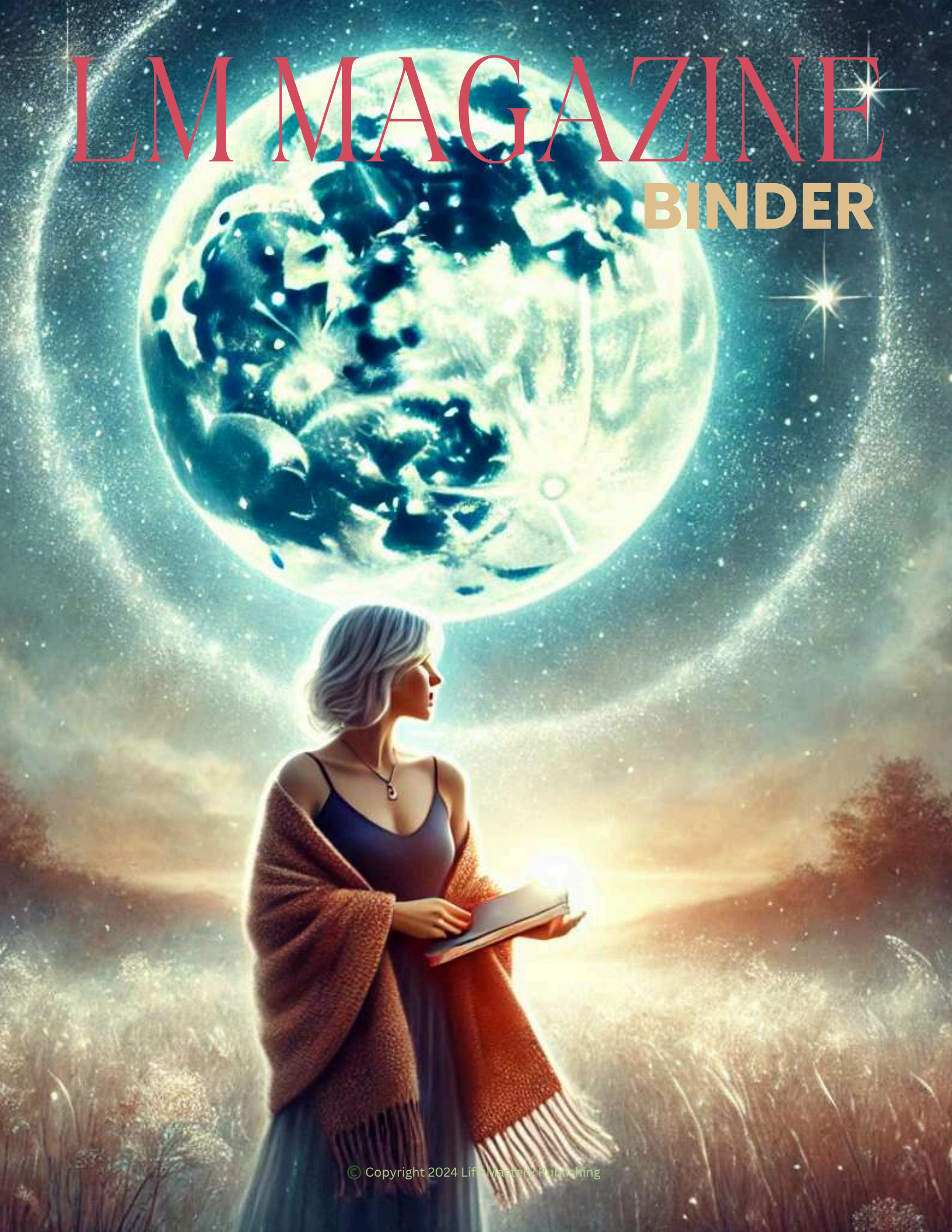


LM MAGAZINE

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

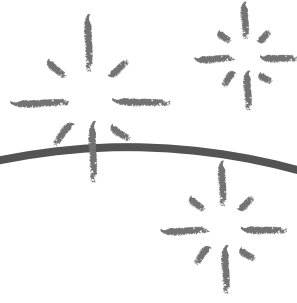
LM
*BINDER*TM

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.



Moon Cycle

2025

LM
Magazine

January 2025

SUN	MON	TUE	WED	THU	FRI	SAT
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	1

Do your own *thing*

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

JANUARY

#	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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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
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●

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

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



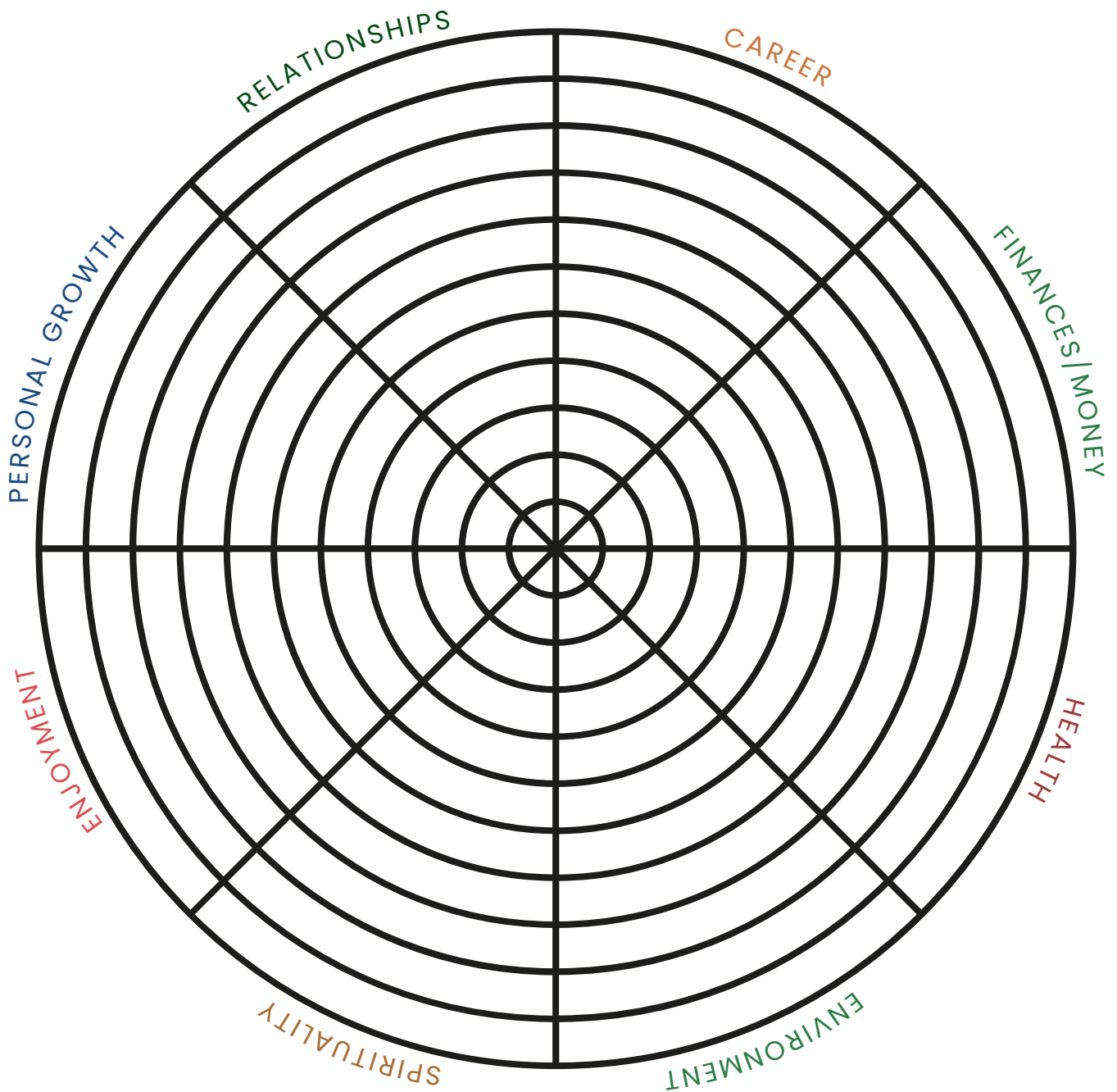
SLEEP MORE



HEALTHY FOOD

WHEEL OF LIFE®

Moon Cycle



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 Moon Cycle

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.

I honor my body, mind, and spirit, and I allow myself to grow and evolve with grace.

I am open to healing and transformation, knowing that every phase has its purpose.

I set clear intentions and trust the universe to guide me toward them in divine timing.

I am in perfect balance with the universe, flowing with its natural cycles and rhythms.

I embrace the energy of each moon phase, knowing that every cycle brings new opportunities for growth and transformation.

I believe in my power to manifest the life I desire, and I trust the process.

Just as the moon waxes and wanes, I honor my own rhythms, allowing space for rest, reflection, and renewal.

I release what no longer serves me under the full moon, creating room for new intentions and dreams to manifest.

Gratitude Practice

January 2025

Moon Cycle GOALS

1

2

3

4

5

6

7

8

Monthly Goals

1

2

3

4

5

6

7

8

Journaling Prompts for Moon Cycle

What small steps can I take today to build momentum toward my goals? How can I stay focused on my intentions?

What achievements am I most proud of during this cycle? What can I let go of to create space for new possibilities?

What have I learned during this lunar cycle? How can I use this time to rest and recharge for the next phase?

What is my heart calling me to manifest, and how can I align my thoughts and actions with that desire?

What emotions or past experiences am I ready to heal and release? What would freedom from these burdens feel like?

Journal Prompt

Date:

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

Orange Shrimp with Zucchini Fritters

CATEGORY

Bread (8 servings)

PREP TIME

1h

COOK TIME

15 min

INGREDIENTS

- *8 large fresh or frozen shrimp with tails (about 7 ounces)*
- *1 teaspoon finely shredded orange peel*
- *3 tablespoons orange juice*
- *1 tablespoon packed brown sugar*
- *1 tablespoon snipped fresh parsley*
- *1/4 teaspoon ground ginger*
- *1 1/2 cups shredded zucchini and/or yellow summer squash*
- *1/8 teaspoon salt*
- *1/2 cup finely chopped red sweet pepper (1 small)*
- *1/4 cup finely chopped white onion*
- *1 egg, lightly beaten*
- *3 tablespoons crushed multigrain saltine crackers*
- *1/8 teaspoon garlic powder*
- *1 tablespoon olive oil*
- *1 recipe Dipping Sauce*



Dipping Sauce

- *1/4 cup plain fat-free Greek yogurt*
- *1 teaspoon grated orange peel*
- *2-3 teaspoons orange juice*
- *1/8 teaspoon ground ginger*

Dipping Sauce

In a small bowl whisk together yogurt, orange peel, orange juice, and ginger.

INSTRUCTIONS

Thaw shrimp, if frozen. Peel and devein shrimp, leaving tails intact if desired.

For marinade, in a medium bowl combine orange peel, orange juice, brown sugar, parsley, and ginger. Add shrimp; toss to coat. Cover and marinate in the refrigerator for 30 minutes. Drain shrimp, discarding marinade. Thread four shrimp onto each of two skewers, leaving 1/4 inch between pieces.

Meanwhile, in a medium bowl combine zucchini and salt; let stand for 30 minutes. Drain excess liquid from zucchini. Stir in sweet pepper, onion, egg, crackers, and garlic powder.

For charcoal or gas grill, place skewers on the rack of a covered grill directly over medium heat. Grill for 5 to 8 minutes or until shrimp are opaque, turning once halfway through grilling time. Remove from grill and keep warm.

In a very large nonstick skillet heat oil over medium heat. Spoon zucchini mixture into hot oil to form four mounds. Pressing down lightly with the back of a spoon, flatten each mound into a cake about 3 inches in diameter. Cook for 4 to 6 minutes or until golden brown, turning once halfway through cooking time.

To serve, place two fritters and a shrimp skewer on each of two serving plates. Serve with Dipping Sauce.

Recipe card



DIFFICULTY

NAME OF DISH

Orange Shrimp with Zucchini Fritters

CATEGORY

Main (8 servings)

PREP TIME

1 h

COOK TIME

15 min



INGREDIENTS

- 8 large fresh or frozen shrimp with tails (about 7 ounces)
- 1 teaspoon finely shredded orange peel
- 3 tablespoons orange juice
- 1 tablespoon packed brown sugar
- 1 tablespoon snipped fresh parsley
- ¼ teaspoon ground ginger
- 1 ½ cups shredded zucchini and/or yellow summer squash
- ⅛ teaspoon salt
- ½ cup finely chopped red sweet pepper (1 small)
- ¼ cup finely chopped white onion
- 1 egg, lightly beaten
- 3 tablespoons crushed multigrain saltine crackers
- ⅛ teaspoon garlic powder
- 1 tablespoon olive oil
- 1 recipe Dipping Sauce

Dipping Sauce

- ¼ cup plain fat-free Greek yogurt
- 1 teaspoon grated orange peel
- 2-3 teaspoons orange juice
- 1/8 teaspoon ground ginger

INSTRUCTIONS

Thaw shrimp, if frozen. Peel and devein shrimp, leaving tails intact if desired.

For marinade, in a medium bowl combine orange peel, orange juice, brown sugar, parsley, and ginger. Add shrimp; toss to coat. Cover and marinate in the refrigerator for 30 minutes. Drain shrimp, discarding marinade. Thread four shrimp onto each of two skewers, leaving 1/4 inch between pieces.

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Dipping Sauce

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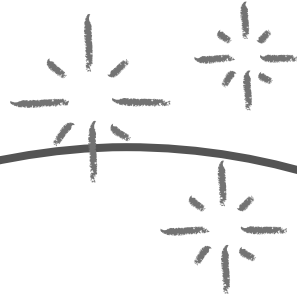
I Am Releasing

Let it go

Let it go

Let it go

A series of 24 horizontal lines intended for handwriting practice.



Your Challenges

2025

Life Mastery
Magazine

MOON
CYCLE



30 – DAYS LUNAR LIVING

CHALLENGE



LM MAGAZINE BY SARA FERNANDES

WELCOME!

January Moon Cycle Challenge: Aligning Your Life with the Moon's Phases

January is a time for fresh starts and resolutions, and the moon's natural rhythm offers a beautiful framework for reflection, intention-setting, and action. This January Moon Cycle Challenge invites you to embrace the phases of the moon as a guide for personal growth and mindful living. Each phase offers specific prompts and activities to help you create a more intentional, fulfilling month.



My commitment

30 – DAYS LUNAR LIVING

I, _____, commit to dedicating the next thirty days to explore aligning my habits and intentions with the moon phases. 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 will be fostering reflection, growth, and mindful action throughout the month. I am ready to discover what makes my heart light up and take action toward living a more aligned and purposeful life!

date:

signature:

Monthly Planner

I start my challenge on the:

MON.

TUE.

WED,

THUR.

FRI.

SAT.

SUN.











WAXING MOON PHASE (Days 8-15): TAKING ACTION

Day 8

BREAKING DOWN GOALS

Prompt:

- Take one of your goals and break it down into smaller, actionable steps. What can you do this week?



























Day 25

SELF-CARE RITUAL

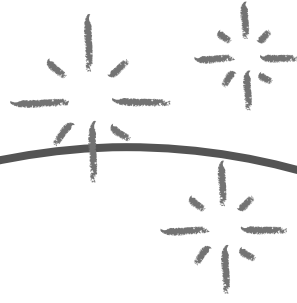
Prompt:

- Dedicate time today to a self-care ritual. Write about how this practice restores you.









More Resources

2025

Life Mastery
Magazine

MOON CYCLE

Healthy me

RECIPE CARD

○ ○ ○ ○ ○
DIFFICULTY

NAME OF DISH

CATEGORY

PREP TIME

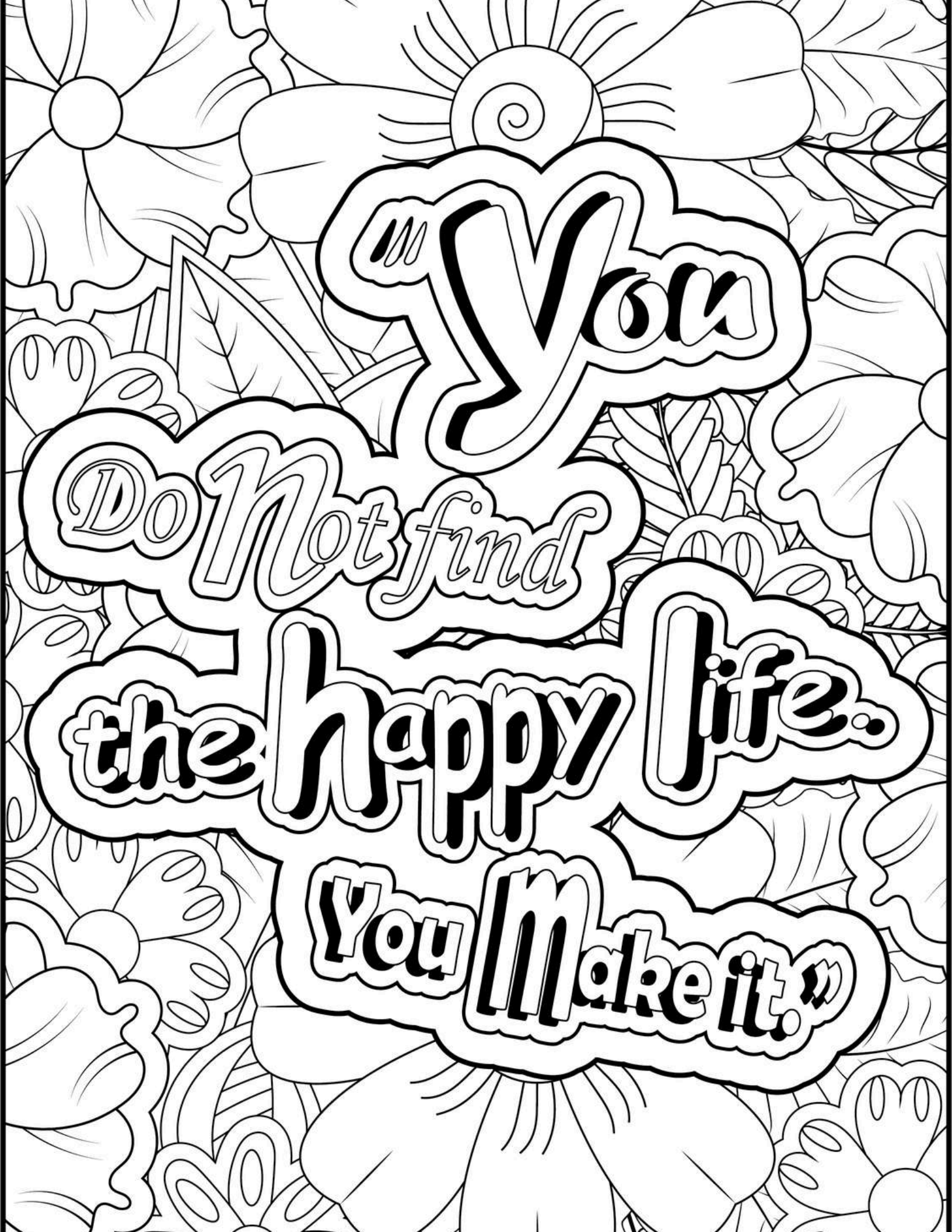
COOK TIME

INGREDIENTS

INSTRUCTIONS

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notes



You

Do Not find

the happy life.

You Make it.





"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.

