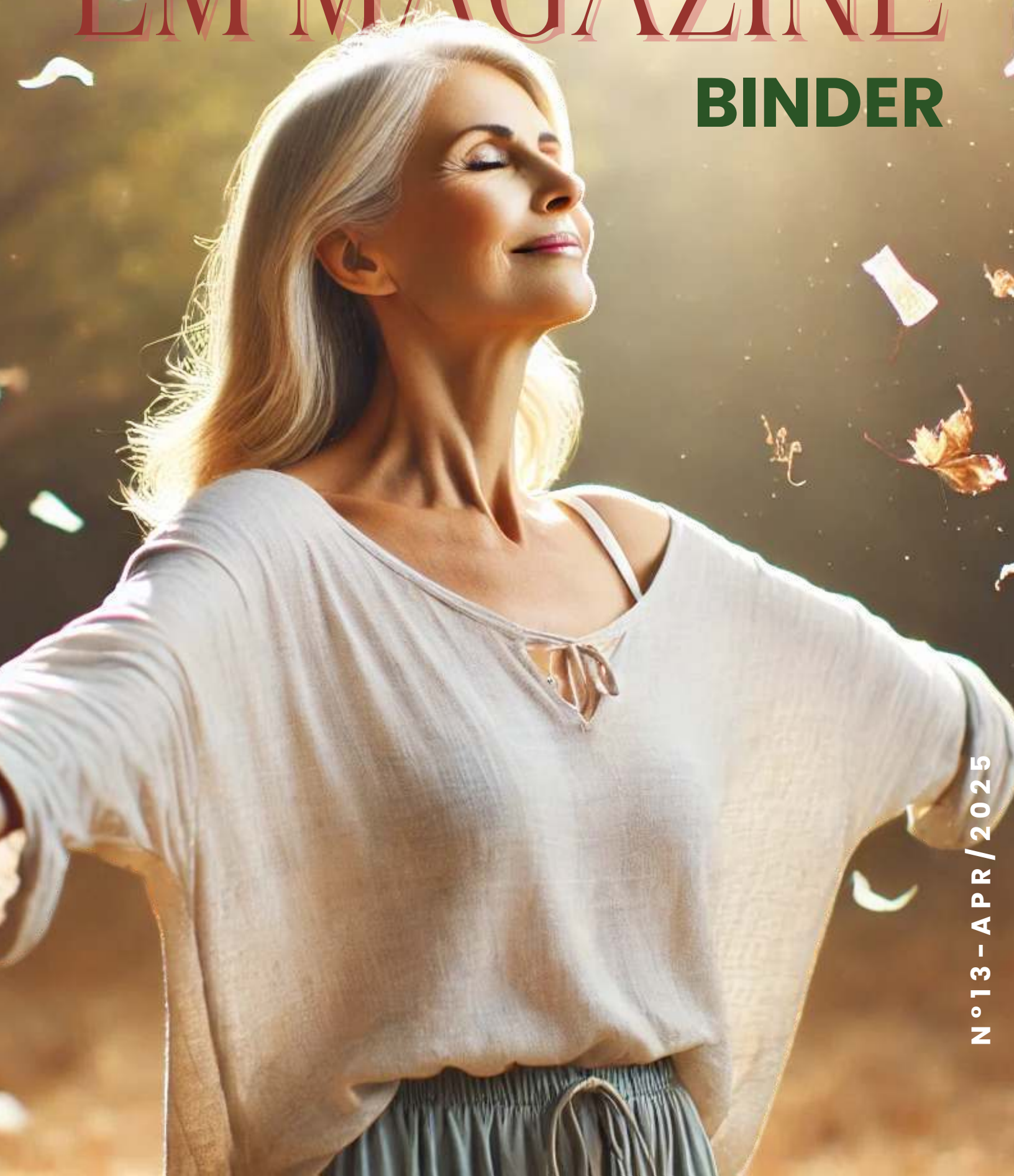


LM MAGAZINE

BINDER



N°13 - APR / 2025

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

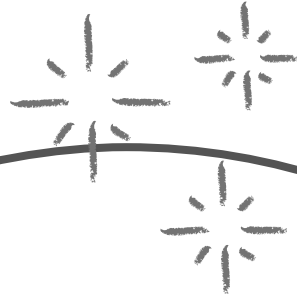
LM *BINDER*™

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.



Decluttering Your Life:

Physical & Mental Purging

2025

LM
Magazine

April 2025

SUN	MON	TUE	WED	THU	FRI	SAT
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	1	2	3

your *live* purpose

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

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

FEBRUARY

#	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
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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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_____	●	●	●	●	●	●	●

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



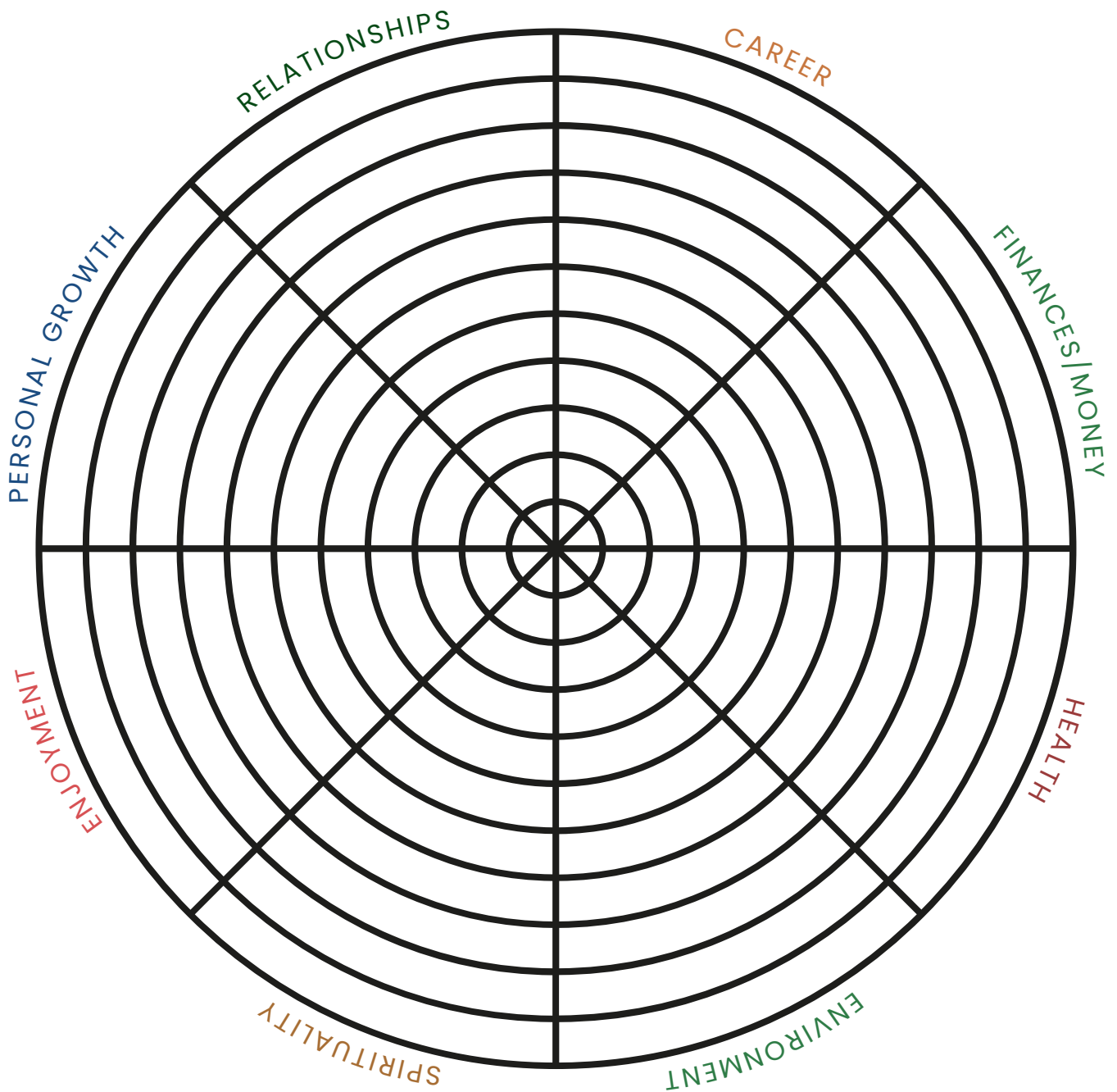
SLEEP MORE



HEALTHY FOOD

WHEEL OF LIFE®

Decluttering



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

Decluttering

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.

With every item I let go of, I am making room for growth, joy, and clarity.

I am worthy of creating a space that nurtures my body, mind, and spirit.

I am not defined by my possessions or past experiences; I choose what I keep in my life.

Decluttering my environment is an act of self-love, and I am proud of the progress I make each day.

I release mental clutter and embrace peaceful, positive thoughts that propel me forward.

Every step I take to declutter my life brings me closer to a calmer, more focused version of myself.

Gratitude Practice

April 2025

Decluttering GOALS

1

2

3

4

5

6

7

8

Monthly Goals

1

2

3

4


5

6


7

8


Journaling Prompts for Decluttering




How does clutter affect my mental state and my ability to focus on what truly matters?




What are the top three items or thoughts in my life that no longer serve me, and how can I let go of them?



How would I feel if I cleared out my physical space and my mind? What new opportunities or energies could that create?



What past experiences, thoughts, or fears am I holding onto that create mental clutter, and how can I release them?



In what areas of my life do I feel most disorganized, and how can I take small steps to regain control and clarity?

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

Lemon Garlic Roasted Asparagus

CATEGORY

side dish

PREP TIME

10min

COOK TIME

15 min

INGREDIENTS

- *1 bunch of asparagus, trimmed*
- *2 tablespoons olive oil*
- *2 cloves garlic, minced*
- *1 teaspoon lemon zest*
- *Salt and pepper to taste*
- *Grated Parmesan cheese (optional)*



INSTRUCTIONS

- *Preheat oven to 400°F (200°C)*
- *Toss asparagus with olive oil, garlic, lemon zest, salt, and pepper*
- *Spread evenly on a baking sheet*
- *Roast for 12-15 minutes until tender and slightly crispy*
- *Sprinkle with Parmesan cheese if desired, and serve warm*



This is a great side dish to scallops or any grilled fish!

Recipe card



DIFFICULTY

NAME OF DISH

Lemon Garlic Roasted Asparagus

CATEGORY

side dish

PREP TIME

10min

COOK TIME

15 min

INGREDIENTS

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I Am Releasing

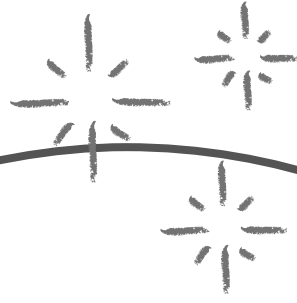
Let it go

Let it go

Let it go

End Of Month Self-Reflection

April 2025



Your Challenges

2025

Life Mastery
Magazine

DECLUTTERING



21 – DAY MIND & SPACE DECLUTTER

CHALLENGE



LM MAGAZINE BY SARA FERNANDES

WELCOME!

April is Declutter Month:

*The 21-Day Mind & Space Declutter
Challenge*

Welcome to a transformational journey of clearing out the clutter—inside and out.

Over the next 21 days, you'll take small but powerful steps to free your space and mind, creating room for clarity, calm, and what truly matters.

Each day, you'll complete a simple yet meaningful decluttering task—some for your environment, some for your mental well-being. By the end of the challenge, you'll feel lighter, more in control, and aligned with a life that feels spacious and intentional.



Monthly Planner

I start my challenge on the:

MON.

TUE.

WED,

THUR.

FRI.

SAT.

SUN.

WEEK 1

Clear Your Space (Physical Space Decluttering)

Focus: Organizing and simplifying your surroundings to create a sense of calm.

- **Day 1:** Tidy Up Your Desk/Work Area

Task: Clear and organize your workspace, removing unnecessary items.

Journal: How does your workspace affect your productivity and mood? What did you notice after decluttering?





WEEK 1

Clean Your Space (Physical Space Decluttering)

Focus: Organizing and simplifying your surroundings to create a sense of calm.

- **Day 2:** Declutter Your Inbox

Task: Delete old emails, unsubscribe from irrelevant newsletters, and organize important messages.

Journal: How does having an organized inbox reduce mental clutter? How will you keep it tidy moving forward?





WEEK 1

Clear Your Space (Physical Space Decluttering)

Focus: Organizing and simplifying your surroundings to create a sense of calm.

- **Day 3:** Refresh Your Entryway

Task: Declutter your front door area—organize shoes, bags, and coats to create a welcoming space.

Journal: How does this space influence your mindset when entering and leaving your home?





WEEK 1

Clear Your Space (Physical Space Decluttering)

Focus: Organizing and simplifying your surroundings to create a sense of calm.

- **Day 4:** Closet Cleanout (Part 1: Shoes & Accessories)

Task: Sort through your shoes and accessories—keep only what you love and use. Donate the rest.

Journal: What emotions came up while decluttering? How do you feel after letting go?



WEEK 1

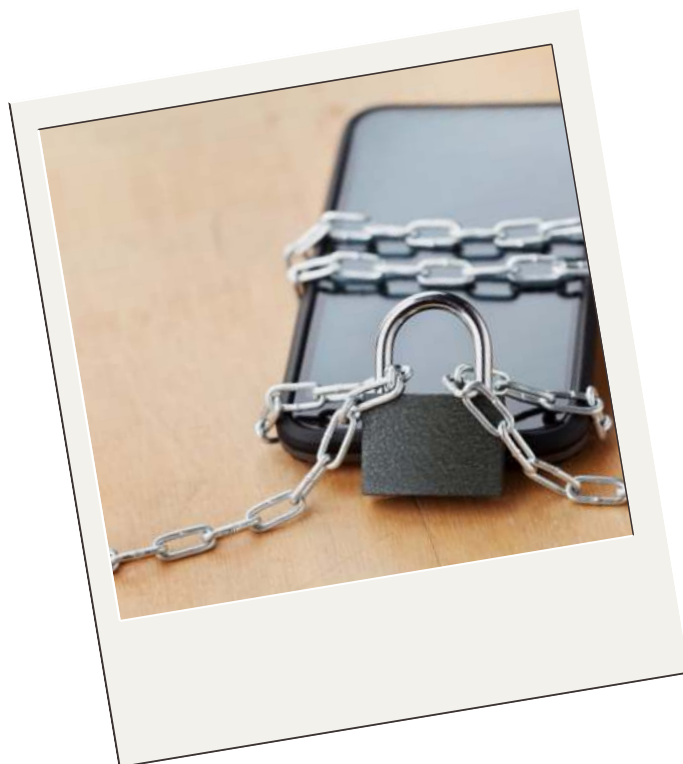
Clear Your Space (Physical Space Decluttering)

Focus: Organizing and simplifying your surroundings to create a sense of calm.

- **Day 5:** Digital Detox

Task: Clean up your phone—delete unused apps, organize photos, and clear out unnecessary files.

Journal: How does a streamlined digital space impact your focus and mental clarity?





WEEK 1

Clear Your Space (Physical Space Decluttering)

Focus: Organizing and simplifying your surroundings to create a sense of calm.

- **Day 6:** Clear Your Kitchen Counters

Task: Remove clutter from your counters, keeping only the essentials.

Journal: How does a clutter-free kitchen change your cooking experience and daily mindset?





WEEK 1

Clear Your Space (Physical Space Decluttering)

Focus: Organizing and simplifying your surroundings to create a sense of calm.

- **Day 7:** Organize a Junk Drawer or Storage Area

Task: Pick one drawer or storage spot that always seems messy and organize it.

Journal: What was your biggest realization during this task? How can you prevent clutter from building up again?





WEEK 2

Clear Your Mind (Mental Decluttering)

Focus: Identifying mental clutter, setting boundaries, and creating space for clarity and peace.

- **Day 8:** Start a Morning Journal Practice

Task: Write freely for 5 minutes as soon as you wake up. Gratitude, dreams, thoughts—anything goes.

Journal: What did you notice in your writing? How did journaling affect your mindset for the day?



Day 8

A series of 19 horizontal lines spanning the width of the page, providing a writing area.



WEEK 2

Clear Your Mind (Mental Decluttering)

Focus: Identifying mental clutter, setting boundaries, and creating space for clarity and peace.

- **Day 9:** Identify Energy Drains

Task: Write freely for 5 minutes as soon as you wake up. Gratitude, dreams, thoughts—anything goes.

Journal: What's one small step you can take to minimize these drains?





WEEK 2

Clear Your Mind (Mental Decluttering)

Focus: Identifying mental clutter, setting boundaries, and creating space for clarity and peace.

- **Day 10:** Let Go of Perfectionism

Task: Identify one area where you hold yourself to unrealistic standards and give yourself grace.

Journal: What is “good enough” in this area? How does releasing perfectionism feel?





WEEK 2

Clear Your Mind (Mental Decluttering)

Focus: Identifying mental clutter, setting boundaries, and creating space for clarity and peace.

- **Day 11:** Set Boundaries with Technology

Task: Create one tech-free zone in your home or a daily tech-free time (e.g., before bed).

Journal: How did you feel without digital distractions? What will you continue?





WEEK 2

Clear Your Mind (Mental Decluttering)

Focus: Identifying mental clutter, setting boundaries, and creating space for clarity and peace.

- **Day 12:** Rewrite a Limiting Belief

Task: Write down a limiting belief that holds you back and rewrite it into an empowering statement.

Journal: How does this new belief shift your perspective?





WEEK 2

Clear Your Mind (Mental Decluttering)

Focus: Identifying mental clutter, setting boundaries, and creating space for clarity and peace.

- **Day 13:** Practice 5 Minutes of Deep Breathing

Task: Take 5 minutes to focus on slow, deep breathing, releasing tension with each exhale.

Journal: What did you notice about your body and mind after this practice?





WEEK 2

Clear Your Mind (Mental Decluttering)

Focus: Identifying mental clutter, setting boundaries, and creating space for clarity and peace.

- **Day 14:** Simplify Your Schedule

Task: Look at your calendar and remove commitments that don't serve you.

Journal: How does an uncluttered schedule make you feel? What will you prioritize moving forward?





WEEK 3

Build New Habits (Creating a Balanced, Mindful Life)

Focus: Developing simple, sustainable habits to maintain a decluttered mind and space.

- **Day 15:** Start Your Day with Mindfulness

Task: Begin your day with a mindful practice—breathing, stretching, or quiet reflection.

Journal: How did this shift your energy for the day?





WEEK 3

Build New Habits (Creating a Balanced, Mindful Life)

Focus: Developing simple, sustainable habits to maintain a decluttered mind and space.

- **Day 16:** Adopt a Daily Decluttering Habit

Task: Pick one small area (countertop, nightstand, drawer) to tidy up daily.

Journal: How does this simple habit affect your sense of control and order?





WEEK 3

Build New Habits (Creating a Balanced, Mindful Life)

Focus: Developing simple, sustainable habits to maintain a decluttered mind and space.

- **Day 17:** Plan One Week of Simple Meals

Task: Create a simple meal plan for the next week to reduce decision fatigue.

Journal: How does meal planning support a clearer mind and smoother days?





WEEK 3

Build New Habits (Creating a Balanced, Mindful Life)

Focus: Developing simple, sustainable habits to maintain a decluttered mind and space.

- **Day 18:** Say No to Something That Drains You

Task: Identify one obligation, habit, or request you don't truly want to do—and say no.

Journal: How did it feel to say no? How can you continue to set boundaries?





WEEK 3

Build New Habits (Creating a Balanced, Mindful Life)

Focus: Developing simple, sustainable habits to maintain a decluttered mind and space.

- **Day 19:** Declutter Your Social Media Feed

Task: Unfollow accounts that don't inspire or serve you.

Journal: How does a curated social feed impact your mood and mindset?





WEEK 3

Build New Habits (Creating a Balanced, Mindful Life)

Focus: Developing simple, sustainable habits to maintain a decluttered mind and space.

- **Day 20:** Set 3 Meaningful Intentions for the Day

Task: Write down three things you want to focus on today—things that truly matter to you.

Journal: How did focusing on these priorities shift your day?





WEEK 3

Build New Habits (Creating a Balanced, Mindful Life)

Focus: Developing simple, sustainable habits to maintain a decluttered mind and space.

- **Day 21:** Reflect on Your Progress & Plan Your Next Steps

Task: Look back at the last 21 days—what has changed in your space, your habits, and your mindset?

Journal: What's one habit or change you'll carry forward? How will you continue your decluttering journey?



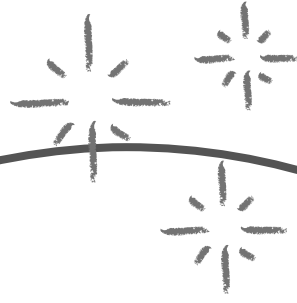






Congratulations!





More Resources

2025

Life Mastery
Magazine

NUTRITION

Healthy me

RECIPE CARD

○ ○ ○ ○ ○
DIFFICULTY

NAME OF DISH

CATEGORY

PREP TIME

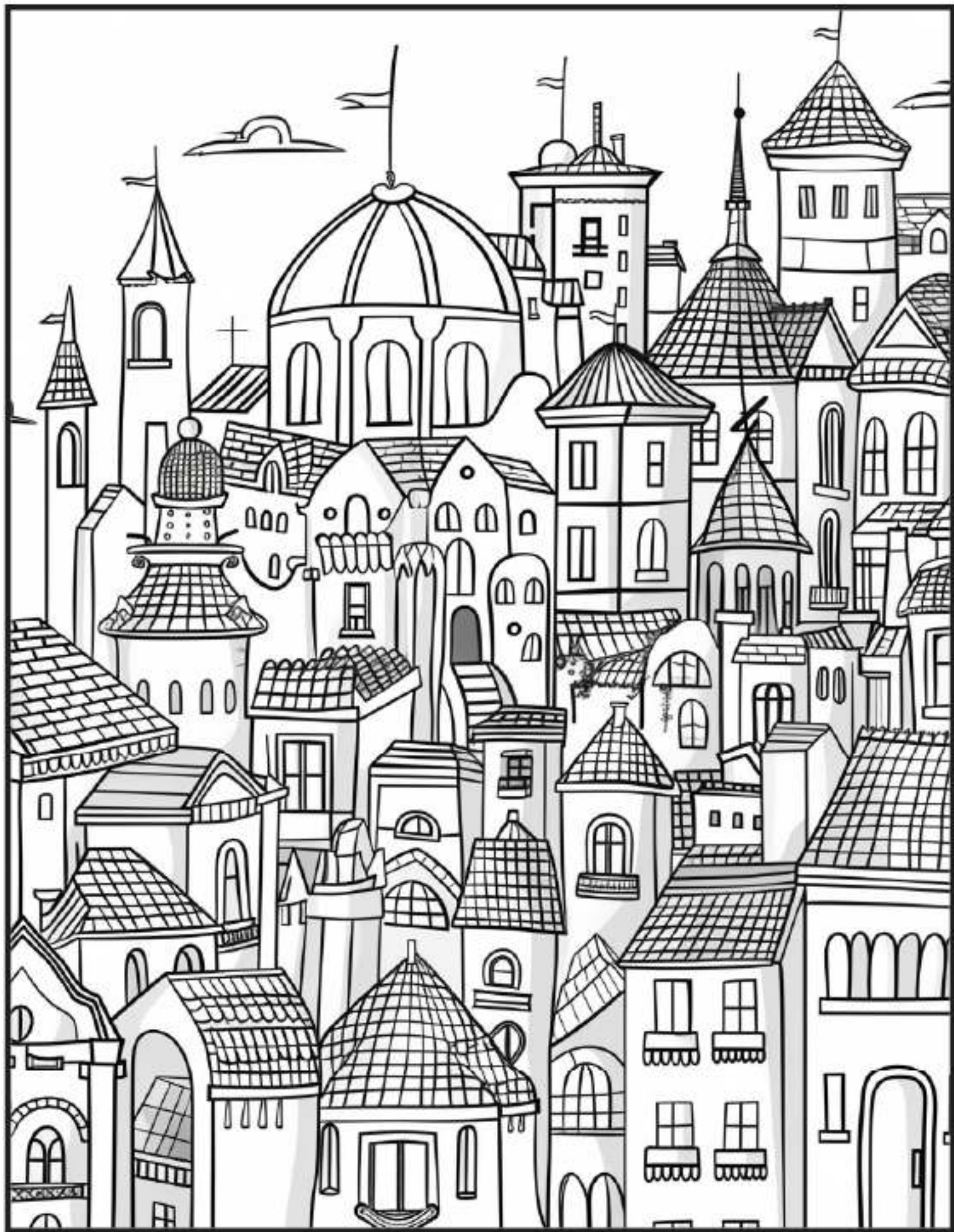
COOK TIME

INGREDIENTS

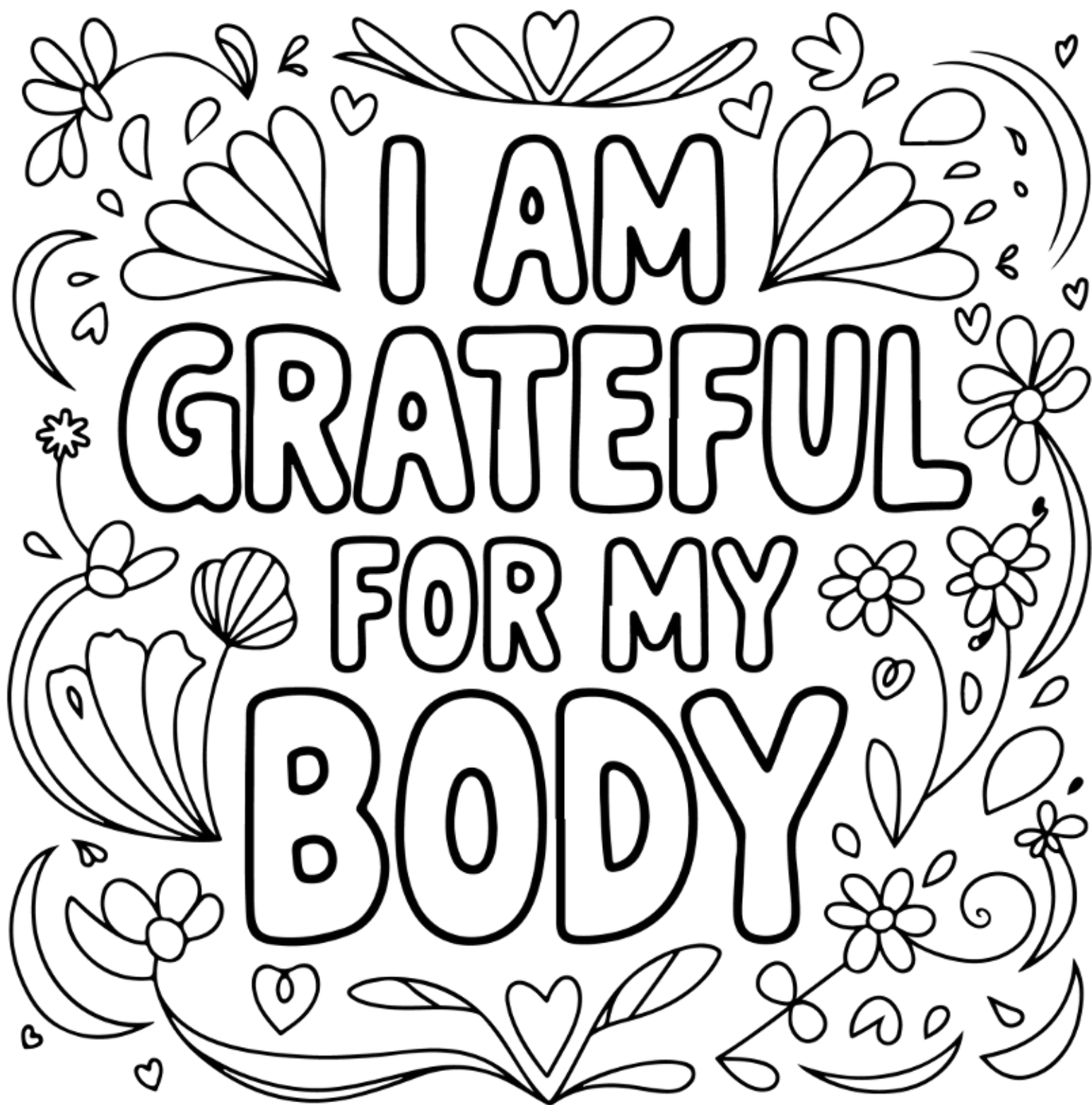
INSTRUCTIONS

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notes







I AM
GRATEFUL
FOR MY
BODY

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.

Write Your Own Affirmations



Affirmations

Date: _____

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.

Write Your Own Journal Prompt