

LM MAGAZINE

BINDER



N°14 - MAY / 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

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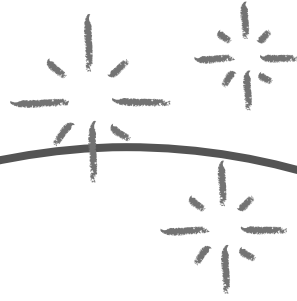
LM *BINDER*™

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.



Creating Emotional Resilience

2025

LM
Magazine

May 2025

SUN	MON	TUE	WED	THU	FRI	SAT
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

Live in
the moment

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 |

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

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	
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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



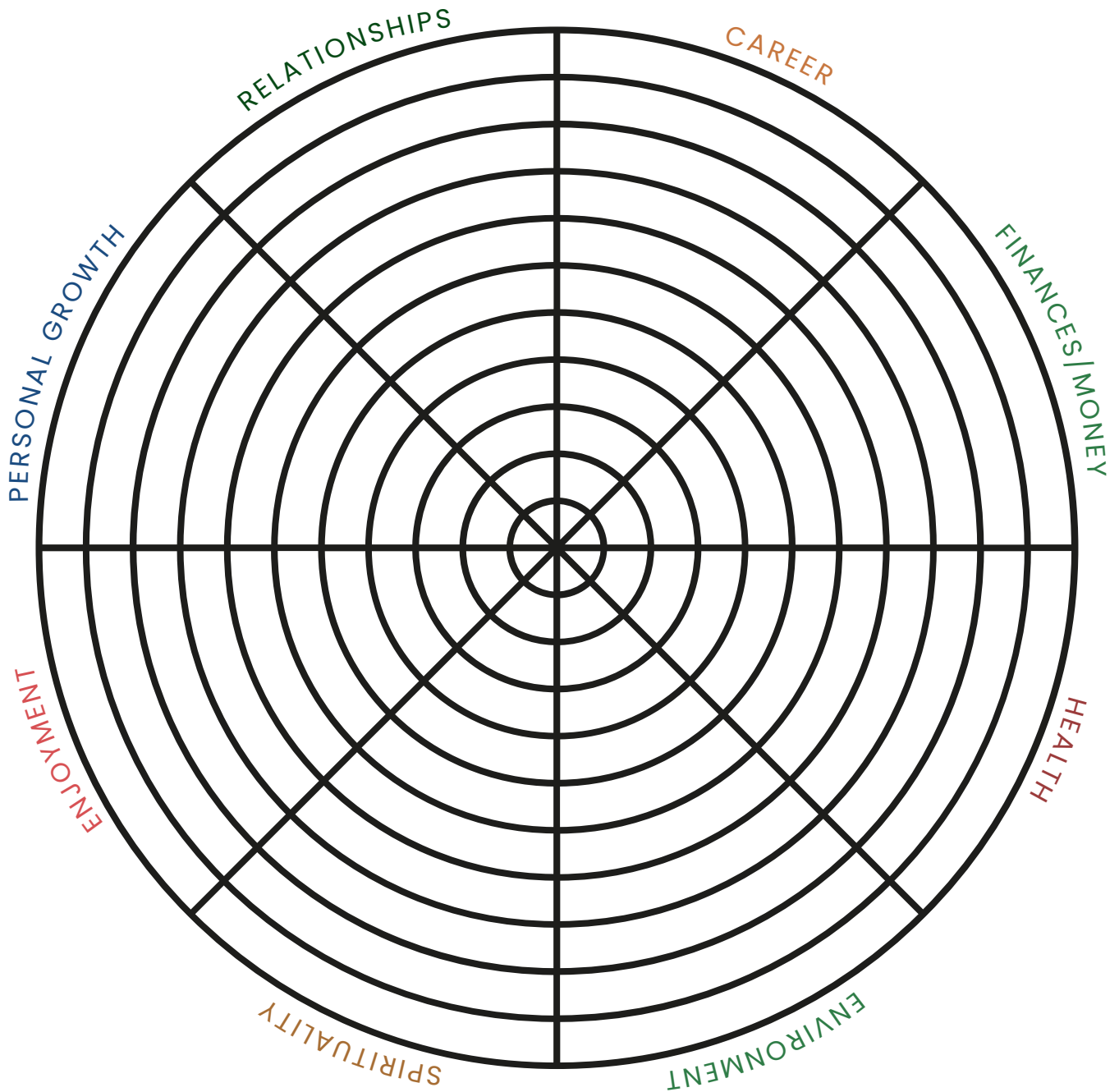
SLEEP MORE



HEALTHY FOOD

WHEEL OF LIFE®

Emotional Resilience



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.

How to Use the Wheel of Life for Emotional Resilience

- **Create Your Own Wheel**

On a blank sheet, draw a circle and divide it into 8 wedges (like a pizza). Label each section with the areas of life that matter most to you (use the categories above or customize them for your personal needs).

- **Rate Your Satisfaction**

Rate each section from 1-10, based on how satisfied you feel with each area right now. Be honest with yourself — the goal isn't to judge, but to assess where you're at.

- **Connect the Dots**

Once you've rated each area, draw lines between the numbers to form a "wheel." The shape of the wheel will give you a visual representation of balance (or imbalance) in your life.

- **Reflect and Plan**

Take a moment to reflect on your wheel and identify the areas that feel the most "flat" or low. These are the areas where you may need to build more emotional resilience. Consider setting small, achievable goals to improve these areas in a way that doesn't overwhelm you.

- **Make Time for Self-Compassion**

As you work through the areas that need improvement, be kind to yourself. Cultivating emotional resilience isn't a race — it's a lifelong journey. Celebrate each step forward!

Affirmations

Cultivating Emotional Resilience

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 am becoming more resilient with every experience life brings me.

I release the need to control everything and embrace what I can.

My emotional strength is a quiet, steady flame within me.

Even on hard days, I am doing my best — and that is enough.

I give myself permission to rest, reflect, and recharge.

I trust in my ability to adapt and rise.

Emotional Resilience GOALS

1

2

3

4

5

6

7

8

Monthly Goals

1

2

3

4

5


6

7


8

Journaling Prompts


for Cultivating Emotional Resilience




What does emotional strength feel like in my body and mind?




Who in my life models resilience, and what have I learned from watching them?



What is one belief I hold that helps me get through tough times?



How do I care for myself emotionally when life feels heavy?



What have I learned about myself during moments of disappointment or failure?

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

Avocado Chickpea Salad Recipe

CATEGORY

salad

PREP TIME

10min

COOK TIME

INGREDIENTS

- *1 ripe avocado, diced*
- *1 can (15 oz) chickpeas, drained and rinsed*
- *1 cup cherry tomatoes, halved*
- *1 small cucumber, diced*
- *1/4 red onion, finely chopped*
- *1/4 cup fresh parsley, chopped*
- *2 tbsp olive oil*
- *1 tbsp fresh lemon juice (or more to taste)*
- *1 tsp ground cumin*
- *Salt and pepper, to taste*
- *Optional: A handful of feta cheese or crumbled goat cheese*



INSTRUCTIONS

- *In a large bowl, combine the chickpeas, diced avocado, cherry tomatoes, cucumber, red onion, and parsley.*
- *In a small bowl or jar, whisk together the olive oil, lemon juice, cumin, salt, and pepper. Taste and adjust the seasoning if needed.*
- *Pour the dressing over the salad ingredients and toss gently to combine, making sure everything is coated evenly.*
- *Serve immediately as a refreshing side dish, light lunch, or add some grilled chicken or chickpeas for a more filling meal.*

This is a great salad for Spring time!

Recipe card



DIFFICULTY

NAME OF DISH

Avocado Chickpea Salad Recipe

CATEGORY

salad

PREP TIME

10min

COOK TIME

INGREDIENTS

- 1 ripe avocado, diced
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 cup cherry tomatoes, halved
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- 1/4 red onion, finely chopped
- 1/4 cup fresh parsley, chopped
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- 1 tbsp fresh lemon juice (or more to taste)
- 1 tsp ground cumin
- Salt and pepper, to taste
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INSTRUCTIONS

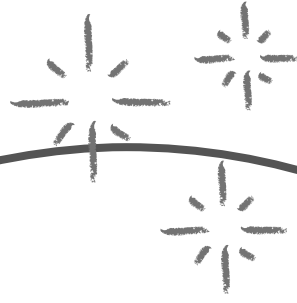
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- Pour the dressing over the salad ingredients and toss gently to combine, making sure everything is coated evenly.
- Serve immediately as a refreshing side dish, light lunch, or add some grilled chicken or chickpeas for a more filling meal.

I Am Releasing

Let it go

Let it go

Let it go



Your Challenges

2025

Life Mastery
Magazine

EMOTIONAL
RESILIENCE



7-DAY EMOTIONAL RESILIENCE RESET CHALLENGE



LM MAGAZINE BY SARA FERNANDES

WELCOME!

May is Cultivating Emotional Resilience Month:

7-Day Emotional Resilience Reset

Small Steps. Big Shifts.

Life can feel overwhelming sometimes — especially when emotions run high and the world feels heavy. That's why we created this 7-Day Emotional Resilience Reset: a gentle invitation to slow down, reconnect with yourself, and build the kind of quiet strength that carries you through life's ups and downs.

Over the next week, you'll take small, soulful steps each day — simple practices designed to help you feel calmer, more grounded, and more in tune with your heart. These aren't about "fixing" yourself; they're about nourishing yourself, one kind moment at a time.

Each day's practice is easy to fit into real life, no matter how busy things feel. Think of it as a gift you're giving yourself: a week of permission to breathe, to feel, and to remember your own incredible resilience. You don't have to do it perfectly — you just have to begin.

This is a rinse and repeat challenge, do it for as many weeks as you need until you feel comfortable doing it on your own.



Monthly Planner

I start my challenge on the:

MON.

TUE.

WED,

THUR.

FRI.

SAT.

SUN.

7-Day Emotional Resilience Reset

CHALLENGE

A week of small, soulful steps to help you feel stronger, calmer, and more in tune with yourself.

- **Day 1:** Name Your Feelings

Take a quiet moment today to check in.

✍️ Write down 3 emotions you felt today—without judgment.

This is about awareness, not fixing.

Why it matters: Naming our feelings is the first step toward understanding them—and ourselves.





7-Day Emotional Resilience Reset

CHALLENGE

A week of small, soulful steps to help you feel stronger, calmer, and more in tune with yourself.

- **Day 2:** Say “No” Gently

Choose one thing today you can release—an obligation, a task, or a people-pleasing instinct. Say no with kindness and grace.

Why it matters: Boundaries protect your energy and remind you that your needs matter too.



7-Day Emotional Resilience Reset

CHALLENGE

A week of small, soulful steps to help you feel stronger, calmer, and more in tune with yourself.

- **Day 3:** Step Outside

Take a 10-minute walk today with no destination in mind. Let yourself notice the colors, sounds, and movement around you.

Why it matters: Nature is a natural healer. Being present with it soothes the nervous system.



7-Day Emotional Resilience Reset

CHALLENGE

A week of small, soulful steps to help you feel stronger, calmer, and more in tune with yourself.

- **Day 4:** Connect with a Safe Person

Reach out to someone who makes you feel safe and supported.

Send a message, make a call, or plan a coffee catch-up.

Why it matters: Emotional resilience doesn't mean doing it all alone. We grow stronger in connection.



7-Day Emotional Resilience Reset

CHALLENGE

A week of small, soulful steps to help you feel stronger, calmer, and more in tune with yourself.

- **Day 5:** Create Calm in Your Space

Declutter or soften one small area in your home today—a drawer, your nightstand, your inbox. Light a candle, add a cozy touch.

Why it matters: A peaceful environment nurtures a peaceful mind.



7-Day Emotional Resilience Reset

CHALLENGE

A week of small, soulful steps to help you feel stronger, calmer, and more in tune with yourself.

- **Day 6:** Journal Gently

Reflect on this question: What does emotional resilience mean to me, right now?

Write without editing, even if it's just a few words.

Why it matters: Self-reflection helps us see how far we've come—and where we want to go.



7-Day Emotional Resilience Reset

CHALLENGE

A week of small, soulful steps to help you feel stronger, calmer, and more in tune with yourself.

- **Day 7:** Choose a Ritual to Keep

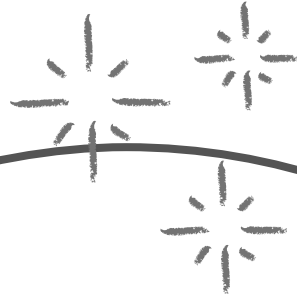
Look back over the past 6 days. What felt good? What helped you feel grounded? Choose one small practice to carry into the weeks ahead.

Why it matters: Emotional strength isn't built overnight—it's built through gentle, consistent care.



Congratulations!





More Resources

2025

Life Mastery
Magazine

EMOTIONAL
RESILIENCE

Healthy me

RECIPE CARD

○ ○ ○ ○ ○
DIFFICULTY

NAME OF DISH

CATEGORY

PREP TIME

COOK TIME

INGREDIENTS

INSTRUCTIONS

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notes







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.

