

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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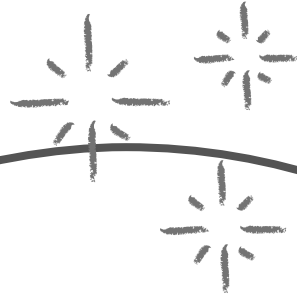
LM *BINDER*™

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.



Connection & Community

2025

LM
Magazine

June

2025

SUN	MON	TUE	WED	THU	FRI	SAT
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	4	5

You're
wonderful

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

June

#	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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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



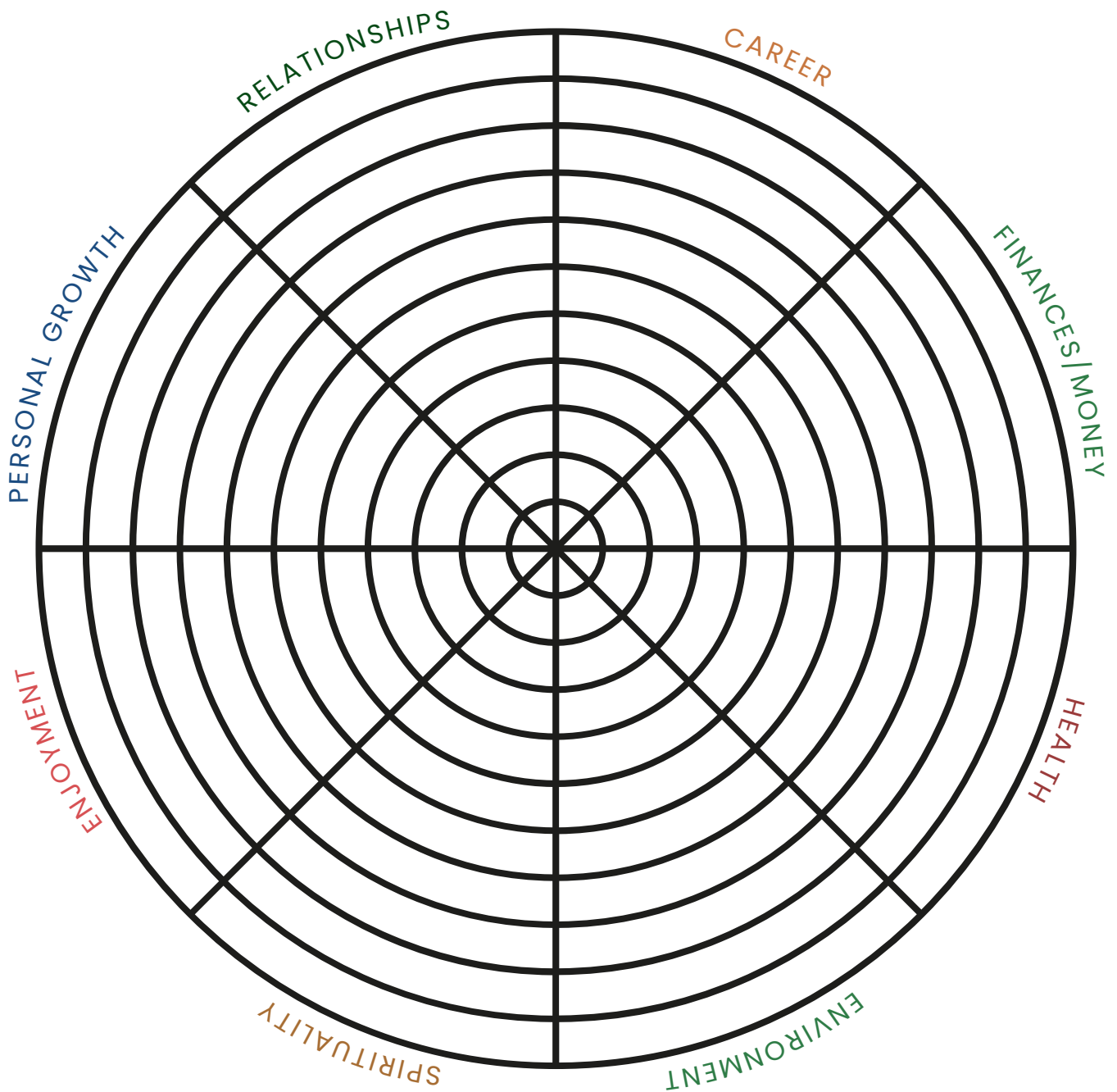
SLEEP MORE



HEALTHY FOOD

WHEEL OF LIFE®

Connection & Community



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 Connection & Community

- **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 dedicate more attention to. 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. It's not a race. Celebrate each step forward!

Affirmations

Connection & Community

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 open to receiving love and support from the people around me.

I trust myself to build strong, healthy relationships.

I create a sense of belonging by being authentic and true to myself.

I am deserving of positive, uplifting connections that nourish my soul.

I let go of past hurts and open myself to new, loving relationships.

Each day, I take small steps toward building a stronger, more supportive community.

Connection & Community

GOALS

1

2

3

4

5

6

7

8

Monthly Goals

1

2

3

4

5

6


7

8


Journaling Prompts for Connection & Community




What is one way you can open yourself up to new friendships or connections this month?




What does community mean to you, and how can you nurture a sense of community in your own life, whether in person or online?



Reflect on a time when you felt deeply connected to someone. What made that moment special, and how can you create more of those experiences in your life?



How do you feel about your current social circle? Are there any changes or new connections you'd like to make?



How has your idea of friendship changed over the years? How do you now define a "true friend"?

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

Papaya Glow Smoothie

CATEGORY

smoothie

PREP TIME

2min

COOK TIME

INGREDIENTS

- *1 cup ripe papaya, peeled and cubed*
- *1/2 banana (for creaminess and natural sweetness)*
- *Juice of 1/2 lime (adds brightness and aids digestion)*
- *1/2 teaspoon dried papaya seeds (or 2-3 fresh) - optional but powerful!*
- *1/2 inch fresh ginger (anti-inflammatory kick)*
- *1 tablespoon chia seeds or flaxseed (for omega-3 and fiber)*
- *3/4 cup coconut water or filtered water*
- *A few ice cubes (optional for a chilled blend)*



INSTRUCTIONS

- *Place all ingredients in a high-speed blender.*
- *Blend until creamy and smooth.*
- *Pour into a glass, breathe in its freshness, and sip slowly—mindfully.*

Optional Boosters:

- *A pinch of cinnamon (blood sugar balance)*
- *A scoop of plant-based protein*
- *A splash of almond milk for extra creaminess*

Recipe card



DIFFICULTY

NAME OF DISH

Papaya Glow Smoothie

CATEGORY

smoothie

PREP TIME

2min

COOK TIME

INGREDIENTS

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INSTRUCTIONS

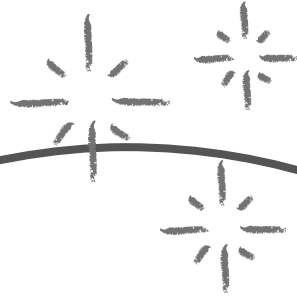
- *Place all ingredients in a high-speed blender.*
- *Blend until creamy and smooth.*
- *Pour into a glass, breathe in its freshness, and sip slowly—mindfully.*

I Am Releasing

Let it go

Let it go

Let it go



Your Challenges

2025

Life Mastery
Magazine

Connection &
Community



THE 30-DAY FRIENDSHIP & CONNECTION

CHALLENGE



LM MAGAZINE BY SARA FERNANDES

WELCOME!

The 30-Day Friendship & Connection Challenge

Goal: To build stronger, more supportive friendships and connections by reaching out, stepping out of comfort zones, and nurturing the bonds you already have.

For the next 30 days, you'll focus on intentional actions that invite connection—whether with old friends, new acquaintances, or even with yourself. You don't have to do everything perfectly or immediately, but commit to one small action each day. By the end of the month, you'll have not only built connections but also a deeper sense of community.

Feel free to journal about any feelings that come up for you with each action prompt you are given.

Bonus Tips:

- Consistency is key: Even small actions can make a big impact.
- Don't rush the process: Friendships grow over time—allow things to develop naturally.

Celebrate small wins: Each connection you make is a step toward building a stronger community.



My commitment

I, _____, commit to fully participating in the March into Health -The 30-Day Friendship & Connection Challenge.

I will:

- Dedicate time each day to engage in the challenge materials and exercises.
- Set aside time each day to complete my assigned tasks and reflections.
- Prioritize my personal growth and time management throughout the challenge.
- Stay positive, stay open to new ideas, and be kind to myself as I move through the journey.
- Participate in any optional group activities, check-ins, or discussions (if applicable).
- Complete the daily journaling prompts or time assessments, if applicable.

I understand that to make this challenge effective, I need to dedicate time to the process. I am committing to spending _____ per day/week for the next 30 days on the activities, journaling, and reflections required in this challenge.

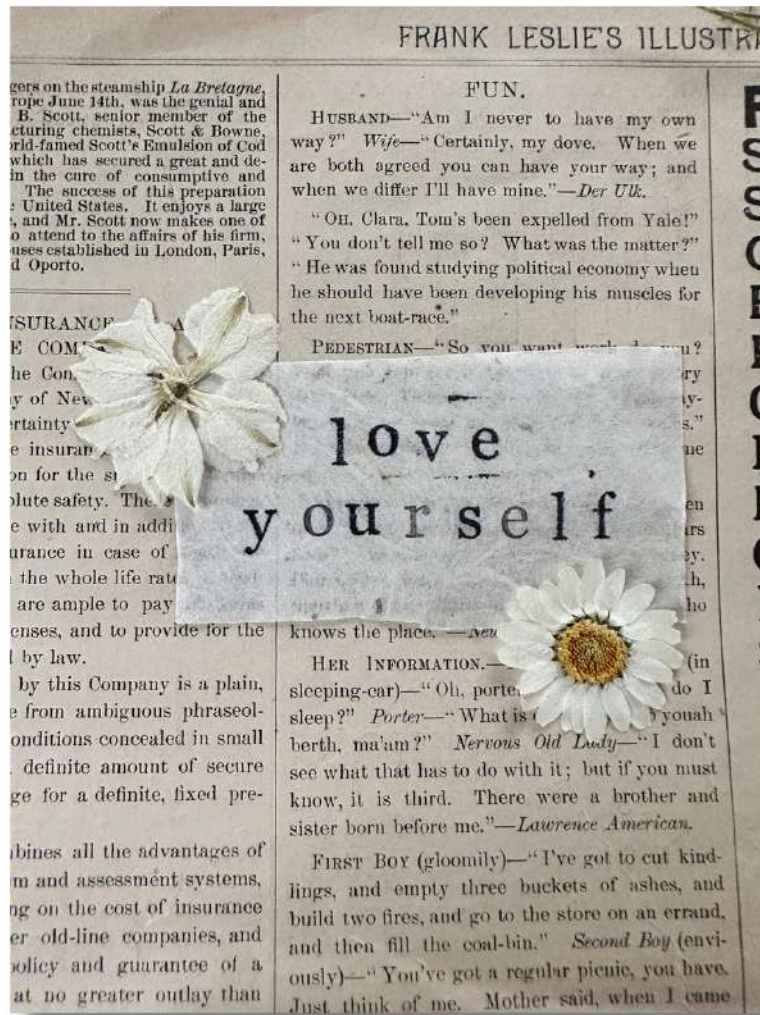
By signing this document, I am committing to fully participating in the March into Health - 30-Day Nourish Your Body Challenge and doing my best to stay engaged, motivated, and focused on achieving my goals.

date:

signature:

WEEK 1

Start With Yourself Be Open to Connection



WEEK 2

Reach Out & Show Up



WEEK 3

Strengthen the Bonds You Have



WEEK 4

Expand Your Circle & Be the Connector



Congratulations!

Day 30

Celebrate the connections you've built! Share what this challenge has meant for you with your closest friends, or even in our Facebook Group, so others can be inspired by your journey.

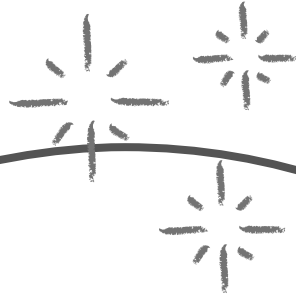


If you've enjoyed this challenge, don't forget to join our Facebook Group to share your experiences, connect with other women in the same journey, and continue building lasting friendships. Let's support each other as we grow together!

"This is about progress, not perfection."

XO

Sara



More Resources

2025

Life Mastery
Magazine

Connection &
Community

Healthy me

RECIPE CARD

○ ○ ○ ○ ○
DIFFICULTY

NAME OF DISH

CATEGORY

PREP TIME

COOK TIME

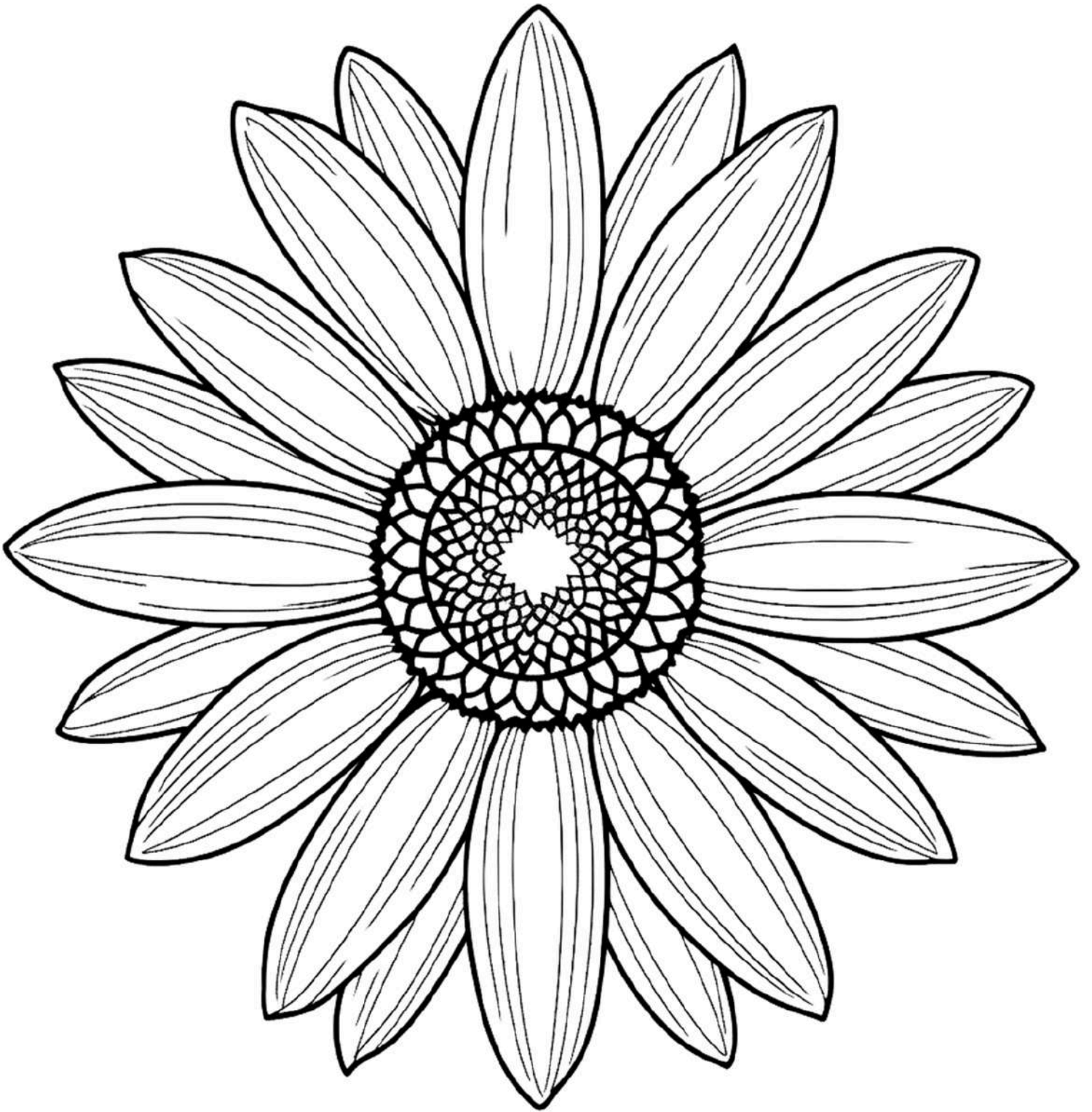
INGREDIENTS

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.

