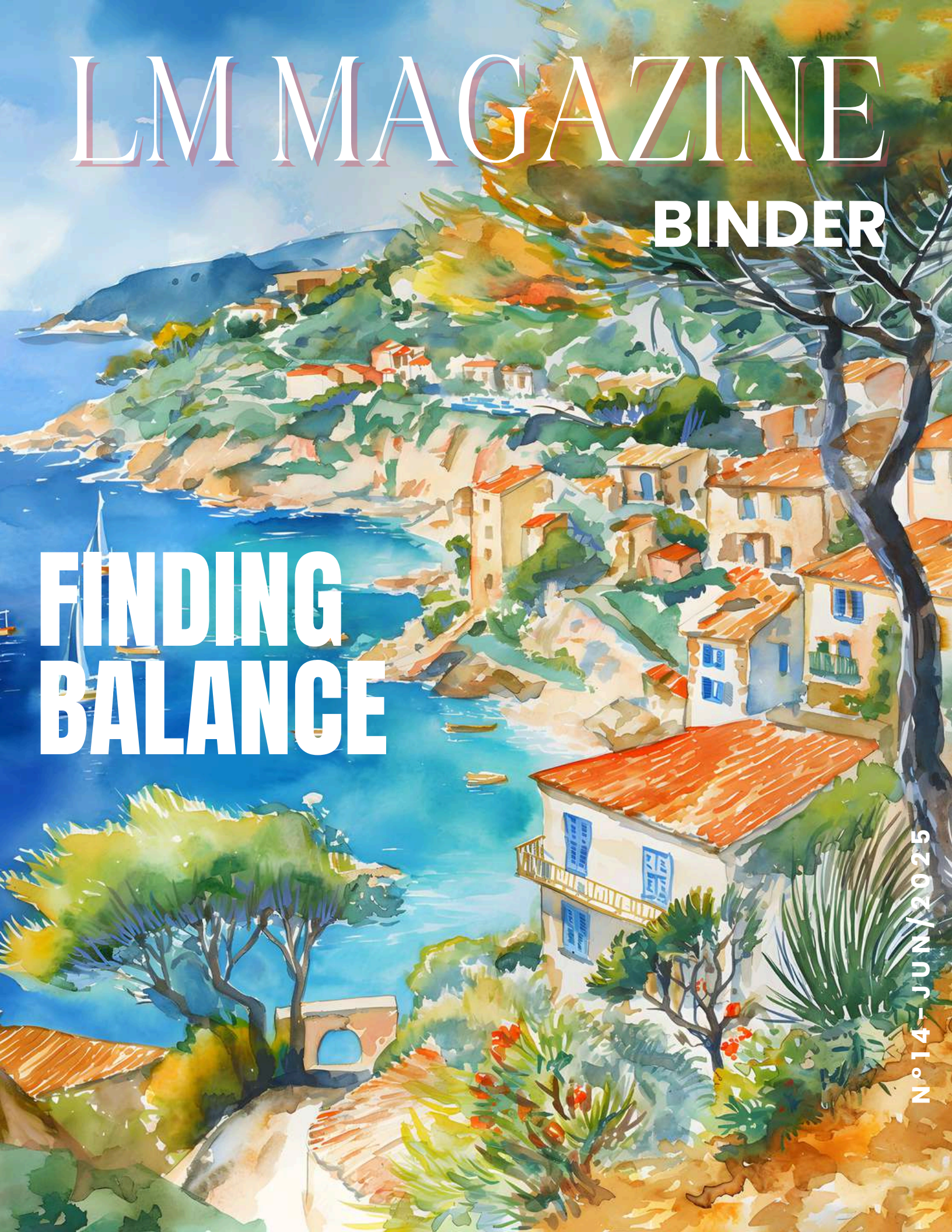


LM MAGAZINE

BINDER

FINDING BALANCE

N° 14 - JUN / 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

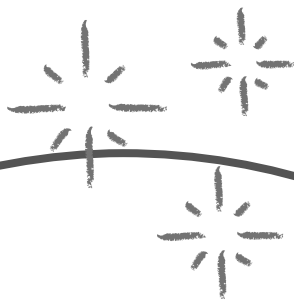
LM *BINDER*™

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.



Connection & Community

2025

LM
Magazine

July 2025

SUN	MON	TUE	WED	THU	FRI	SAT
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

Keep it
simple

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

July

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

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

Week of _____

VITAMINS	m	t	w	t	f	s	s
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●

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



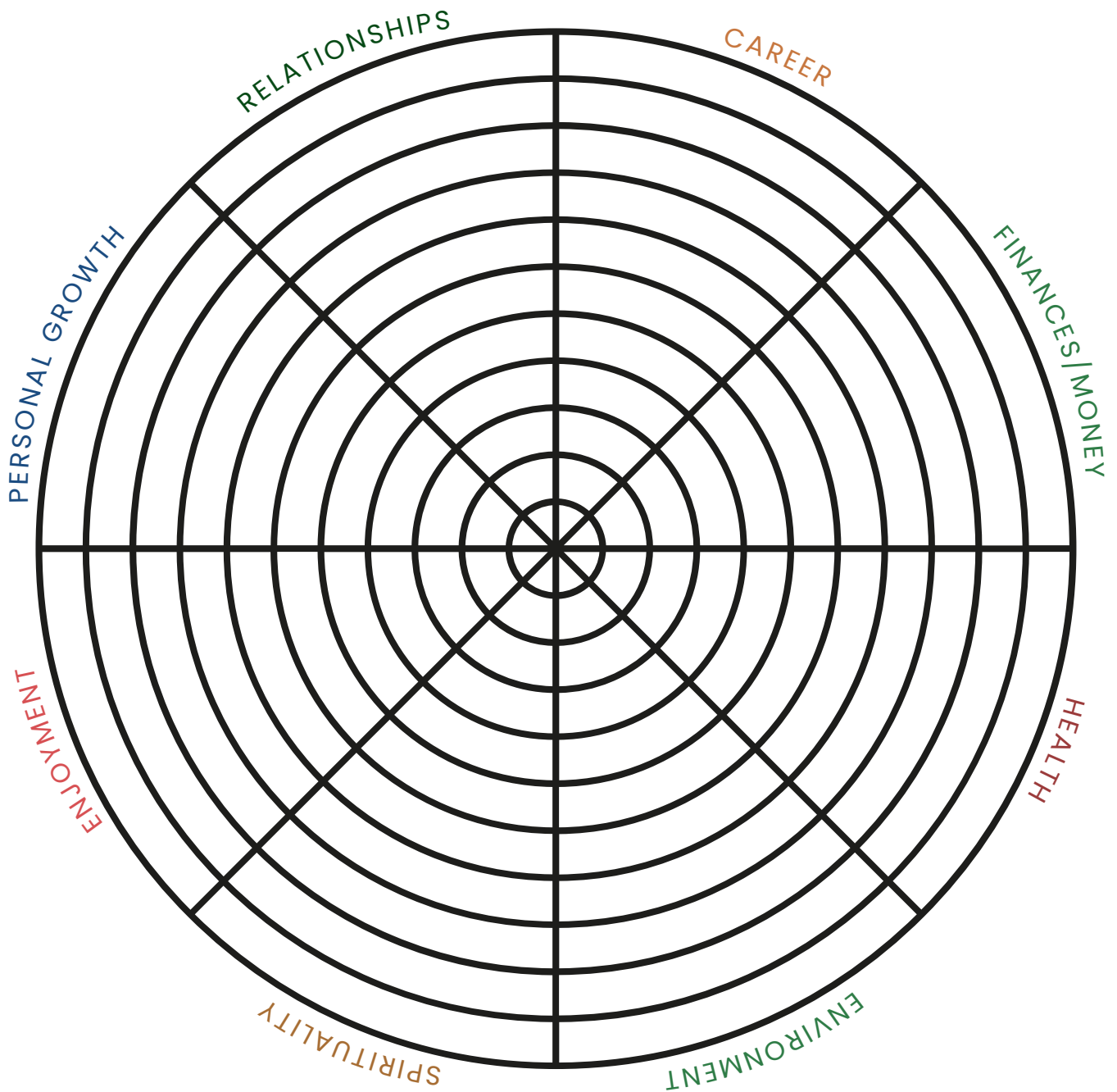
SLEEP MORE



HEALTHY FOOD

WHEEL OF LIFE®

Finding Balance



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 Finding Balance

- **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

Finding Balance

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 energy levels without guilt.

Every "no" I say makes room for a more powerful "yes."

I am allowed to do less and still be enough.

I trust myself to choose what nurtures me today.

My life doesn't have to be perfectly balanced to be beautifully lived.

I deserve moments of joy, stillness, and delight.

Finding Balance

GOALS

1

2

3

4

5

6

7

8

Monthly Goals

1

2

3

4

5

6

7

8

Journaling Prompts for Finding Balance

When do I feel most aligned — like myself? What helps me stay there?

What expectations am I ready to let go of to feel more ease in my days?

Who or what drains me — and how can I create loving boundaries around that?

What tiny ritual helps me reset when I feel overwhelmed?

In what ways have I already created balance in my life?

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

Cherry Balance Mocktail

CATEGORY

Mocktail

PREP TIME

2min

COOK TIME

INGREDIENTS

- *1/2 cup pure tart cherry juice (unsweetened if possible)*
- *1/2 cup sparkling water or plain kombucha*
- *1-2 tsp fresh lime juice*
- *A few mint leaves, gently crushed*
- *Optional: splash of coconut water for extra hydration*
- *Ice cubes*
- *Frozen cherries or lime slices for garnish*



INSTRUCTIONS

- *Fill a glass with ice and drop in your crushed mint leaves.*
- *Pour in the tart cherry juice, lime juice, and coconut water (if using).*
- *Top with sparkling water or kombucha.*
- *Stir gently, garnish with a few frozen cherries or a slice of lime.*
- *Sip slowly. Breathe deeply. You deserve this.*

Mocktail Mood Tip:

- *Serve it in your favorite glass. Add a straw. Go sit outside. Let yourself be for a few minutes – no multitasking allowed.*

Recipe card



DIFFICULTY

NAME OF DISH

Cherry Balance Mocktail

CATEGORY

Mocktail

PREP TIME

2min

COOK TIME

INGREDIENTS

- *1/2 cup pure tart cherry juice (unsweetened if possible)*
- *1/2 cup sparkling water or plain kombucha*
- *1-2 tsp fresh lime juice*
- *A few mint leaves, gently crushed*
- *Optional: splash of coconut water for extra hydration*
- *Ice cubes*
- *Frozen cherries or lime slices for garnish*



MOCKTAIL MOOD TIP:

Serve it in your favorite glass. Add a straw. Go sit outside. Let yourself be for a few minutes – no multitasking allowed.

INSTRUCTIONS

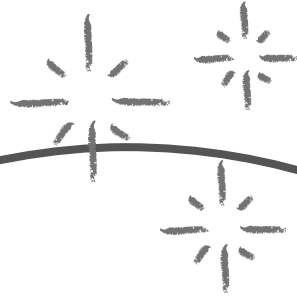
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- *Top with sparkling water or kombucha.*
- *Stir gently, garnish with a few frozen cherries or a slice of lime.*
- *Sip slowly. Breathe deeply. You deserve this.*

I Am Releasing

Let it go

Let it go

Let it go



Your Challenges

2025

Life Mastery
Magazine

FINDING
BALANCE



THE 7-DAY BALANCE RESET

CHALLENGE



LM MAGAZINE BY SARA FERNANDES

WELCOME!

July is all about Finding Balance

The 7-Day Balance Reset

Because balance isn't a destination – it's a rhythm you return to.

We get it. Life is... a lot. Between work, family, friends, that buzzing group chat, and the groceries you forgot to buy again, it's easy to feel like you're constantly juggling and rarely just being.

That's why we created The 7-Day Balance Reset – a simple, soulful invitation to pause, realign, and reconnect with what truly matters to you.

This isn't about doing more.
It's about choosing differently.

For 7 days, you'll get small, doable actions designed to help you reset your mind, your space, and your energy – with intention, not overwhelm. You'll also find journal prompts to reflect deeper, because balance isn't just about schedules... it's also about soul.

So whether you're mid-reinvention or just trying to make it to Friday with your sanity intact, this is your gentle nudge back to center.

You don't need to do it perfectly. You just need to show up – for you.

Let's reset, rebalance, and reclaim the rhythm that feels like home.



Monthly Planner

I start my challenge on the:

MON.

TUE.

WED,

THUR.

FRI.

SAT.

SUN.

The 7-Day Balance Reset

CHALLENGE

A gentle challenge to help you realign your time, energy, and attention – one small shift at a time.

Designed for everyday midlife women juggling work, family, and personal goals.

Each day invites you to try one simple, grounding action. No pressure. No perfection. Just a loving reset to bring more space and intention into your week.



Balance isn't about doing everything. It's about doing what matters – with intention.

You can repeat this challenge anytime life starts to feel out of rhythm.

Printable Checklist: **7-Day Balance Reset**

Instructions:

Check off one action each day. Keep it simple. Keep it intentional. Come back to balance in your own beautiful way.

✓ Mindful Monday

- I wrote down 3 things that help me feel grounded.

✓ Time Check Tuesday

- I tracked my time and noticed what drains or fuels me.

✓ Wellbeing Wednesday

- I blocked off one hour just for me – no guilt attached.

✓ Thoughtful Thursday

- I reflected on where I'm overgiving and set one small boundary.

✓ Flexible Friday

- I canceled, moved, or delegated one thing to create more space.

✓ Soulful Saturday

- I did one joyful thing, just because it made me feel alive.

✓ Sunday Snapshot

- I reflected on what worked this week and what I'd like to shift.















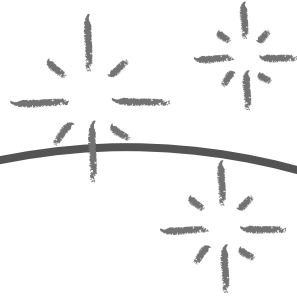






Congratulations!





More Resources

2025

Life Mastery
Magazine

FINDING
BALANCE

Healthy me

RECIPE CARD

○ ○ ○ ○ ○
DIFFICULTY

NAME OF DISH

CATEGORY

PREP TIME

COOK TIME

INGREDIENTS

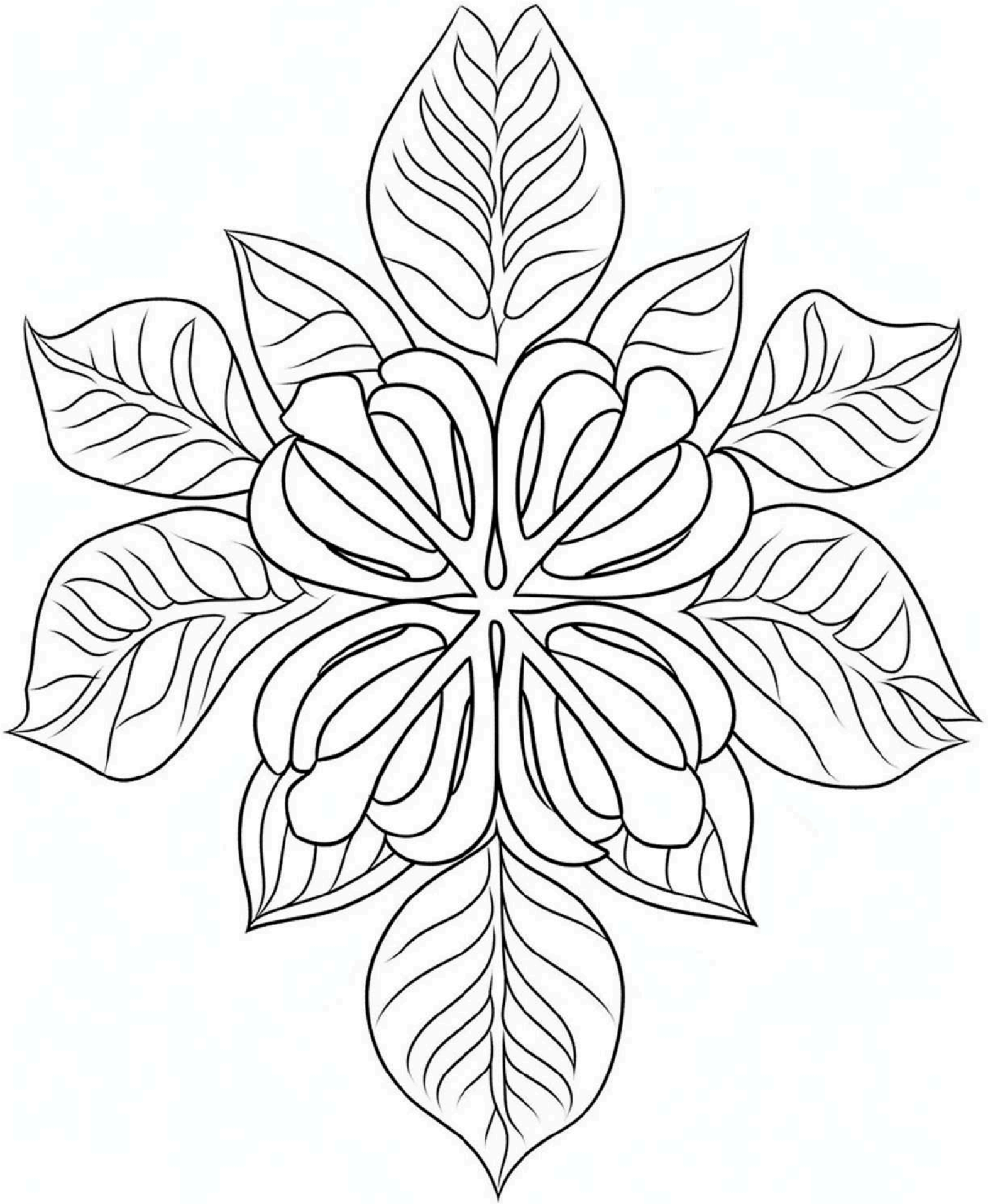
INSTRUCTIONS

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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.

