

# LM MAGAZINE

BINDER

Create

**UNLEASHING  
THE ARTIST  
WITHIN**

# 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](http://www.lifemasterymagazine.com)

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# LM *BINDER*™

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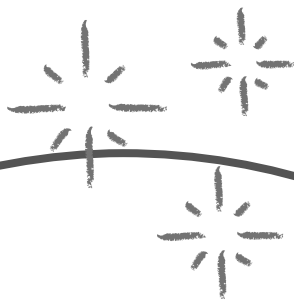
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# WELCOME!!!

## 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.



# Creativity

2025

LM  
Magazine

# August 2025

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	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	2	3	4	5	6

Allow yourself *joy*

# 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

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# 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

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\_\_\_\_\_

# 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



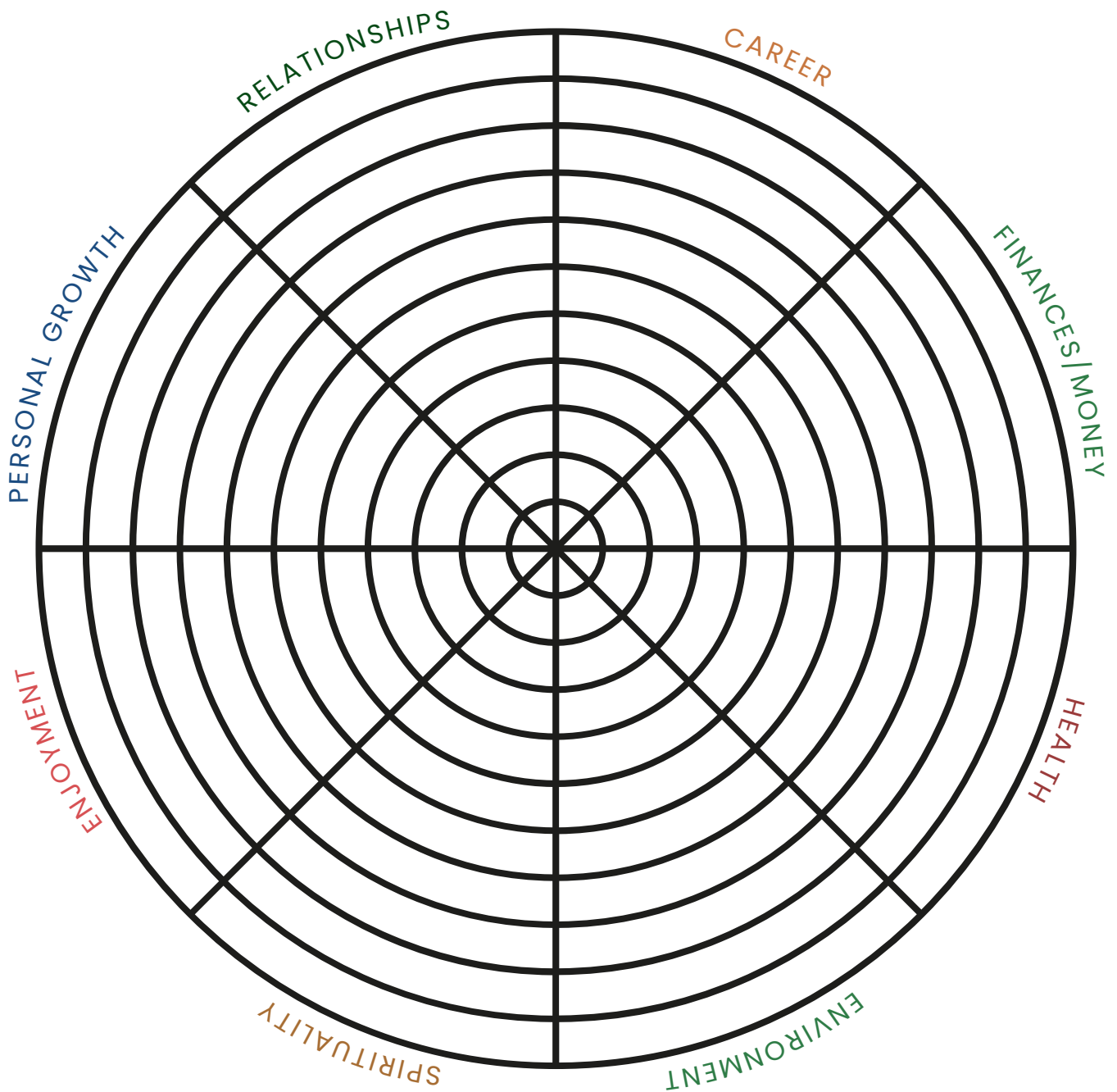
SLEEP MORE



HEALTHY FOOD

# WHEEL OF LIFE®

*Creativity*



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

## Creativity

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 the creative spark that still lives within me.

Every day offers a fresh canvas for my ideas, joy, and imagination.

I am worthy of time, space, and freedom to create.

Mistakes and messes are part of my creative process.

Inspiration flows easily when I slow down and listen.

My creativity is not defined by age—it's defined by courage.



# Creativity GOALS

1

2

3

4

5

6

7

8

# Monthly Goals

1

2

3

4

5

6

7

8

# Journaling Prompts for Creativity

How does my life experience shape my creative voice or vision today?

What does "being an artist" mean to me now?

In what ways have I been silencing or dismissing my creative self?

What would I create if I knew no one would judge me—not even me?

What small act of creativity can I make space for this week?



# 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

✓ ○ ○ ○ ○ ○  
DIFFICULTY

NAME OF DISH  
*Fig & Goat Cheese Toast*

CATEGORY  
*Snack*

PREP TIME  
*2min*

COOK TIME

## INGREDIENTS

- *A slice of your favorite bread, toasted*
- *A smear of creamy goat cheese or plant-based alternative*
- *2-3 fresh fig slices*
- *Drizzle of honey or balsamic glaze*
- *Sprinkle of crushed walnuts or pistachios*



## INSTRUCTIONS

- *Toast your slices of bread*
- *spread creamy goat cheese or your alternative cheese*
- *Add the figs, sliced on top*
- *Drizzle with honey or glaze*
- *Add the nuts and if you decided to add flowers or thyme now is the moment to sprinkle them on top!*
- *Enjoy!*

Optional:

*a few thyme leaves or edible flowers for flair*

# Recipe card



DIFFICULTY

NAME OF DISH

*Fig & Goat Cheese Toast*

CATEGORY

*Snack*

PREP TIME

*2min*

COOK TIME

## INGREDIENTS

- *A slice of your favorite bread, toasted*
- *A smear of creamy goat cheese or plant-based alternative*
- *2-3 fresh fig slices*
- *Drizzle of honey or balsamic glaze*
- *Sprinkle of crushed walnuts or pistachios*



## OPTIONAL

*a few thyme leaves or edible flowers for flair*

## INSTRUCTIONS

- *Toast your slices of bread*
- *spread creamy goat cheese or your alternative cheese*
- *Add the figs, sliced on top*
- *Drizzle with honey or glaze*
- *Add the nuts and if you decided to add flowers or thyme now is the moment to sprinkle them on top!*
- *Enjoy!*

# I Am Releasing

Let it go

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Let it go

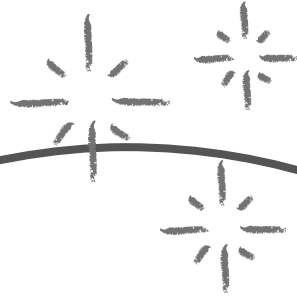
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Let it go

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# Your Challenges

2025

Life Mastery  
Magazine

CREATIVITY

7 DAYS TO  
UNLEASH  
YOUR INNER  
ARTIST  
CHALLENGE



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LM MAGAZINE BY SARA FERNANDES

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# WELCOME!

## July is all about Creativity

### 7 Days to Unleash Your Inner Artist

A Creative Challenge for Everyday Midlife Magic

*You don't need fancy supplies.*

*You don't need talent or a plan.*

*You just need a little space, a little curiosity, and a willingness to explore.*

Each day invites you to try something simple, creative, and soul-nourishing. Whether you're navigating a life transition, rediscovering your passions, or just want a spark of joy—this is for you.

#### **Want More?**

Inside the Life Mastery Circle, we keep the creative spark alive with:

- Gentle co-working sessions
- Creative journaling prompts
- Masterclasses on mindset & self-expression
- Support for both personal growth and creative business projects

You don't have to go it alone. Come sit with us. 🎨💛



# Monthly Planner

I start my challenge on the:

\_\_\_\_\_

MON.

TUE.

WED,

THUR.

FRI.

SAT.

SUN.




# Printable Checklist:

## 7 Days to Unleash Your Inner Artist

### Instructions:

Use this checklist to track your progress, celebrate your creative courage, and gently hold yourself accountable as you reconnect with your inner artist.

#### Day 1: Permission to Play

- Revisit something you loved as a child
- Journal: "If I didn't have to be good at it, I'd love to try..."
- Take a tiny action toward your childhood joy

#### Day 2: Create with No Outcome

- Set a 10-minute timer and make something—just because
- Pick a song to inspire your mood
- Let go of rules and perfection

#### Day 3: Beauty Hunt

- Go for a walk and find 3 small, beautiful things
- Capture them in a photo, sketch, or journal
- Reflect: "Beauty I noticed today... and what it reminded me of..."

#### Day 4: A Letter to Your Creative Self

- Write a heartfelt letter to your creative self
- (Bonus) Write a response from her
- Notice what she wants you to know

#### Day 5: Make Something Ugly

- Create something purposely imperfect or silly
- Dance, draw, write badly—and laugh!
- Let go of perfection and embrace creative freedom

#### Day 6: Use Your Hands

- Choose a non-digital, hands-on activity (cook, paint, knit, etc.)
- Slow down and enjoy the tactile process
- Notice how your body feels as you create

#### Day 7: Declare a Creative Intention

- Write your midlife creative manifesto
- Read it out loud or share it with someone
- Celebrate finishing the challenge—You did it!































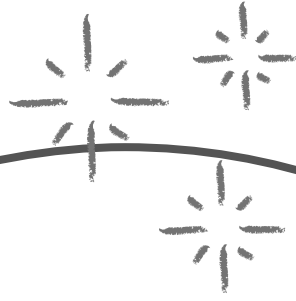






*Congratulations!*





# More Resources

2025

Life Mastery  
Magazine

CREATIVITY

# Healthy me

RECIPE CARD

○ ○ ○ ○ ○  
DIFFICULTY

NAME OF DISH

CATEGORY

PREP TIME

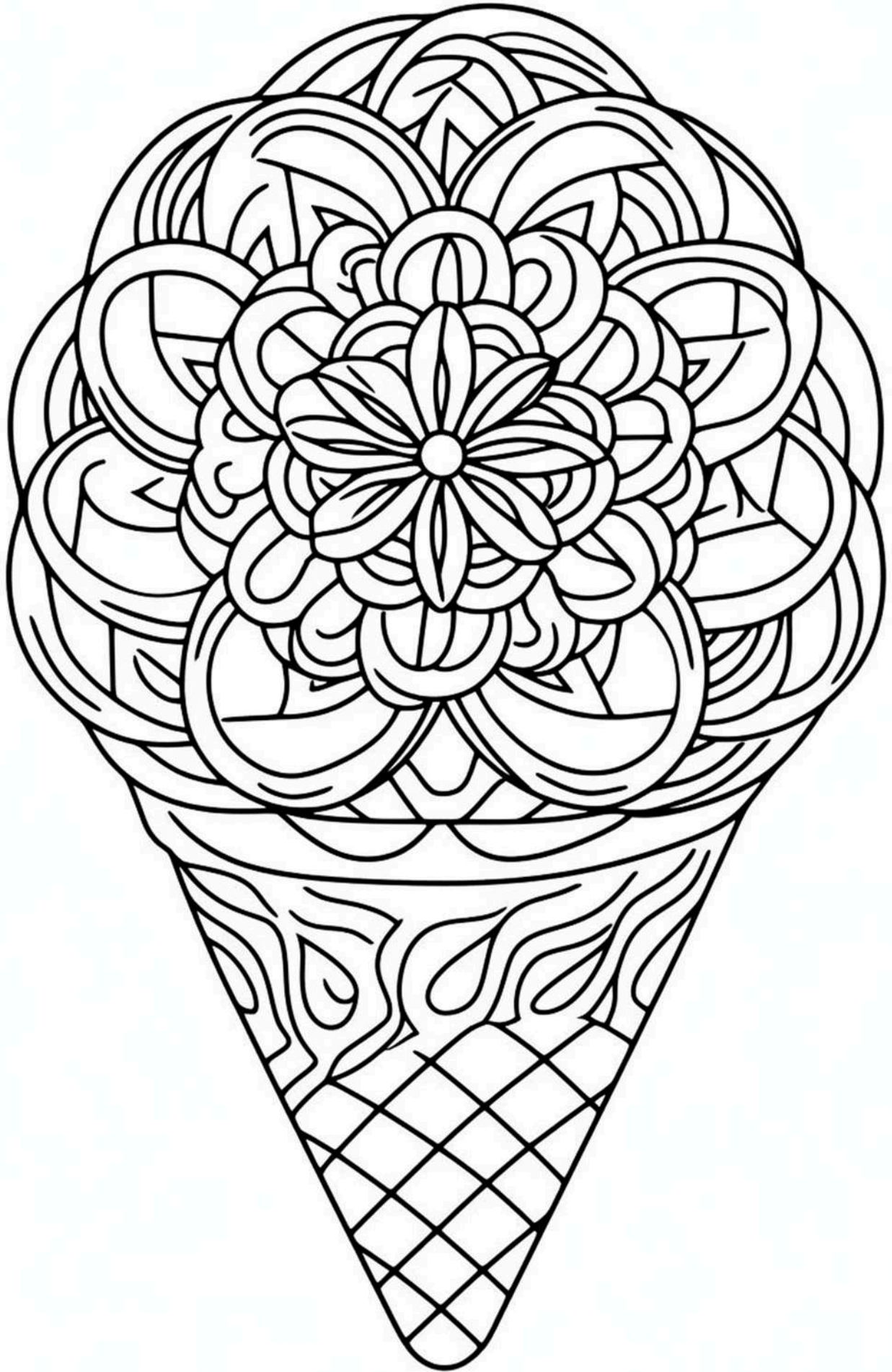
COOK TIME

INGREDIENTS

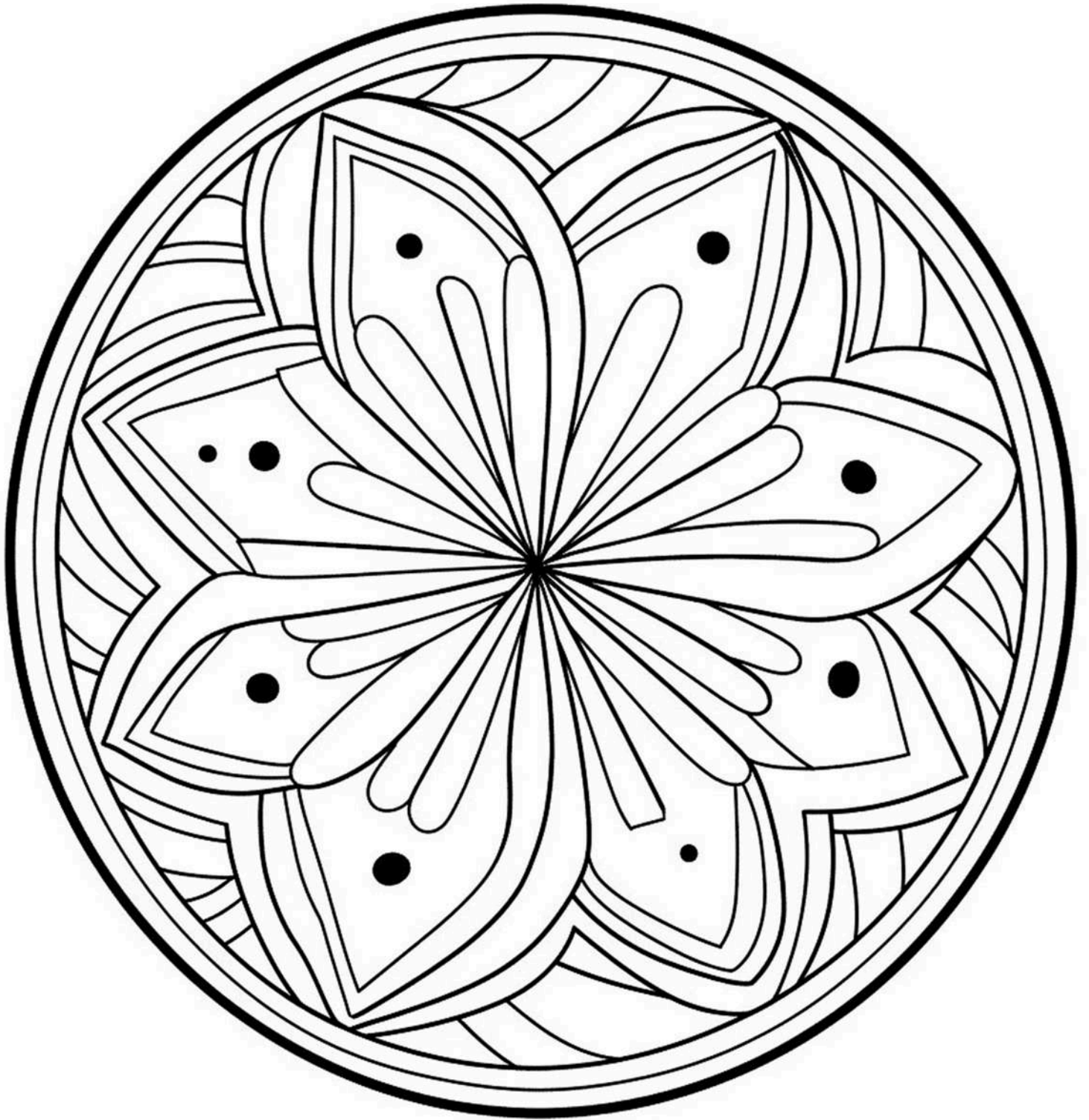
INSTRUCTIONS

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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.





