



LM MAGAZINE

BINDER

**Self-Care
Strategies
for the
Busy
Midlife
Woman**

N°18 - OCT / 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



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LM *BINDER*™

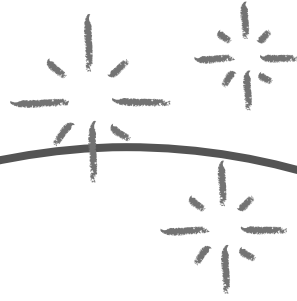
WELCOME!!!

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.

SELF
CARE



SELF CARE

2025

LM
Magazine

October 2025

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
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26	27	28	29	30	31	1

Be kind

to your mind

Daily Self-Care

DATE : _____

M T W T F S S

C H E C K L I S T

- MAKE YOUR BED
- TAKE YOUR MEDICATIONS & VITAMINS
- SKINCARE ROUTINE
- HEALTHY MEALS
- GO FOR A WALK
- CLEANING HOUSE
- WASHING CLOTHES
- LISTEN TO MUSIC
- HAVE A POWER NAP
- SOCIAL MEDIA BREAK
- TAKE A LONG BATH
- DO A FACE MASK
- CALL A FRIEND OR FAMILY
- MEDITATION
- WATCH A MOVIE
- CUDDLE A PET OR HUMAN
- TRY A NEW RESTAURANT
- MAKE TIME TO READ
- TRY A NEW RECIPE
- NO PHONE 30 MINS BEFORE BED

WORKOUT

- CARDIO
- WEIGHT
- YOGA
- STRETCH
- REST DAY
- OTHER

THINGS THAT MADE ME HAPPY TODAY

HOURS OF SLEEP (Hours)



HYDRATION (Glass)



MOOD



Daily Wellness

TODAY I FEEL

TODAY'S MANTRA

WEATHER



NOTES

DATE : _____

M T W T F S S

TODAY'S AFFIRMATION

TODAY I'M PROUD OF

TODAY'S GOAL

TOMORROW'S PLAN

Habit Tracker

September

#	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

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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 _____

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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



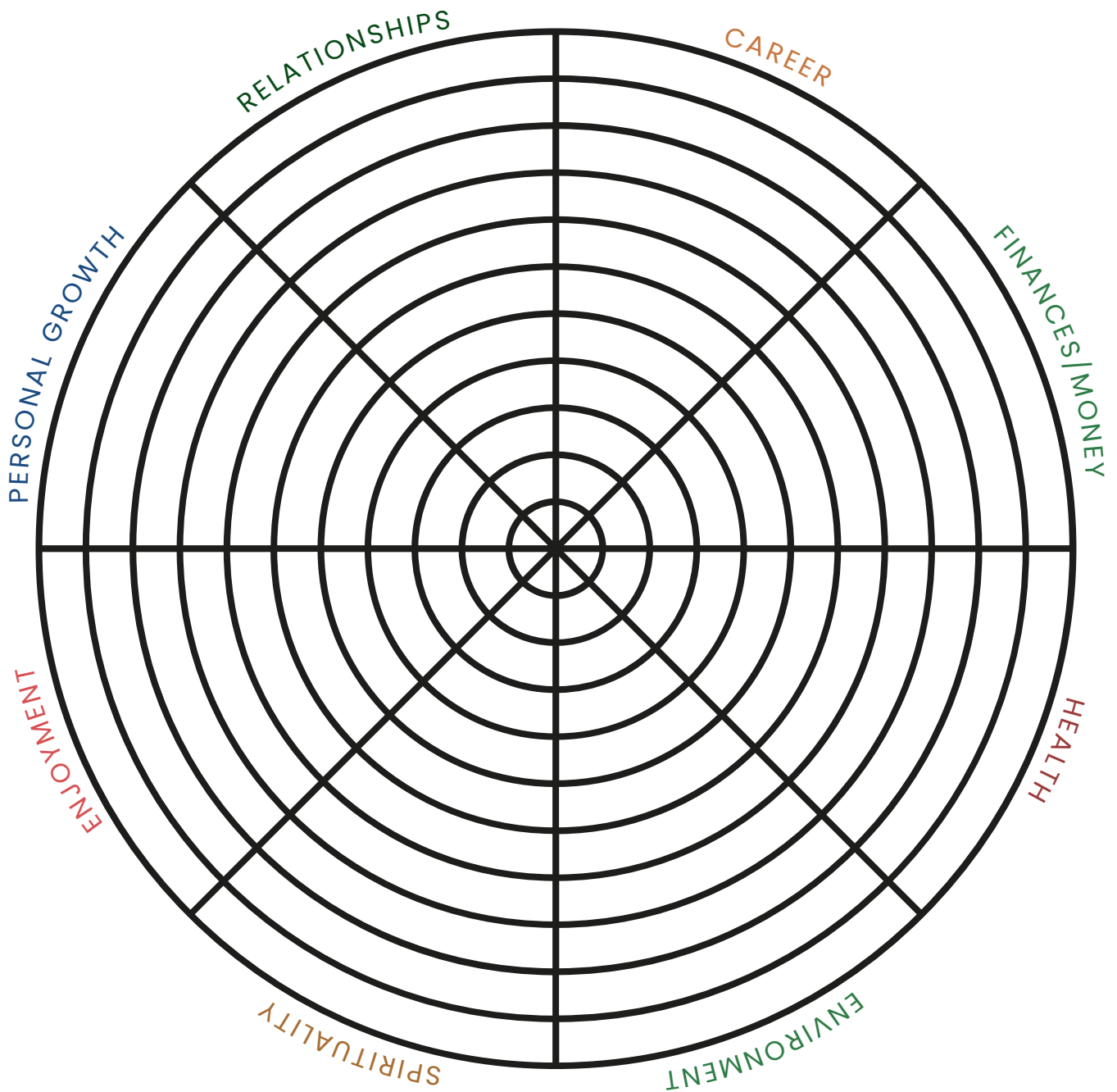
SLEEP MORE



HEALTHY FOOD

WHEEL OF LIFE[®]

Self-Care



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.

CREATE YOUR OWN VERSION OF “WHEEL OF LIFE” WITH THESE:

Self-Care Wheel of Life Categories

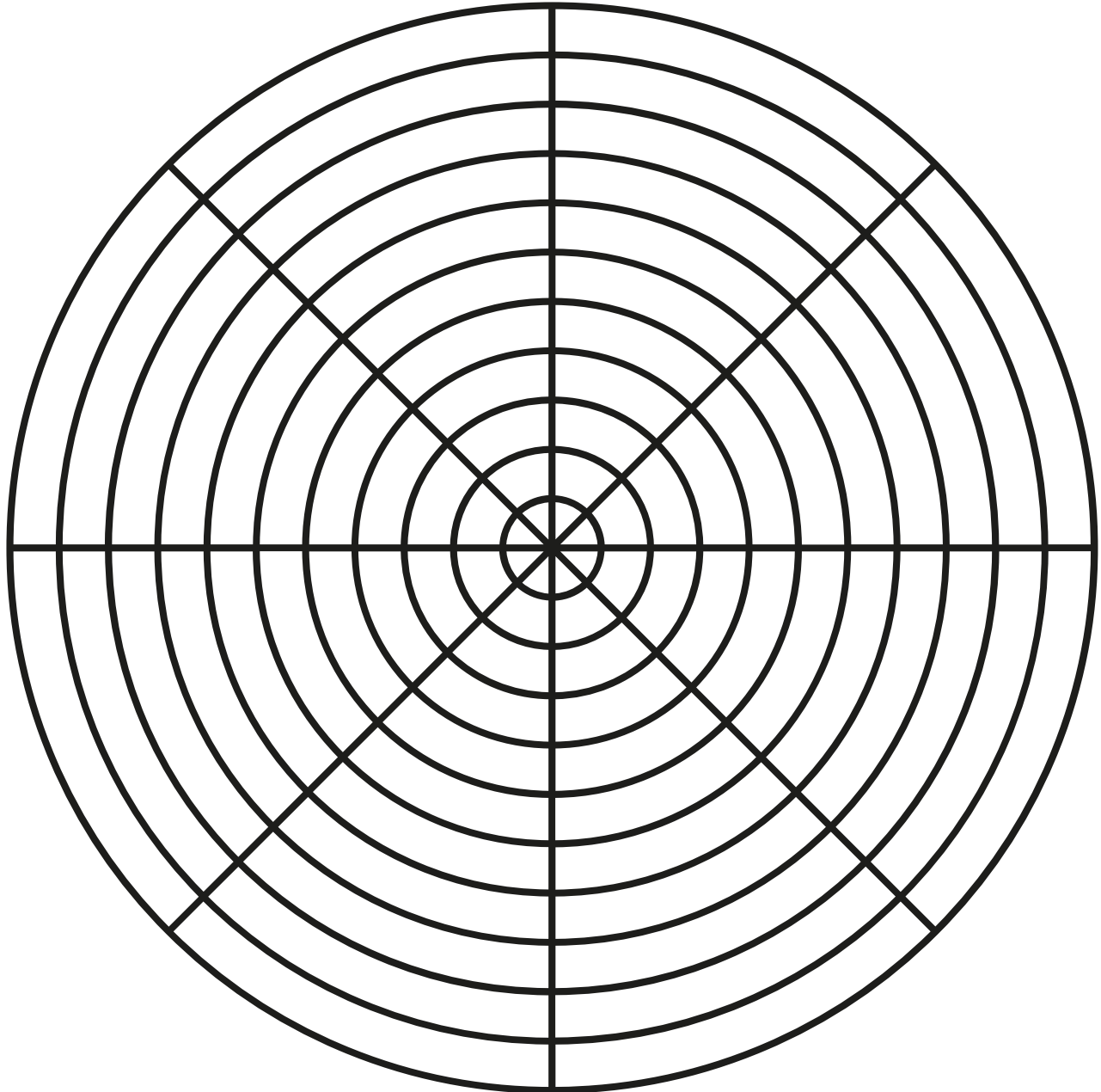
- Rest & Sleep 🛌 — Am I giving my body and mind enough downtime?
- Movement 🧘♀️ — Do I move in ways that feel good and energizing?
- Nourishment 🥗 — Am I feeding myself foods that support my energy and well-being?
- Connection 💬 — Do I nurture relationships that lift me up?
- Boundaries 📅 — Am I protecting my time, energy, and emotional health?
- Joy & Fun 🌸 — Do I create space for activities that make me happy?
- Mindfulness 🌿 — Am I present, or do I rush through life on autopilot?
- Personal Growth 📖 — Do I make room for learning, creativity, or reflection that nourishes my spirit?

How to Use It

1. Use the wheel on the next page.
 2. Label each wedge with one of the categories above.
 3. Score yourself from 1 (low) to 10 (high) in each area based on how well you're caring for yourself there.
 4. Shade in the sections to create your “wheel.”
- 👉 The goal isn't to have a perfect 10 everywhere — it's to notice where you might be running on empty and choose one gentle action to restore balance.

WHEEL OF LIFE[®]

Self-Care



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

Self-Care

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 can create calm moments, even in busy days.

I am worthy of joy, peace, and comfort.

Self-care is not something I earn — it's my birthright.

Small steps add up to powerful change.

I choose to listen to my needs with compassion.

I am learning to refill my cup in ways that feel good to me.

Self-Care GOALS

1

2

3

4

5

6

7

8

Monthly Goals

1

2

3

4

5

6

7

8

Journaling Prompts for Self-Care

Which small daily habit helps me feel most grounded?

What are three activities or rituals that bring me joy?

Where in my life am I over-giving, and how can I rebalance that?

How do I want to feel at the end of each day?

What's one thing I can say "no" to this week to create more space for myself?

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
Golden Chamomile Honey Tea

CATEGORY
Drink

PREP TIME
10 min

COOK TIME

INGREDIENTS

- *1 chamomile tea bag (or 1 tbsp dried chamomile flowers)*
- *1 cup hot water*
- *1 tsp raw honey*
- *Optional: a pinch of cinnamon or turmeric for warmth*



INSTRUCTIONS

- *Steep chamomile in hot water for 5-7 minutes.*
- *Stir in honey (and spice, if using).*
- *Sip slowly, breathe deeply, and let your day soften.*
- *Enjoy!*

Recipe card



DIFFICULTY

NAME OF DISH

Golden Chamomile Honey Tea

CATEGORY

drink

PREP TIME

10 min

COOK TIME

INGREDIENTS

- *1 chamomile tea bag (or 1 tbsp dried chamomile flowers)*
- *1 cup hot water*
- *1 tsp raw honey*
- *Optional: a pinch of cinnamon or turmeric for warmth*



INSTRUCTIONS

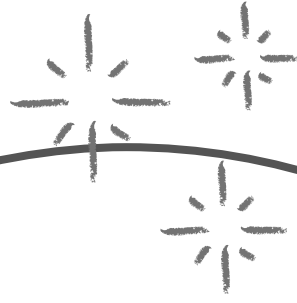
- *Steep chamomile in hot water for 5-7 minutes.*
- *Stir in honey (and spice, if using).*
- *Sip slowly, breathe deeply, and let your day soften.*
- *Enjoy!*

I Am Releasing

Let it go

Let it go

Let it go



Your Challenges

2025

Life Mastery
Magazine

SELF
CARE

Magnet

30

SELF-CARE

Mini-Challenge



WELCOME!

Getting Started

Welcome to the Self-Care Mini Challenge!

Get ready to prioritize your well-being and experience a refreshing journey over the next four days! This challenge is all about taking small, intentional steps to nurture your body, mind, and soul. By the end, you'll have integrated self-care practices that support a balanced and fulfilling life.

Each day of the challenge builds upon the last, creating a powerful routine that elevates your overall well-being. Day 1 is all about resetting your morning ritual, where you'll discover how to start your day with mindfulness and intention. A great day begins with a great morning, so this foundational step sets the tone for everything that follows.

On Day 2, we'll focus on nourishing your body through healthy eating and movement. Self-care isn't just about relaxation; it's also about fueling yourself with the energy you need to thrive. By honoring your body, you'll feel more energized and aligned with your goals.

Day 3 shifts our focus to mental and emotional detox. In this busy world, it's easy to let stress and negativity build up. This day will help you clear that mental clutter, release unhelpful thoughts, and create space for gratitude and positivity.

Finally, Day 4 is about reconnection and recharging. You'll reconnect with yourself through stillness and reflection while also strengthening your relationships with loved ones. By recharging both internally and externally, you'll feel grounded and ready to take on life's challenges.

This isn't just a quick fix—it's an invitation to create lasting habits that nourish your well-being long after the challenge ends. Self-care is a lifelong practice, and these next four days are just the beginning of your journey toward a healthier, more balanced you.

I encourage you to find an accountability partner, share your progress with me, or within our Magnet 30 community. Having someone to share your journey with will help you stay on track and celebrate your wins along the way. If you'd like additional support or guidance, just reach out—I'm here for you!

Let's dive in with enthusiasm and commitment to yourself. You deserve this time, this care, and this focus.

To Your Best Life,
Mary Farias (mary@magnetminddevelopment.com)

Magnet Mind Development



SELF-CARE

Mini-Challenge Overview



Morning Ritual Reset



Nourishing Your Body



Mental & Emotional Detox



Reconnect & Recharge



Long-Term Self-Care Practices



DAY 1

Morning Ritual Reset

Welcome to Day 1 of our 4-Day Self-Care Mini Challenge!

Rise & Shine! Reset Your Morning for Self-Care Success. Today, we're focusing on the power of a mindful morning routine to set the tone for your day, boosting your energy, clarity, and intention.

Objective: Start your day with intentional self-care to boost energy and mental clarity. **Action Steps:**

1. **Hydrate First:** Begin your morning by drinking a glass of water before anything else to rehydrate your body.
2. **Mindful Movement:** Spend 5-10 minutes stretching or doing light yoga to wake up your muscles. Focus on your breath and how your body feels.
3. **Morning Intention Setting:** Before diving into your day, take 5 minutes to set an intention. You can do this by writing in a journal or silently reflecting on what kind of day you want to have.
4. **Digital Detox (First Hour):** Avoid checking your phone or emails for the first hour of your day. Use this time for yourself, whether it's meditation, reading, or simply enjoying your breakfast.

[Watch Day 1 Video](#)



DAY 2

Nourishing Your Body

Welcome to Day 2 of our 4-Day Self-Care Mini Challenge!

Today, we're honing in on nourishing your body with healthy food and movement, helping you feel revitalized and deeply connected to your physical well-being.

Objective: Focus on nurturing your body with mindful eating and movement.

Activities:

1. **Eat a Nutritious Meal:** Today, plan one meal with fresh, whole foods that make you feel energized. Eat slowly, savoring each bite, and enjoy the experience.
2. **Get Moving:** Set aside 20-30 minutes for physical activity. Whether it's a walk, a workout, or dancing to your favorite music, get your body moving.
3. **Body Gratitude:** Spend a few moments thanking your body for everything it does for you. Write down 3 things you're grateful for about your body and its abilities.
4. **Unwind and Stretch Before Bed:** Do 5-10 minutes of gentle stretches or deep breathing before bed to release any tension from the day.

[Watch Day 2 Video](#)



MY BODY GRATITUDE

A series of horizontal dotted lines for writing.



DAY 3

Mental & Emotional Detox

Welcome to Day 3 of our 4-Day Self-Care Mini Challenge!

Today, we're focusing on clearing mental and emotional clutter, helping you release negative thoughts and embrace a more peaceful, positive mindset.

Objective: Clear your mind and nurture your emotional well-being by letting go of what no longer serves you.

1. **Declutter Your Mind:** Spend 10-15 minutes writing a brain dump or journaling to release any mental clutter. Write down any thoughts, worries, or to-do lists that are on your mind.
2. **Practice Gratitude:** List 5 things you are grateful for right now. This simple practice can shift your perspective and elevate your mood.
3. **Emotional Check-In:** Pause for 5 minutes today to check in with your emotions. Ask yourself, "How am I feeling today?" Allow yourself to feel without judgment and reflect on what you need emotionally.
4. **Let Go of Negativity:** Identify one thought, belief, or habit that isn't serving you and make a commitment to let it go. Write it down and symbolically release it by tearing up the paper or deleting the note.

[Watch Day 3 Video](#)



DAY 4

Reconnect & Recharge

Welcome to the final day of our 4-Day Self-Care Mini Challenge!

Today, we're reconnecting with yourself and others, creating moments of reflection and meaningful connection to recharge and feel grounded.

Objective: Reconnect with yourself and loved ones to feel more grounded and fulfilled.

Action Steps:

1. **Solo Reflection Time:** Spend 10 minutes in stillness—no phones, no distractions. Use this time to reflect on how you're feeling after the last few days and what you need moving forward.
2. **Connect with Someone You Care About:** Reach out to a friend or family member today. Have a meaningful conversation, or simply let them know you're thinking of them. Human connection is an essential part of self-care.
3. **Do Something You Love:** Engage in an activity you truly enjoy, whether it's reading, creating art, cooking, or any hobby that brings you joy. Prioritize this time for yourself.
4. **Prepare for Rest:** Create a calming nighttime routine tonight. Dim the lights, put away your devices, and unwind with something relaxing like a warm bath, reading, or meditation.

[Watch Day 4 Video](#)



JOURNAL YOUR THOUGHTS

A series of horizontal dotted lines for journaling.



BONUS SECTION

Long-Term Self-Care Practices

Self-care is not a one-time event—it's a lifelong practice. Here are a few bonus tips to keep you on track even after the challenge:

- 1. Create a Weekly Self-Care Check-In:** Once a week, schedule a "self-care check-in." Reflect on how you're feeling physically, mentally, and emotionally. Adjust your self-care routine as needed to nurture any areas that need attention.
- 2. Daily Gratitude Practice:** Continue a daily gratitude practice, whether it's writing down three things you're grateful for each day or simply reflecting on them before bed.
- 3. Set Boundaries:** Protect your energy by setting clear boundaries. Say no to things that drain you and yes to what nourishes you. This applies to both your personal and professional life.
- 4. Make Time for Play:** Regularly do things that make you feel alive and joyful. Whether it's playing a sport, engaging in creative hobbies, or simply laughing with friends, fun is essential for your well-being.
- 5. Mindful Breathing:** Whenever you feel stressed or overwhelmed, practice mindful breathing. Inhale slowly through your nose, hold for a few seconds, then exhale through your mouth. Repeat for a few minutes until you feel centered.

[Watch Bonus Section Video](#)



THANK YOU

For Joining Me

Congratulations on completing the Self-Care Mini Challenge! Remember, self-care is an ongoing practice, not a one-time event. Just as Bob Proctor reminds us, we are either moving forward or falling behind—there is no standing still. To lead a balanced and fulfilling life, it's essential to stay committed to nurturing your body, mind, and spirit. Surrounding yourself with a supportive community of like-minded individuals who encourage your growth is one of the most powerful ways to ensure you continue to thrive on your journey of self-care and personal development. Keep showing up for yourself—you're worth it!

I'm here for you as a Proctor Gallagher consultant, certified to share and teach Bob Proctor's courses and materials, and I'm dedicated to helping you grow and thrive. At Magnet Mind Development, we offer a variety of options—both free and paid—designed to meet you where you are and help you move forward toward your goals.

- **Born Rich Mastery Facebook Group**: Join our free weekly mastermind meetings to study and dive deep into Bob Proctor's book *You Were Born Rich*. **Mind First Micro Course**: Start thinking and
- **acting toward your goals** with personalized 1:1 accountability—completely free. **Magnet 30**: For just \$1 a day, become part of a
- **thriving personal** growth and mastermind community.

Congratulations!



It's the
Most
Wonderful
Time
of the
Year!

Life Mastery Circle



Self Care

**Write down
your goal**

**Drink enough
water**

Eat sweets

**Go for a
long walk**

**Spend time
with loved
ones**

**Sleep for
8 hours**

**Meditate for
5 minutes**

**Create a
new playlist
of Xmas
songs**

**Cook your
favorite
meal**

**Try
something
new**

**watch a
Xmas
movie**

**Drink Hot
Chocolate**

**Walk in
nature**

**Start
journaling**

**Do a quick
workout**

**Create a
mood board**

“ Focus on the step
in front of you,
not the whole staircase. ”

Life Mastery Circle

BUDGET

planner

INCOME	AMOUNT
TOTAL:	

DEBT	PAID
TOTAL:	

FIXED EXPENSES	BUDGET	SPENT
TOTAL:		

VARIABLE EXPENSES	BUDGET	SPENT
TOTAL:		

SAVINGS	SAVED
TOTAL:	

TOTAL BUDGET		-	TOTAL SPENT		=	
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To-Do List

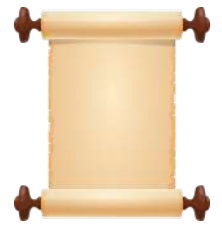
DATE:



NOTES:

Christmas List

checking it twice!



A list of 12 horizontal lines for writing, each preceded by a small square checkbox on the left side.

NOTES:

Daily Planner

DATE:

SCHEDULE

06:00

07:00

08:00

09:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00

18:00

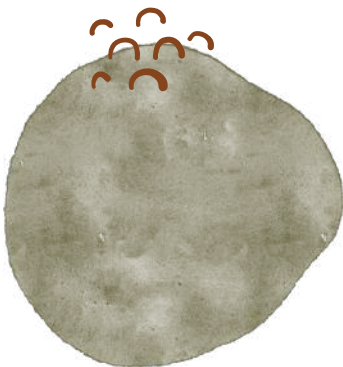
19:00

20:00

TO DO LIST



NOTES:



December 2025

MONTHLY PLANNER

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	31			

NOTES

To-Do List



DATE:

NOTES:

Christmas Meal Plan



Breakfast

Steps

-
-
-
-

Lunch

Steps

-
-
-
-

Dinner

Steps

-
-
-
-

Notes

New Year's Eve Meal Plan



Breakfast

Steps

-
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-

Lunch

Steps

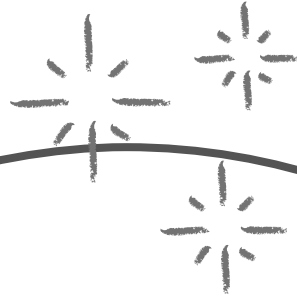
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Dinner

Steps

-
-
-
-

Notes



More Resources

2025

Life Mastery
Magazine

SELF
CARE

Healthy me

RECIPE CARD

○ ○ ○ ○ ○
DIFFICULTY

NAME OF DISH

CATEGORY

PREP TIME

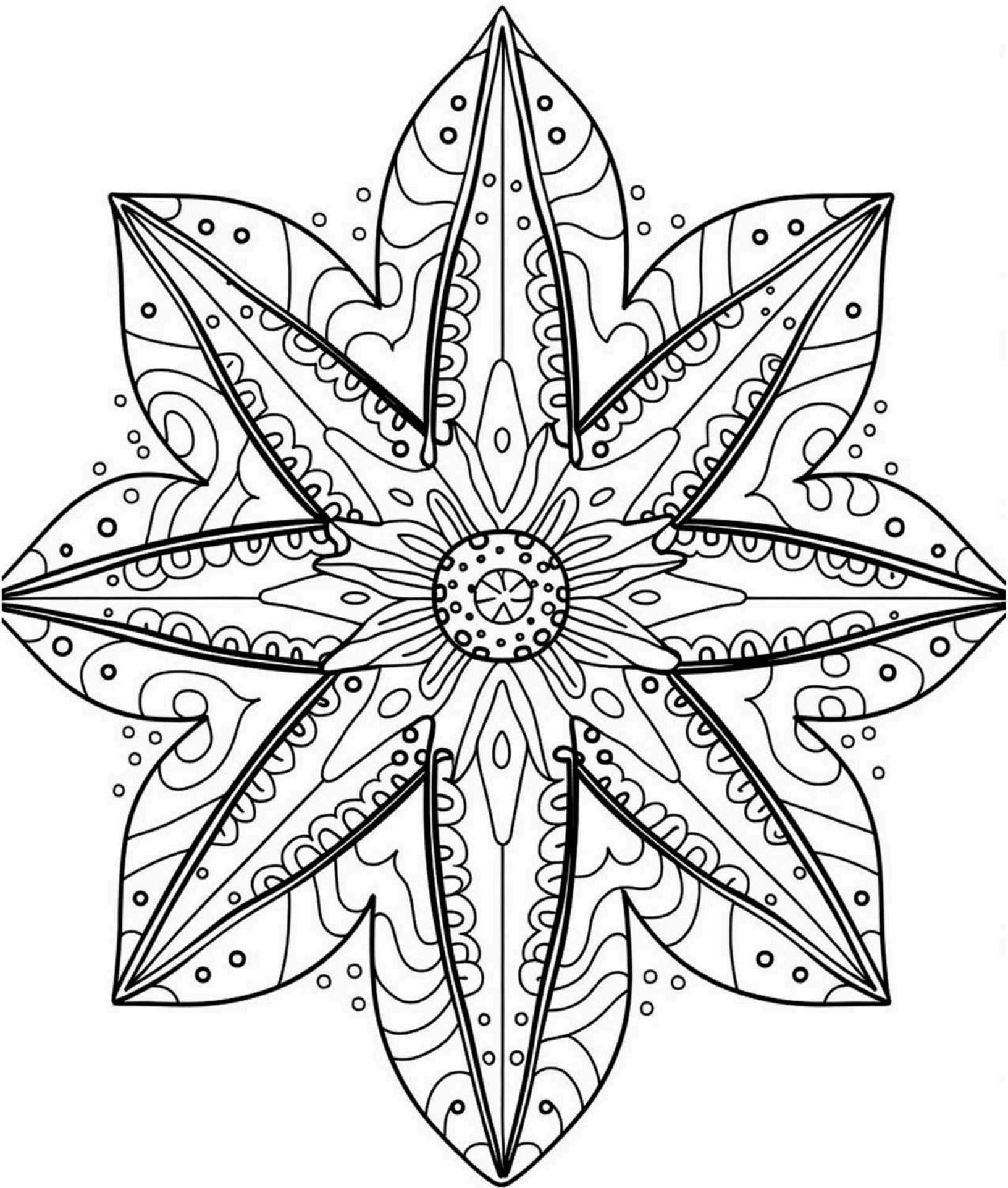
COOK TIME

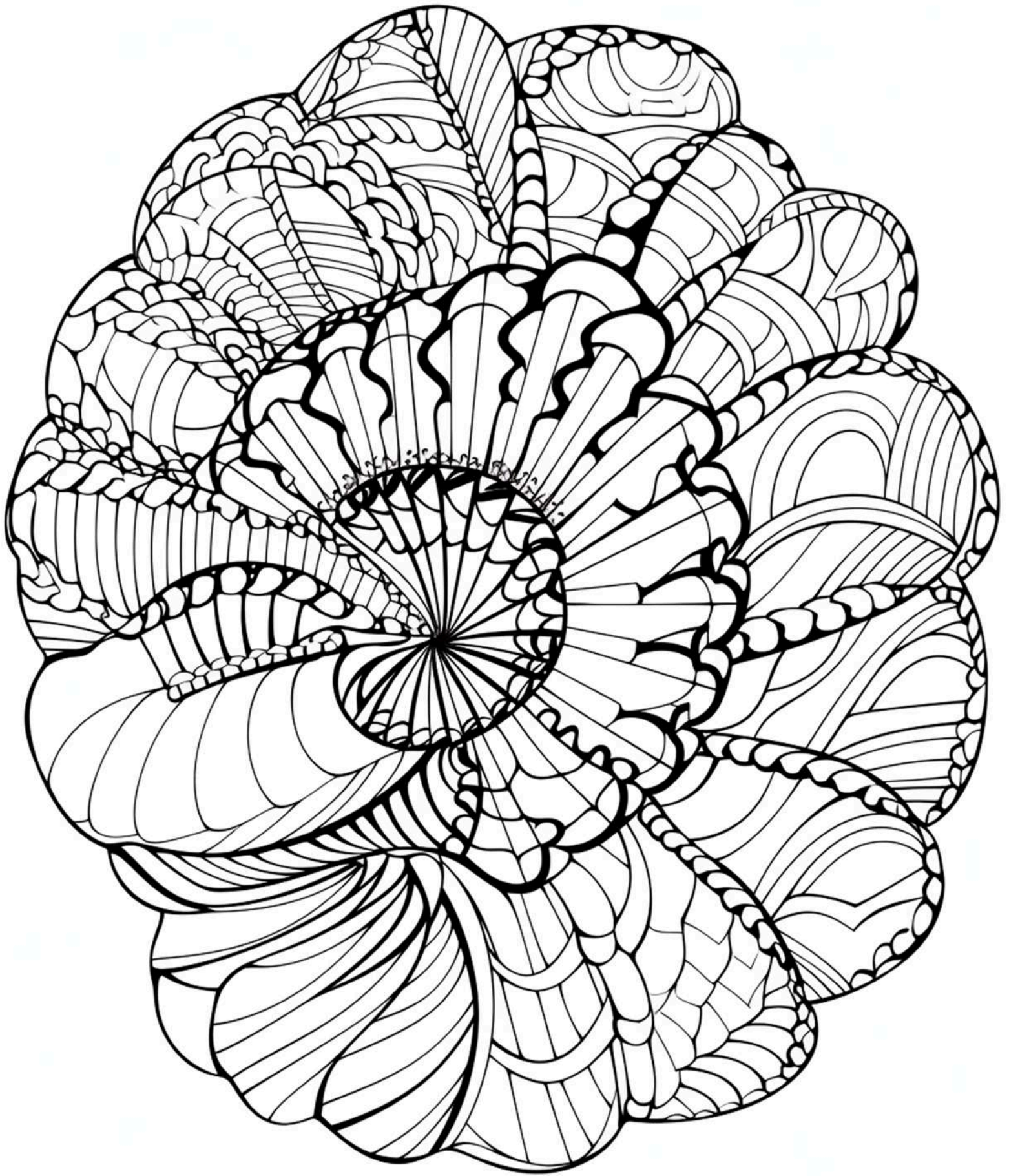
INGREDIENTS

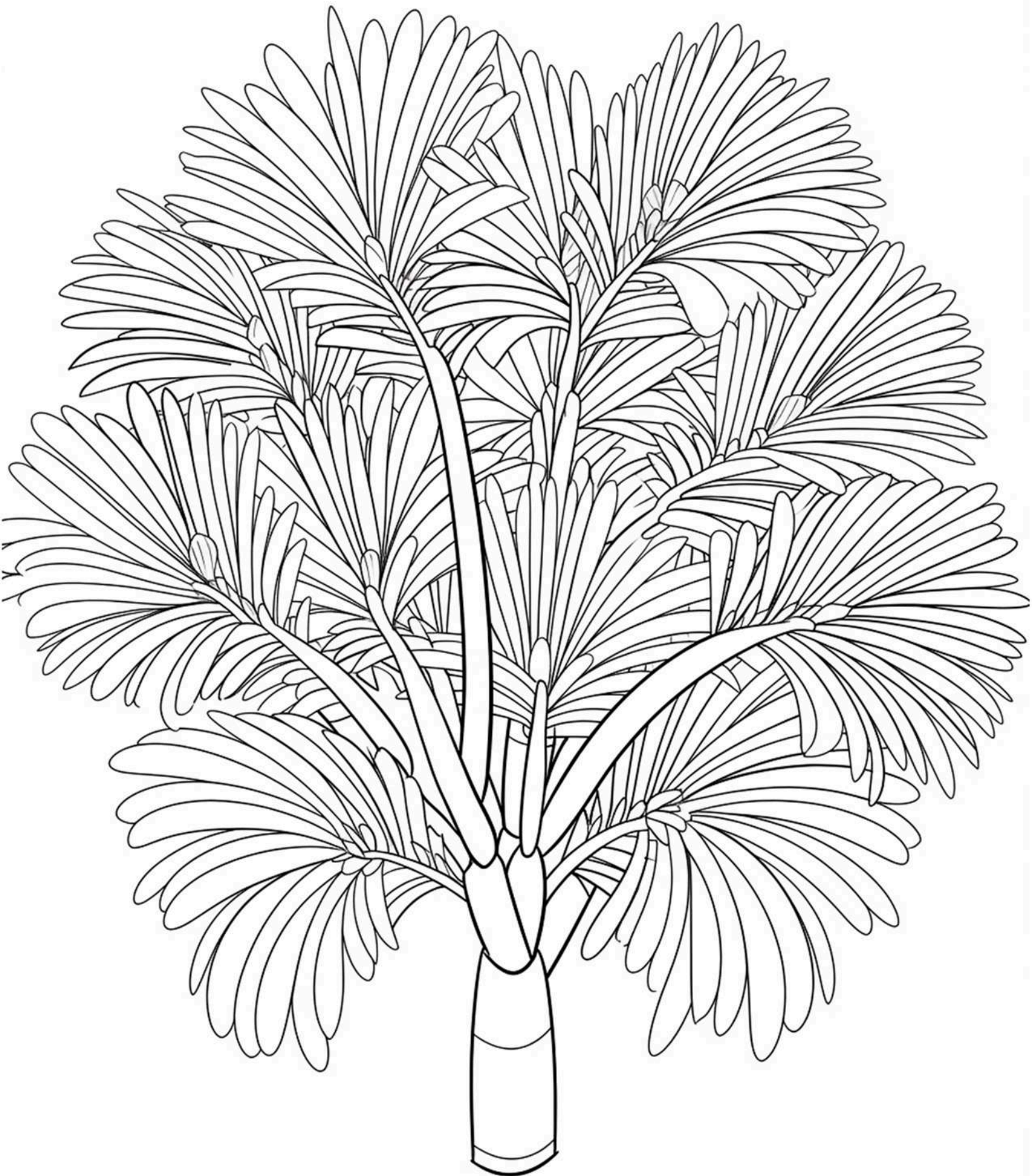
INSTRUCTIONS

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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.

