



LM MAGAZINE

**BINDER**

**The Art of  
Letting Go:  
Releasing  
What No  
Longer  
Serves You**

N° 98 - NOV / 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](http://www.lifemasterymagazine.com)

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# LM *BINDER*™

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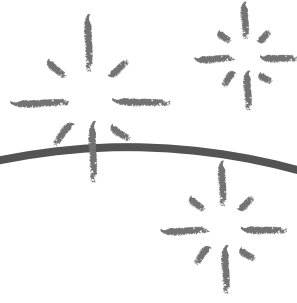
# WELCOME!!!

## 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.

THE ART OF  
LETTING GO



# THE ART OF LETTING GO

2025

LM  
Magazine

# November 2025

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| 26  | 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  | 1   | 2   | 3   | 4   | 5   | 6   |

Take a deep breath *breath*

# 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

## November

| #  | 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 |  |
|----|-------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|
| 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

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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 |
|----------|---|---|---|---|---|---|---|
| _____    | ● | ● | ● | ● | ● | ● | ● |
| _____    | ● | ● | ● | ● | ● | ● | ● |
| _____    | ● | ● | ● | ● | ● | ● | ● |
| _____    | ● | ● | ● | ● | ● | ● | ● |
| _____    | ● | ● | ● | ● | ● | ● | ● |
| _____    | ● | ● | ● | ● | ● | ● | ● |
| _____    | ● | ● | ● | ● | ● | ● | ● |

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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| _____    | ● | ● | ● | ● | ● | ● | ● |
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| _____    | ● | ● | ● | ● | ● | ● | ● |
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Week of \_\_\_\_\_

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

Notes

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# 30 Day

## CHALLENGE TRACKER

SUN

MON

TUE

WED

THU

FRI

SAT

|  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

PICK ONE... OR SIX! OR CHOOSE YOUR OWN!



WORKOUT



WALK IN NATURE



HOBBY



JOURNAL



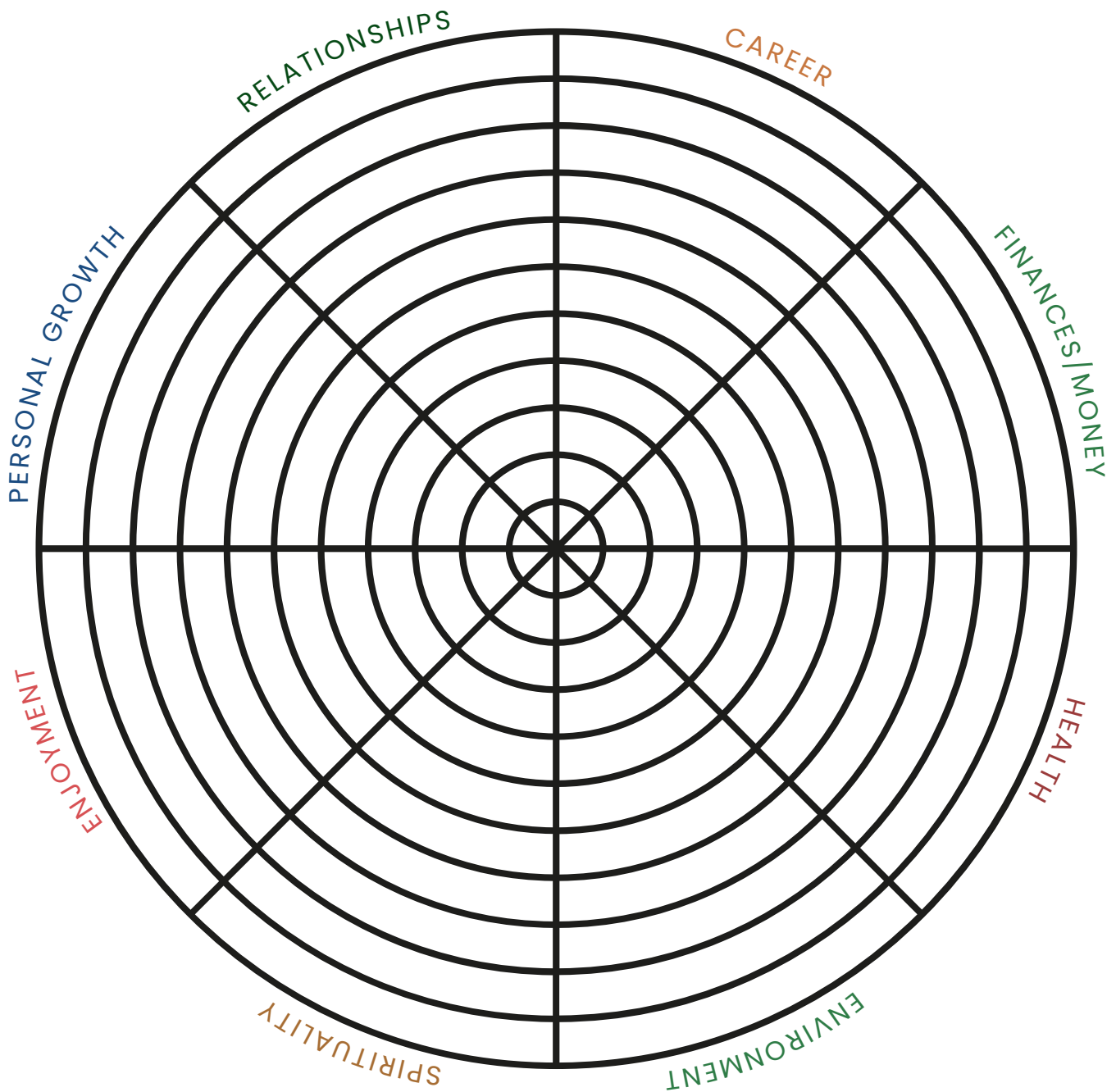
SLEEP MORE



HEALTHY FOOD

# WHEEL OF LIFE®

*The Art of Letting Go*



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:

## **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.

# Affirmations

## The Art of Letting Go

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 forgive myself for holding on longer than I needed to.

I am learning to find peace in the pause between endings and beginnings.

I choose to carry lessons, not luggage.

Each breath out is an invitation to release what's heavy.

I make space for joy by letting go of what drains me.

I surrender control and trust life's timing — everything unfolds as it should.



# Self-Care GOALS

1

2

3

4

5

6

7

8

# Monthly Goals

1

2

3

4

5

6

7

8

# Journaling Prompts

## The Art of Letting Go

What am I making room for by choosing to let go?

In what areas of my life do I feel most ready for change?

What stories or memories am I ready to rewrite with compassion?

What does "peace" look and feel like to me right now?

What would it mean to forgive myself – truly and fully?



# 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  
*Maple-Walnut Energy Bites*

CATEGORY  
*snack*

PREP TIME  
*10 min*

COOK TIME

## INGREDIENTS

- *1 cup walnuts*
- *½ cup rolled oats*
- *8 Medjool dates, pitted*
- *1 tablespoon maple syrup (or honey)*
- *1 teaspoon vanilla extract*
- *½ teaspoon cinnamon*
- *A pinch of sea salt*



## INSTRUCTIONS

- *Add walnuts and oats to a food processor and pulse until finely ground.*
- *Add dates, maple syrup, vanilla, cinnamon, and sea salt. Blend until the mixture forms a sticky dough.*
- *Scoop out small portions and roll into bite-sized balls.*
- *Optional: roll each ball in shredded coconut or crushed walnuts.*
- *Store in the fridge for up to one week – or freeze for longer.*

### *Sara's Note*

*These little bites are a reminder that nourishing yourself doesn't have to be complicated.*

*Make them on a Sunday, and you'll have a week's worth of feel-good fuel ready when life gets busy. Pair them with tea and a quiet moment – because sometimes, that's the sweetest recipe of all.*

# Recipe card



DIFFICULTY

NAME OF DISH

*Maple-Walnut Energy Bites*

CATEGORY

*snack*

PREP TIME

*10 min*

COOK TIME

## INGREDIENTS

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



## INSTRUCTIONS

- *Add walnuts and oats to a food processor and pulse until finely ground.*
- *Add dates, maple syrup, vanilla, cinnamon, and sea salt. Blend until the mixture forms a sticky dough.*
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# I Am Releasing

Let it go

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Let it go

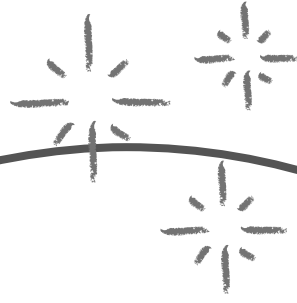
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Let it go

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# Your Challenges

2025

Life Mastery  
Magazine

THE ART OF  
LETTING GO

# 7 Days of Letting Go Challenge

A gentle reset to make space for what's next

This week, give yourself permission to release — not everything, just one small thing each day that no longer serves you. Letting go doesn't have to be dramatic; it can be quiet, simple, and freeing.

Use this 7-day challenge as a reminder that you can lighten your load — one thought, one decision, one sigh at a time.















*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 |
|-------------------|--------|-------|
|                   |        |       |
|                   |        |       |
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| TOTAL:            |        |       |

| SAVINGS | SAVED |
|---------|-------|
|         |       |
|         |       |
|         |       |
|         |       |
| TOTAL:  |       |

|              |  |   |             |  |   |  |
|--------------|--|---|-------------|--|---|--|
| TOTAL BUDGET |  | - | TOTAL SPENT |  | = |  |
|--------------|--|---|-------------|--|---|--|



# To-Do List

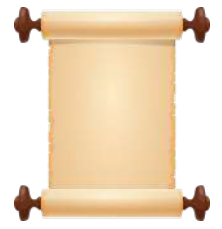
DATE:



NOTES:

# Christmas List

checking it twice!



A list of ten horizontal lines for writing, each preceded by a small, light pink square marker.

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

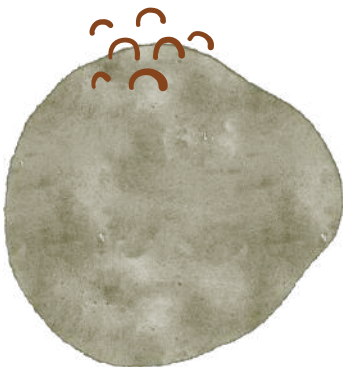
19:00

20:00

## TO DO LIST



NOTES:



# December 2025

## MONTHLY PLANNER

| SUN | MON  | TUE | WED | THU  | FRI | SAT |
|-----|--|-----|-----|--|-----|-----|
|     | 1<br> | 2   | 3   | 4  | 5   | 6   |
| 7   | 8  | 9   | 10  | 11   | 12  | 13  |
| 14  | 15   | 16  | 17  | 18   | 19  | 20  |
| 21  | 22   | 23  | 24  | 25<br> | 26  | 27  |
| 28  | 29   | 30  | 31  |  |     |     |

## NOTES

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# To-Do List



DATE:



NOTES:

# Christmas Meal Plan



## Breakfast

## Steps

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## Lunch

## Steps

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## Dinner

## Steps

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## Notes

# New Year's Eve Meal Plan



## Breakfast

## Steps

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## Lunch

## Steps

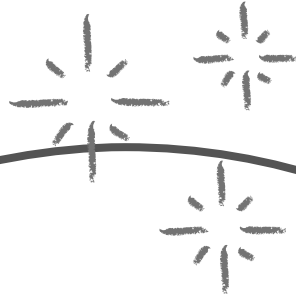
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## Dinner

## Steps

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## Notes



# More Resources

2025

Life Mastery  
Magazine

THE ART OF  
LETTING GO

# Healthy me

RECIPE CARD

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DIFFICULTY

NAME OF DISH

CATEGORY

PREP TIME

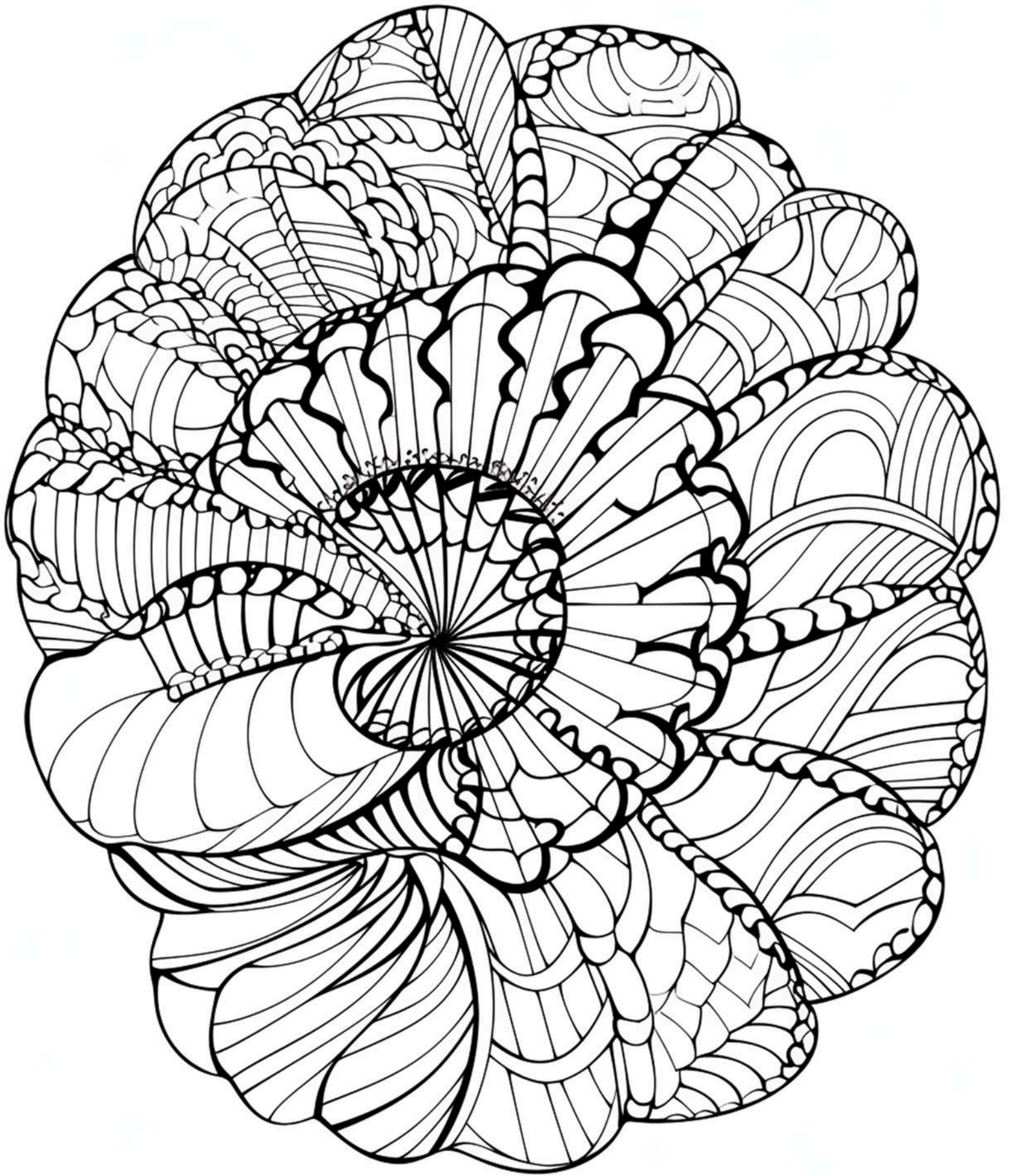
COOK TIME

INGREDIENTS

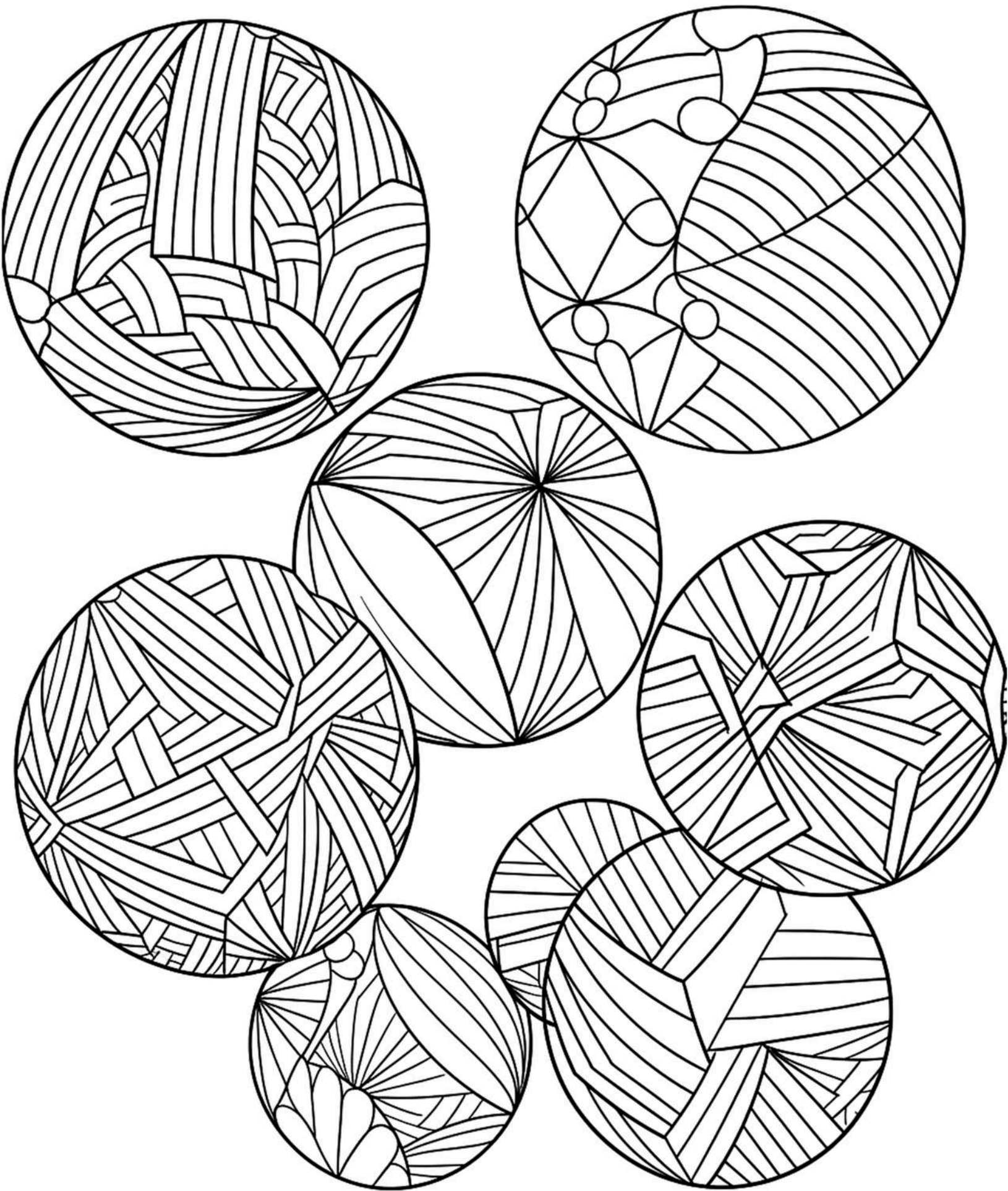
INSTRUCTIONS

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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.





