

# LM MAGAZINE

**BINDER**



**Spiritual  
Growth &  
Practices  
for Midlife  
Women**

N°20 - DEC / 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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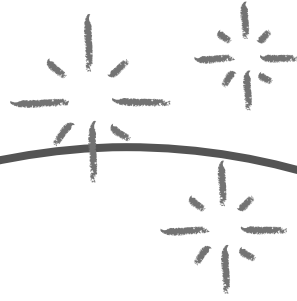
# WELCOME!!!

## 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.

SPIRITUAL  
GROWTH



# SPIRITUAL GROWTH

2025

LM  
Magazine

# December<sup>2025</sup>

SUN	MON	TUE	WED	THU	FRI	SAT
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	3

Happiness  
*is a habit*

# 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

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

## December

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

Week of \_\_\_\_\_

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

Week of \_\_\_\_\_

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

Week of \_\_\_\_\_

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

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



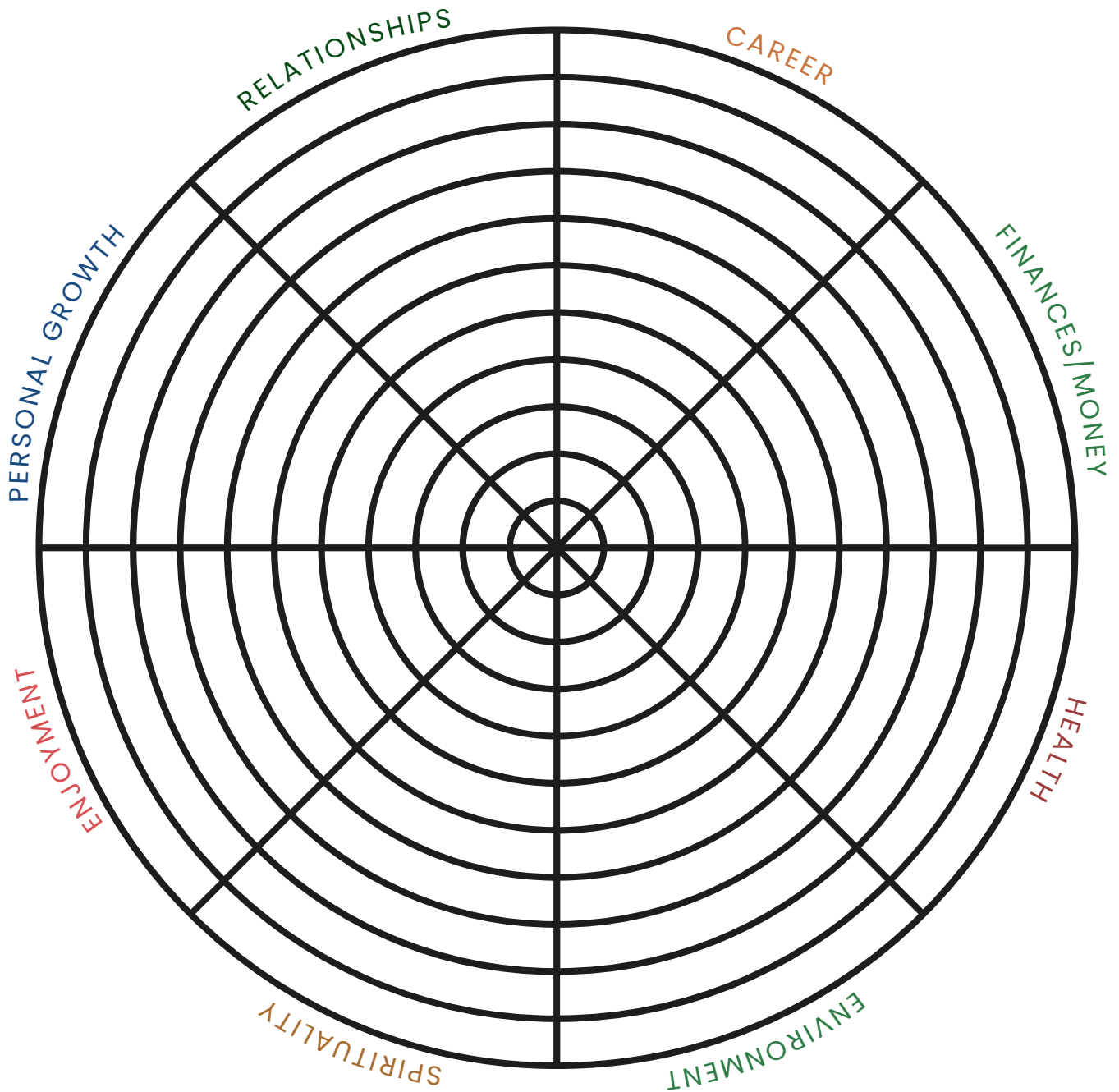
SLEEP MORE



HEALTHY FOOD

# WHEEL OF LIFE®

## Spiritual Growth & Practices



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

## Spiritual Growth & Practices

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 worthy of rest, ease, and a life that feels good.

I release what no longer supports me and welcome what does.

I am guided, supported, and never alone on this journey.

I give myself permission to begin again — gently.

I am becoming more myself every day.

I am the light I've been looking for.



# Self-Care GOALS

1

2

3

4

5

6

7

8

# Monthly Goals

1

2

3

4

5


6

7


8

# Journaling Prompts


## Spiritual Growth & Practices




How is midlife inviting me to grow or evolve spiritually?




What practices help me feel grounded, calm, or centered?



What is one belief about myself I'm ready to rewrite?



Where in my life am I craving more ease or simplicity?



What has my intuition been whispering to me lately?



# 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

Pomegranate & Winter Greens Glow Bowl

## CATEGORY

Main

## PREP TIME

10 min

## COOK TIME

## INGREDIENTS

- 2 cups mixed winter greens (spinach, arugula, kale, or a blend)
- ½ cup pomegranate seeds
- 1 small pear, thinly sliced
- ¼ cup walnuts or pecans, toasted
- ¼ cup feta cheese (optional)
- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- 1 teaspoon honey or maple syrup
- Pinch of sea salt
- Freshly ground pepper



## INSTRUCTIONS

- In a large bowl, combine the winter greens, pear slices, toasted nuts, and feta.
- Add the pomegranate seeds over the top – the more, the better.
- In a small cup, whisk together olive oil, lemon juice, honey, salt, and pepper.
- Drizzle the dressing over the salad and toss gently.
- Serve immediately and enjoy the refreshing blend of sweetness, crunch, and seasonal goodness.
- Enjoy!

# Recipe card



DIFFICULTY

NAME OF DISH

*Pomegranate & Winter Greens Glow Bowl*

CATEGORY

*Main*

PREP TIME

*10 min*

COOK TIME

## INGREDIENTS

- *2 cups mixed winter greens (spinach, arugula, kale, or a blend)*
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- *Pinch of sea salt*
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## INSTRUCTIONS

- *In a large bowl, combine the winter greens, pear slices, toasted nuts, and feta.*
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- *In a small cup, whisk together olive oil, lemon juice, honey, salt, and pepper.*
- *Drizzle the dressing over the salad and toss gently.*
- *Serve immediately and enjoy the refreshing blend of sweetness, crunch, and seasonal goodness.*
- *Enjoy!*

# I Am Releasing

Let it go

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Let it go

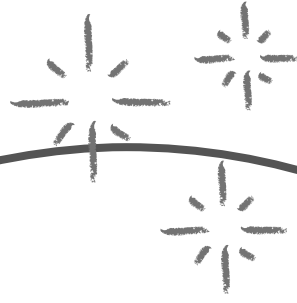
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Let it go

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# Your Challenges

2025

Life Mastery  
Magazine

SPIRITUAL  
GROWTH



# “SMALL SACRED MOMENTS” **CHALLENGE**



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BY LM MAGAZINE

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# “Small Sacred Moments” Challenge

A gentle, no-pressure challenge for a busy month. This month is already full — gatherings, emotions, expectations, memories, and busyness.

So this challenge is intentionally simple, flexible, and soothing, not something that adds stress.

Every day in December, choose ONE small spiritual touchpoint from this list. Just one.

Some days it will take 10 seconds. That’s the point.



# Your Small Sacred Moments Menu

## **Pick one each day:**

- Take three deep, intentional breaths
- Light a candle for one minute and sit with it
- Step outside and look at the sky
- Place your hand on your heart and say: "I'm here"
- Repeat one simple affirmation (you'll include 10 options in the magazine)
- Do a 1-minute stretch
- Make your tea or coffee slowly
- Listen to one song that makes you feel calm
- Write or whisper one thing you're grateful for
- Sit in silence for 30 seconds



No tracking.

No pressure.

Just one tiny moment of connection each day.

By the end of the month, you'll notice:

You feel more grounded.

Your mind feels clearer.

You respond differently.

You breathe differently.

And you trust yourself a little more deeply.

Happy  
holidays

*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

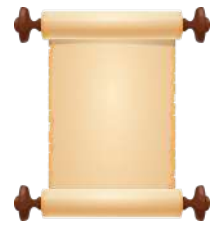
DATE:



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

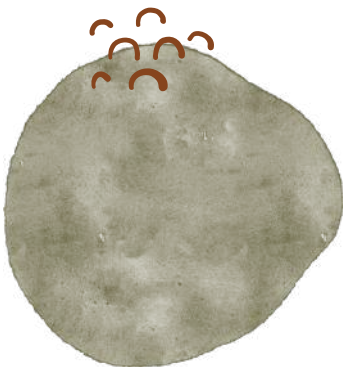
19:00

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

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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

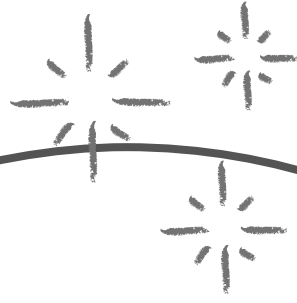
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## Dinner

## Steps

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## Notes



# More Resources

2025

Life Mastery  
Magazine

SPIRITUAL  
GROWTH

# Healthy me

RECIPE CARD

○ ○ ○ ○ ○  
DIFFICULTY

NAME OF DISH

CATEGORY

PREP TIME

COOK TIME

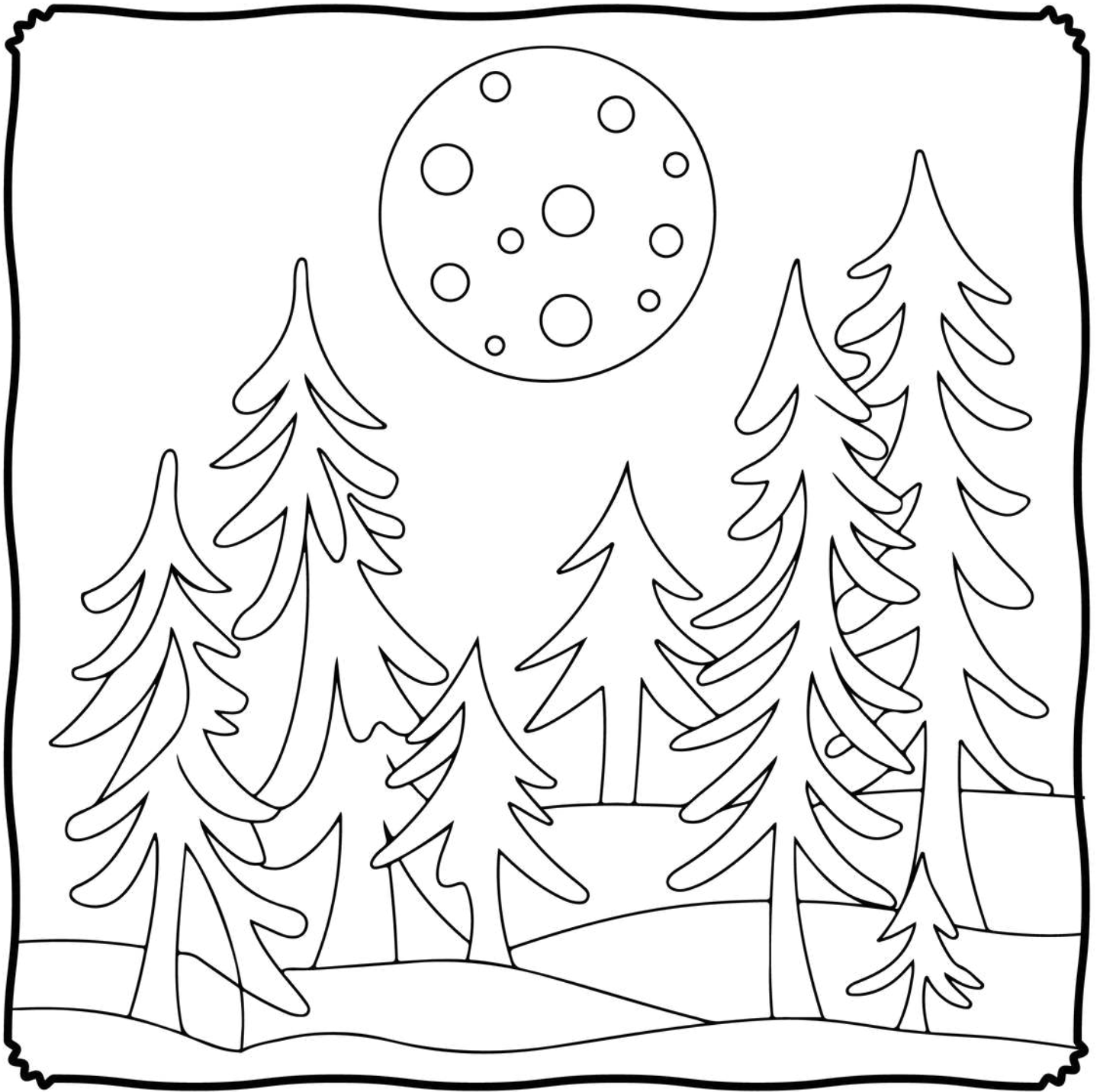
INGREDIENTS

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.





