



LM MAGAZINE

BINDER

The Power of Positive Aging

N° 22 - FEBB/2026



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

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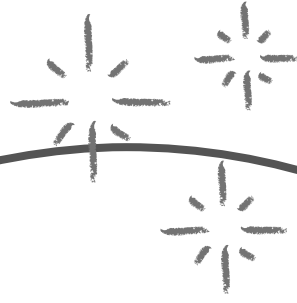
LM *BINDER*™

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.



The Power of Positive Aging

2026

LM
Magazine

February 2026

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
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| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Do more of what
you love

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

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| <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 |

HOURS OF SLEEP (Hours)



HYDRATION (Glass)



THINGS THAT MADE ME HAPPY TODAY

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

February

| # | 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 _____

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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

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



WORKOUT



WALK IN NATURE



HOBBY



JOURNAL



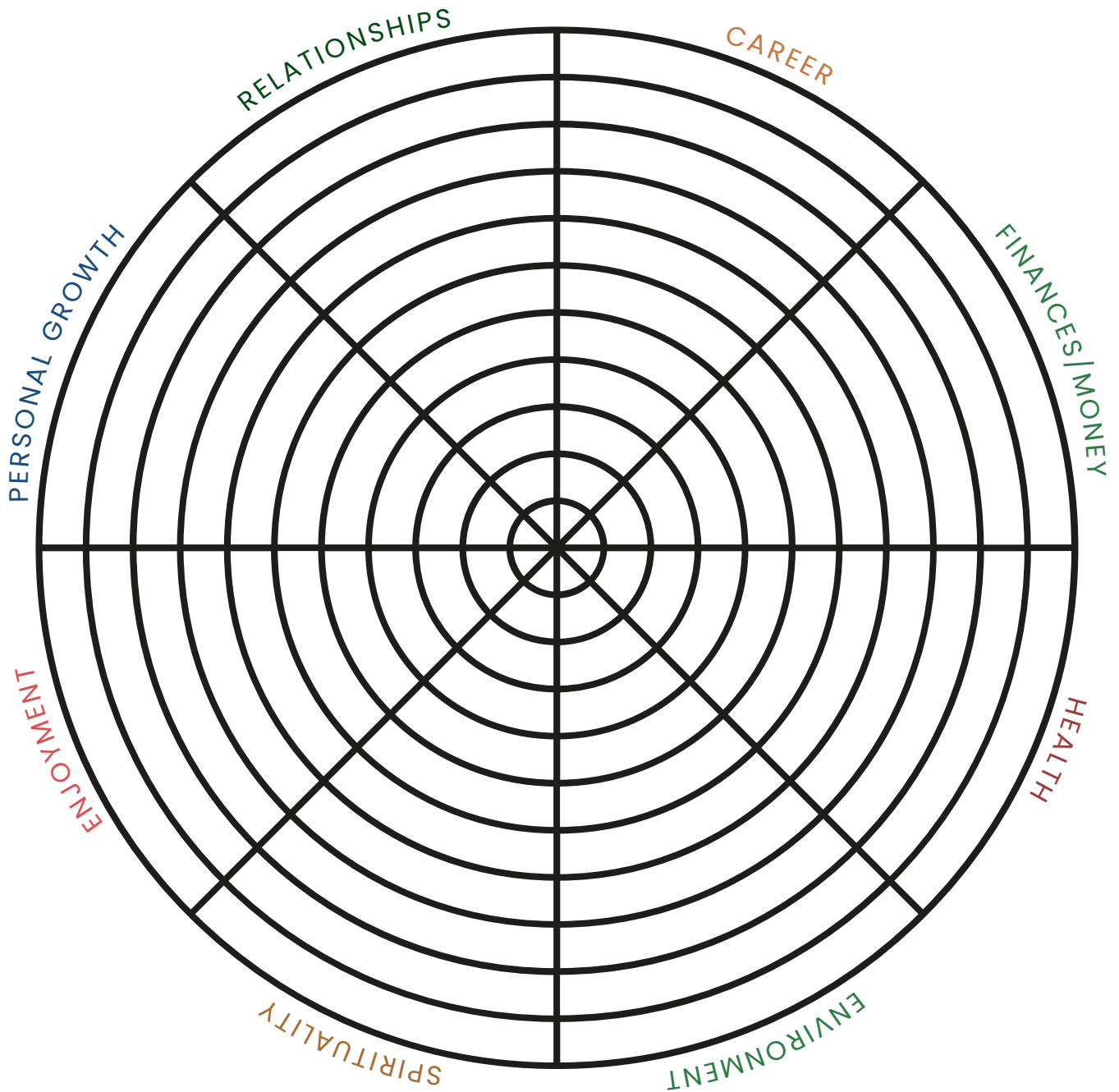
SLEEP MORE



HEALTHY FOOD

WHEEL OF LIFE®

The Power of Positive Aging



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 no longer rush what needs time.

I choose presence over pressure.

My experience is valuable, even when it's quiet.

Each year adds depth to who I am becoming.

I honor the woman I am today, not who I used to be.

Growing older gives me permission to live more honestly.

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




What parts of myself have grown stronger with time?




How has my relationship with time changed as I've aged?



How do I want to experience the years ahead emotionally, not just practically?



What no longer deserves my energy at this stage of my life?



What feels more important to me now than it used to?

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
Warm Comfort Lentils

CATEGORY
Main

PREP TIME
10 min

COOK TIME
30 min

INGREDIENTS

- *1 cup green or brown lentils, rinsed*
- *1 small onion, finely chopped*
- *1 carrot, diced*
- *1 clove garlic, minced*
- *1 tbsp olive oil*
- *3 cups vegetable broth or water*
- *Salt and pepper to taste*
- *Optional: bay leaf, thyme, or cumin*



INSTRUCTIONS

- *Heat olive oil in a pot over medium heat.*
- *Add onion and carrot and cook until softened.*
- *Stir in garlic and cook for 30 seconds.*
- *Add lentils, broth, and any herbs.*
- *Bring to a gentle boil, then reduce heat and simmer for 20-25 minutes, until lentils are tender.*
- *Season with salt and pepper.*
- *Enjoy!*

Recipe card



DIFFICULTY

NAME OF DISH

Warm Comfort Lentils

CATEGORY

Main

PREP TIME

10 min

COOK TIME

30 min

INGREDIENTS

- *1 cup green or brown lentils, rinsed*
- *1 small onion, finely chopped*
- *1 carrot, diced*
- *1 clove garlic, minced*
- *1 tbsp olive oil*
- *3 cups vegetable broth or water*
- *Salt and pepper to taste*
- *Optional: bay leaf, thyme, or cumin*



INSTRUCTIONS

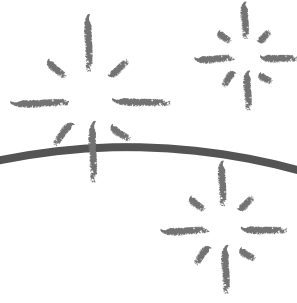
- *Heat olive oil in a pot over medium heat.*
- *Add onion and carrot and cook until softened.*
- *Stir in garlic and cook for 30 seconds.*
- *Add lentils, broth, and any herbs.*
- *Bring to a gentle boil, then reduce heat and simmer for 20-25 minutes, until lentils are tender.*
- *Season with salt and pepper.*
- *Enjoy!*

I Am Releasing

Let it go

Let it go

Let it go



Your Challenges

2025

Life Mastery
Magazine

POSITIVE
AGEING

Challenge

Rewrite One Story About Aging



For many women, aging comes with stories we didn't consciously choose.
Stories about what should slow down.

What should stop.

What is no longer available.

This month, the invitation is to gently notice **one belief you hold about getting older**, and question whether it's actually yours.

It might be:

- "I'm too old to start again."
- "It's too late to change."
- "I should be grateful and not want more."
- "At this age, I should know better."

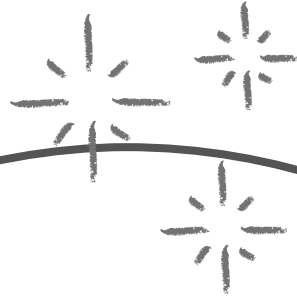
Choose just one story.

Then, quietly rewrite it in a way that feels honest now.

Not more positive.

More true.

Positive aging begins when we stop repeating stories that no longer fit the woman we've become.



More Resources

2026

Life Mastery
Magazine

POSITIVE
AGEING

Healthy me

RECIPE CARD

○ ○ ○ ○ ○
DIFFICULTY

NAME OF DISH

CATEGORY

PREP TIME

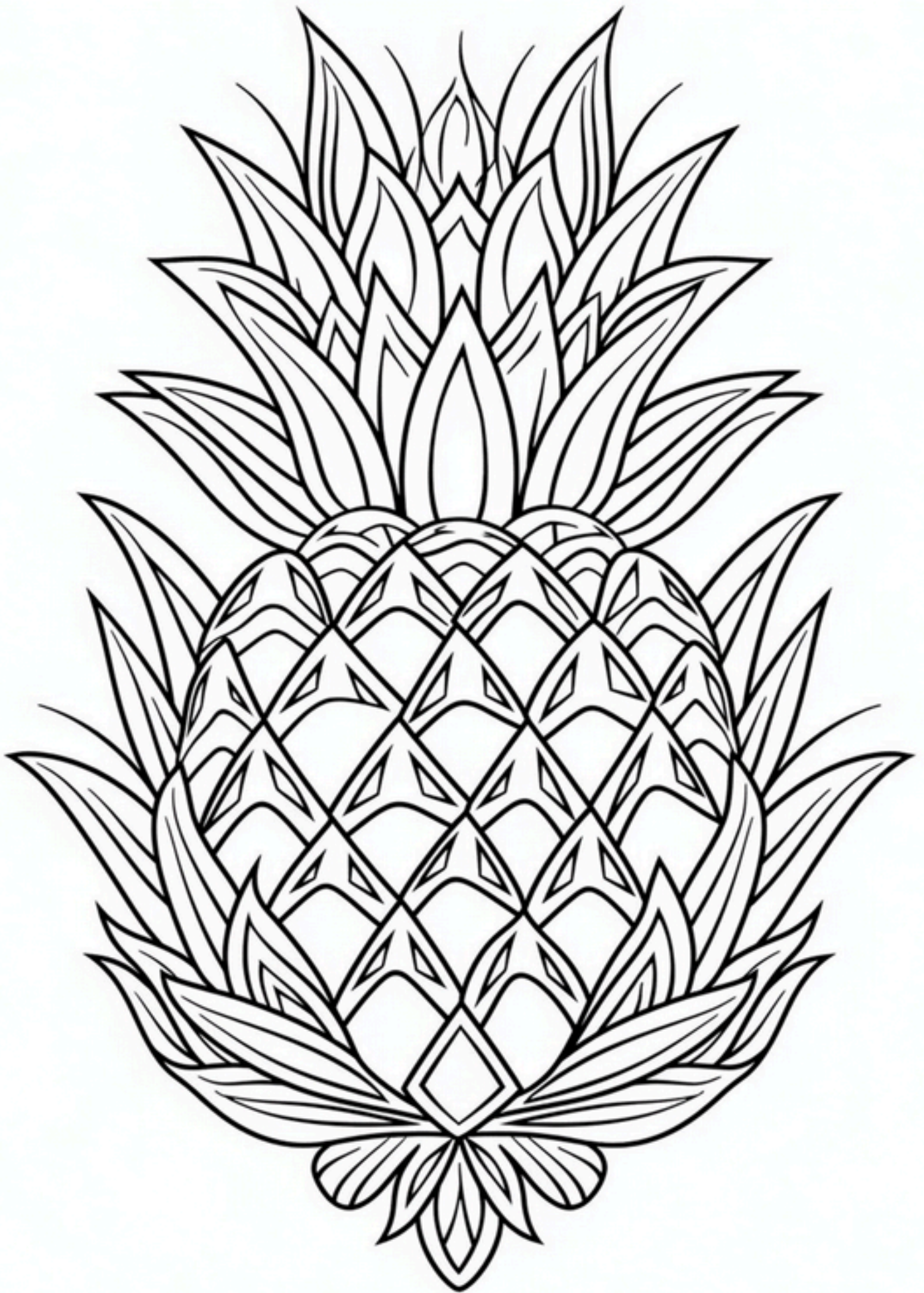
COOK TIME

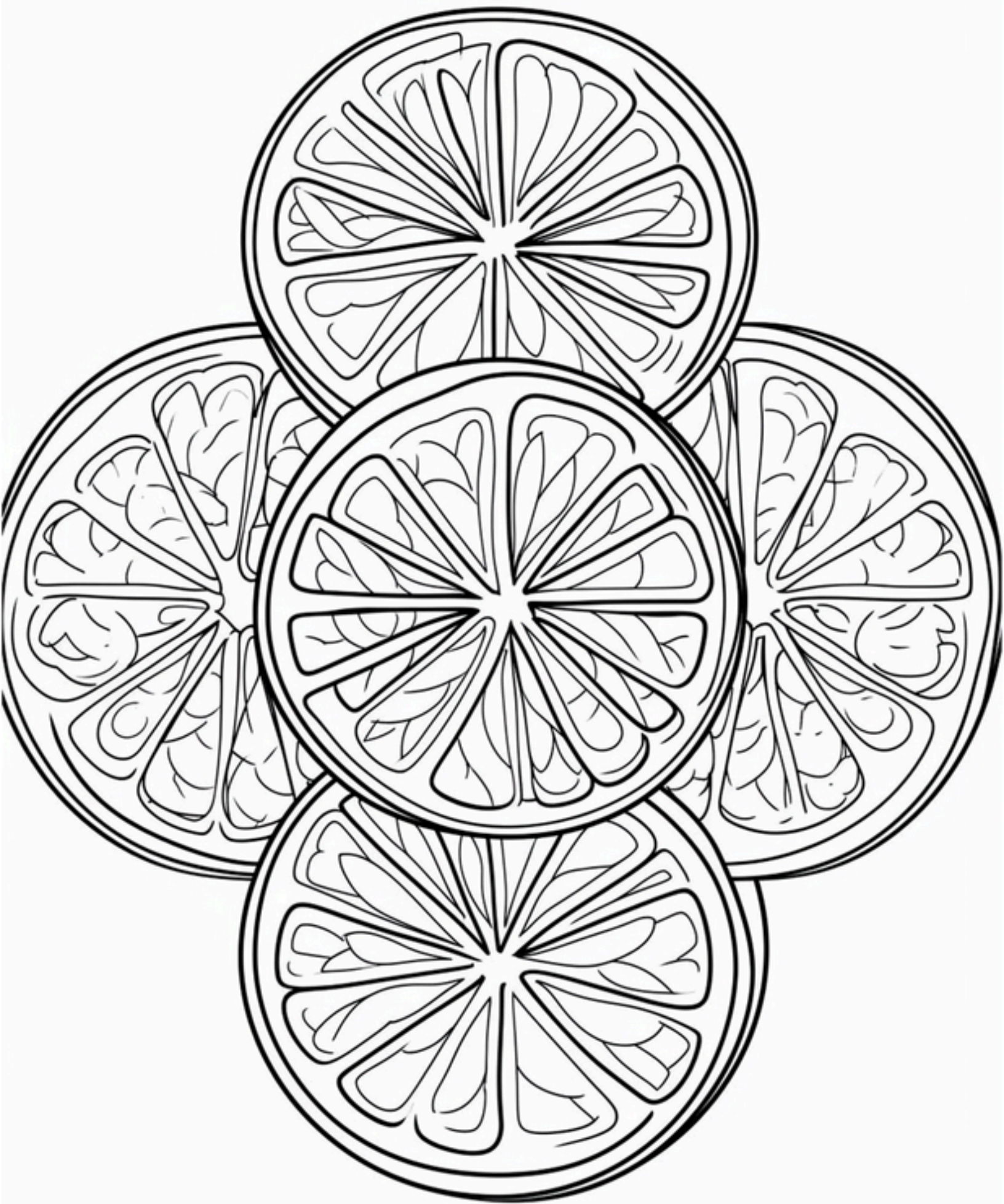
INGREDIENTS

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.

