

LM MAGAZINE

BINDER

*Career Plan*

**Navigating Career  
Transitions &  
Reinvention**

N° 21 - JAN / 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](http://www.lifemasterymagazine.com)

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# LM *BINDER*™

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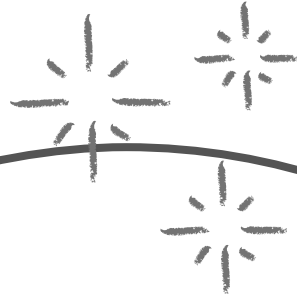
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# WELCOME!!!

## 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.



# Navigating Career Transitions

2026

LM  
Magazine

# January 2026

SUN	MON	TUE	WED	THU	FRI	SAT
		30	31	1	2	3
4 World Braille Day	5	6 Epiphany	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

Do your own  
*thing*

# 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

## January

#	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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_____	●	●	●	●	●	●	●
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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


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



WORKOUT



WALK IN NATURE



HOBBY



JOURNAL



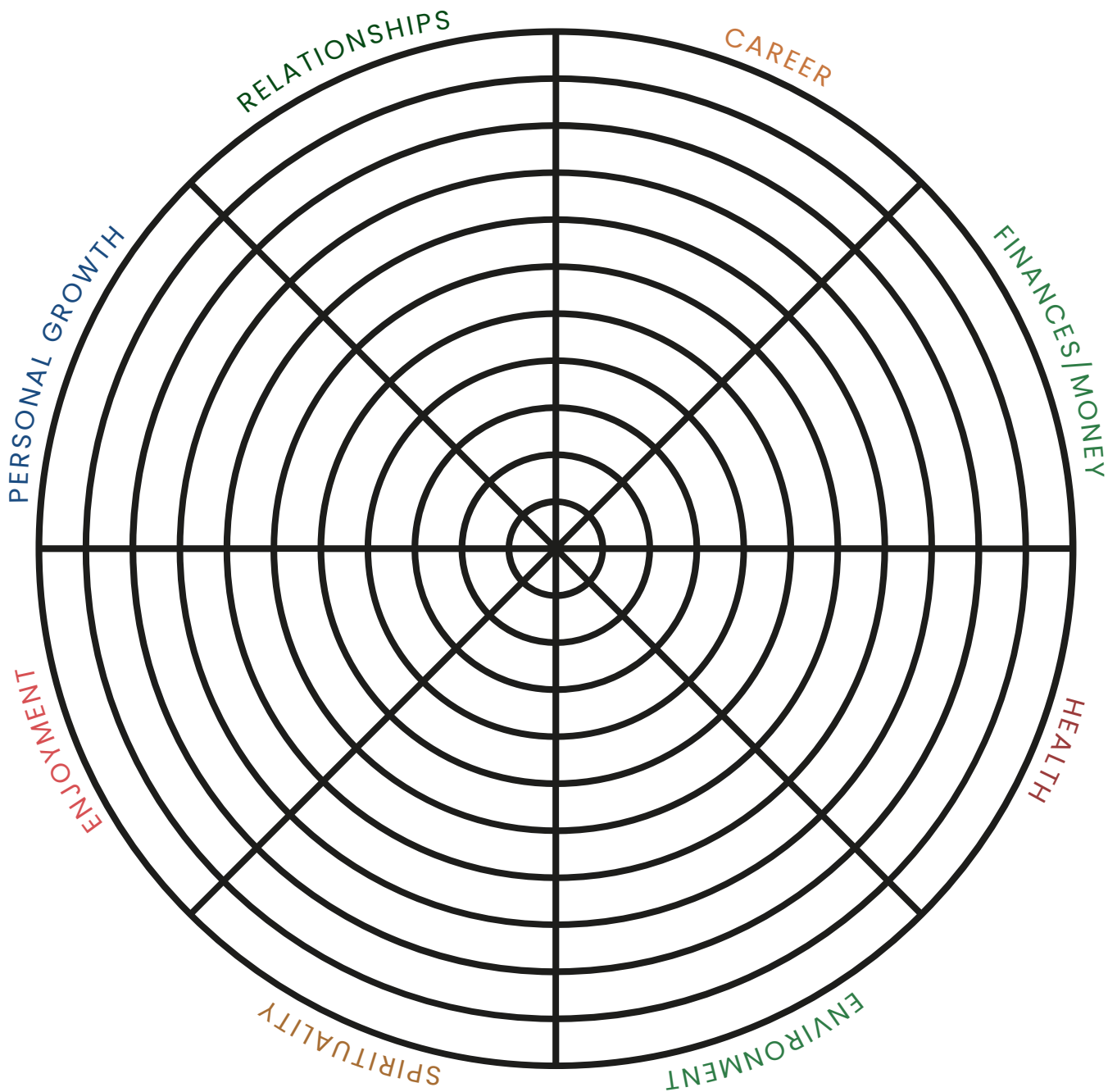
SLEEP MORE



HEALTHY FOOD

# WHEEL OF LIFE®

## Navigating Career Transitions



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

## Navigating Career Transitions

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 capable of learning, adapting, and beginning again.

I give myself permission to want more – and to go after it gently.

I choose progress over perfection.

I am supported as I grow into this next chapter of my life.

My experience is valuable, transferable, and deeply meaningful.

I trust that clarity will meet me as I keep showing up.



# Self-Care GOALS

1

2

3

4

5

6

7

8

# Monthly Goals

1

2

3

4

5

6

7

8

# Journaling Prompts

## Navigating Career Transitions

When have I successfully reinvented myself before, even in small ways?

What does "success" mean to me in this season of my life – not to anyone else?

What kind of work or contribution would feel nourishing rather than draining right now?

If I could take one gentle step this month, what would it be?

When I imagine myself one year from now, what do I hope I'll be proud of?



# 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 Garlic & Olive Oil Cabbage*

CATEGORY  
*Side*

PREP TIME  
*10 min*

COOK TIME  
*15 min*

## INGREDIENTS

- *1/2 head green or red cabbage, thinly sliced*
- *2 tablespoons olive oil*
- *2 cloves garlic, finely minced*
- *Salt and black pepper, to taste*

*Optional: a squeeze of lemon juice*

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## INSTRUCTIONS

- *Remove any tough outer leaves from the cabbage and slice it thinly.*
- *Heat the olive oil in a large pan over medium heat.*
- *Add the garlic and sauté gently for about 30 seconds, just until fragrant. Don't let it brown.*
- *Add the sliced cabbage to the pan and toss well to coat it in the oil.*
- *Cook for 8 to 10 minutes, stirring occasionally, until the cabbage softens and becomes lightly golden.*
- *Season with salt and black pepper to taste.*
- *Finish with a squeeze of lemon juice if desired.*

*Serve warm as a comforting side dish, or add to grain bowls, soups, or alongside roasted vegetables.*

- *Enjoy!*

# Recipe card



DIFFICULTY

NAME OF DISH

*Warm Garlic & Olive Oil Cabbage*

CATEGORY

*Side*

PREP TIME

*10 min*

COOK TIME

*15 min*

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- *Season with salt and black pepper to taste.*
- *Finish with a squeeze of lemon juice if desired.*
  
- *Serve warm as a comforting side dish, or add to grain bowls, soups, or alongside roasted vegetables.*
  
- *Enjoy!*

# I Am Releasing

Let it go

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Let it go

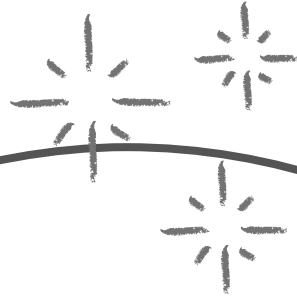
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Let it go

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# Your Challenges

2026

Life Mastery  
Magazine

CAREER  
TRANSITION



# JANUARY GENTLE RESET

**CHALLENGE**



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LIFE MASTERY CIRCLE

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# The January Gentle Reset Challenge

January often arrives with pressure to decide, to commit, to change everything at once.

But real reinvention doesn't begin with force. It begins with space.

The January Gentle Reset Challenge is an invitation to slow down, clear the noise, and reconnect with what truly matters to you before rushing into action.

This is not a challenge about discipline or productivity. It's about creating steadiness, clarity, and self-trust, especially if you're navigating a career transition or feeling called toward something new.

You don't need to complete every prompt perfectly. You're encouraged to move at your own pace, revisit days if needed, and choose what feels supportive.

Even a few minutes of intention can make a meaningful difference.

# The January Gentle Reset Challenge

## How the Challenge Works

Each week focuses on a different layer of reset:

- clearing what no longer serves you
- reconnecting with yourself
- clarifying direction
- choosing gentle forward movement

Each day offers one small prompt.

Most take 5-15 minutes .

There is no catching up — only showing up.

# Week 1: Clear the Noise

## Creating space inside and around you

### Day 1 – Clear the Mental Clutter

What feels heavy, unfinished, or distracting in your mind right now?

Write everything down without organizing or solving. This is about creating space, not answers.

### Day 2 – Clear One Small Space

Choose one small physical area to tidy today – a drawer, a surface, or your desk.

Notice how external order affects your internal state.

### Day 3 – Remove One Quiet Drain

Unsubscribe from one email list, mute one account, or remove one digital distraction that quietly drains your energy.

### Day 4 – Loosen One Obligation

What obligation or expectation feels outdated or unnecessary right now?

Where might you be allowed to do less?

### Day 5 – Notice Energy Leaks

What repeatedly steals your attention or energy?

What boundary – even a small one – might support you here?

### Day 6 – Create a Moment of Quiet

Spend at least five minutes in quiet today.

No multitasking. No fixing. Just being.

### Day 7 – Weekly Reflection

What has shifted this week – even subtly?

What feels lighter, clearer, or calmer?





# Week 2: Reconnect With Yourself

## Listening beneath the noise

### Day 8 – Return to Yourself

When do you feel most like yourself lately?

What are you doing in those moments?

### Day 9 – Emotional Check-In

What has been draining you emotionally?

What has been nourishing you?

### Day 10 – Name Your Need

What do you need more of right now: rest, clarity, creativity, support, courage, or something else?

### Day 11 – Remember Self-Trust

Think of a time when you trusted yourself deeply.

What helped you feel grounded and steady then?

### Day 12 – Listen Inward

What part of you has been quietly asking for attention lately?

### Day 13 – Honest Desire

If you stopped trying to be “reasonable,” what might you admit you want?

### Day 14 – Weekly Reflection

What have you learned about yourself this week?





# Week 3: Clarify What Matters Now

## Direction without pressure

### Day 15 – Wheel of Life

Complete your Wheel of Life.

Which area feels most in need of care or attention right now?

### Day 16 – This Season Matters

What matters most to you in this season of life – not five years ago, not based on expectations, but now?

### Day 17 – Letting Go

What are you ready to leave behind as you move forward?

### Day 18 – Alignment Check

If your work or daily life felt more aligned, what would change first?

### Day 19 – Redefining Enough

What does “enough” look like for you this year?

### Day 20 – Choose a Guiding Value

Name one value you want to guide your decisions moving forward.

### Day 21 – Weekly Reflection

What feels clearer than it did at the start of the month?





# Week 4: Choose Gentle Forward Motion

## Small steps that feel true

### Day 22 – One Meaningful Step

What is one small, realistic step you could take toward something meaningful?

### Day 23 – Support Check

Who or what could support you right now?

Are you willing to receive help?

### Day 24 – Befriend the Fear

What fear has been trying to protect you?

What would you like to say to it?

### Day 25 – Supportive Practice

Choose one habit or practice that would gently support you next month.

### Day 26 – Future You

If you trusted yourself a little more, what choice might you make next?

### Day 27 – Self-Recognition

What are you proud of yourself for this month – big or small?

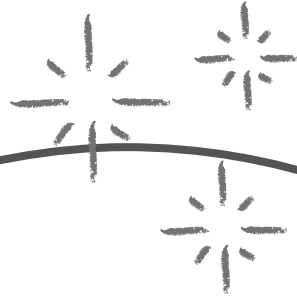
### Day 28 – Closing Reflection

What kind of energy do you want to carry into February?









# More Resources

2026

Life Mastery  
Magazine

CAREER  
TRANSITION

# Healthy me

RECIPE CARD

○ ○ ○ ○ ○  
DIFFICULTY

NAME OF DISH

CATEGORY

PREP TIME

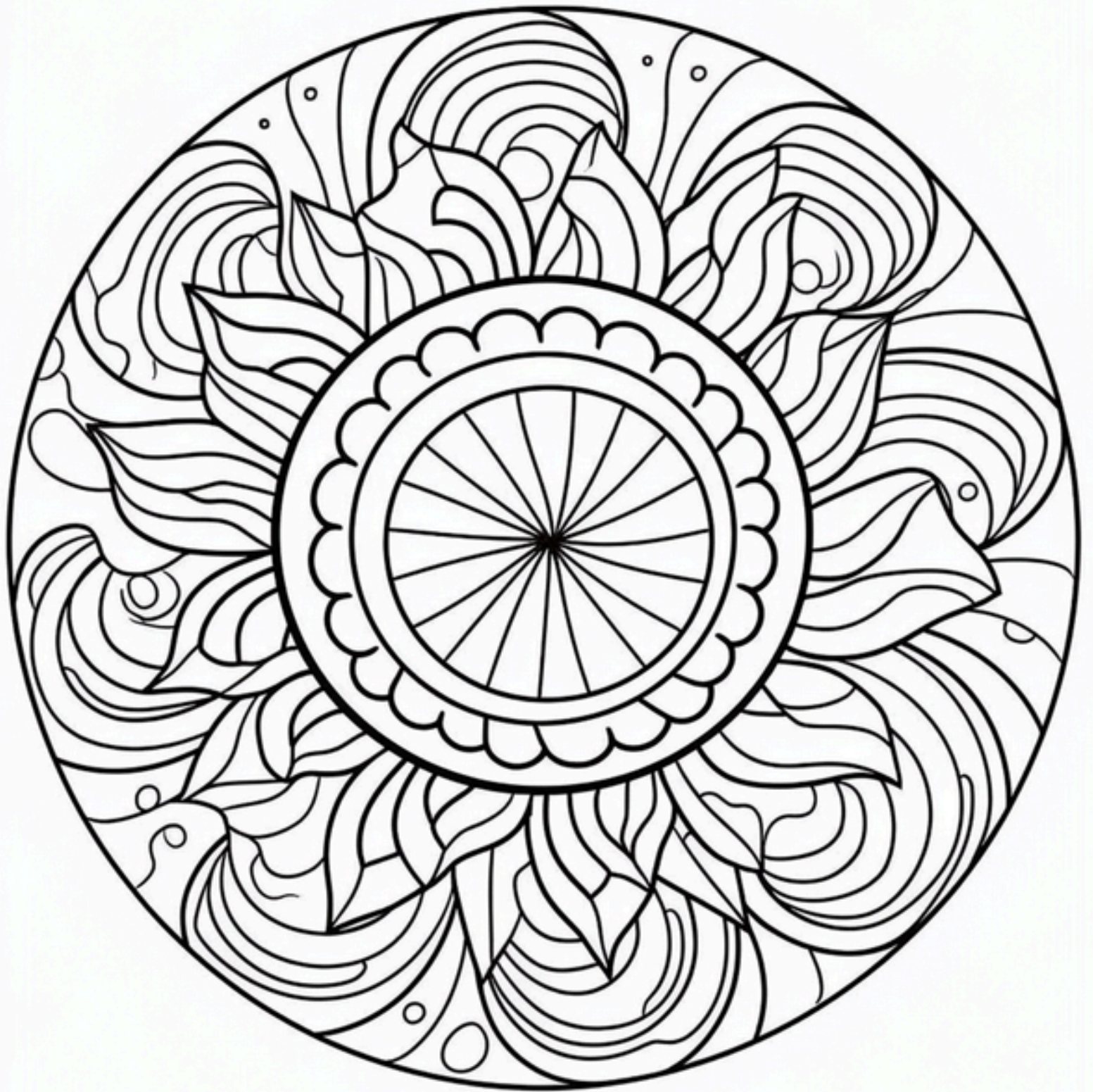
COOK TIME

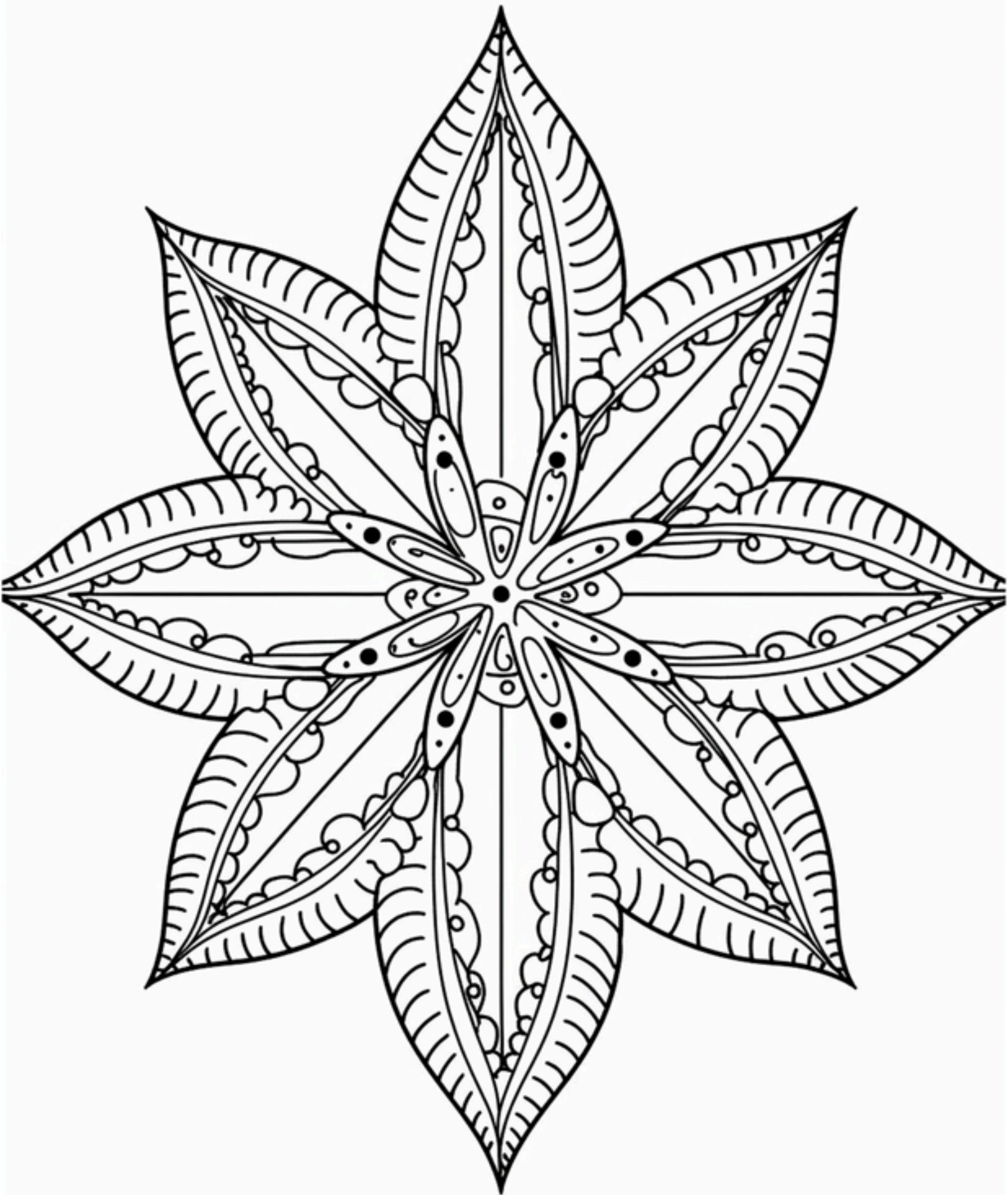
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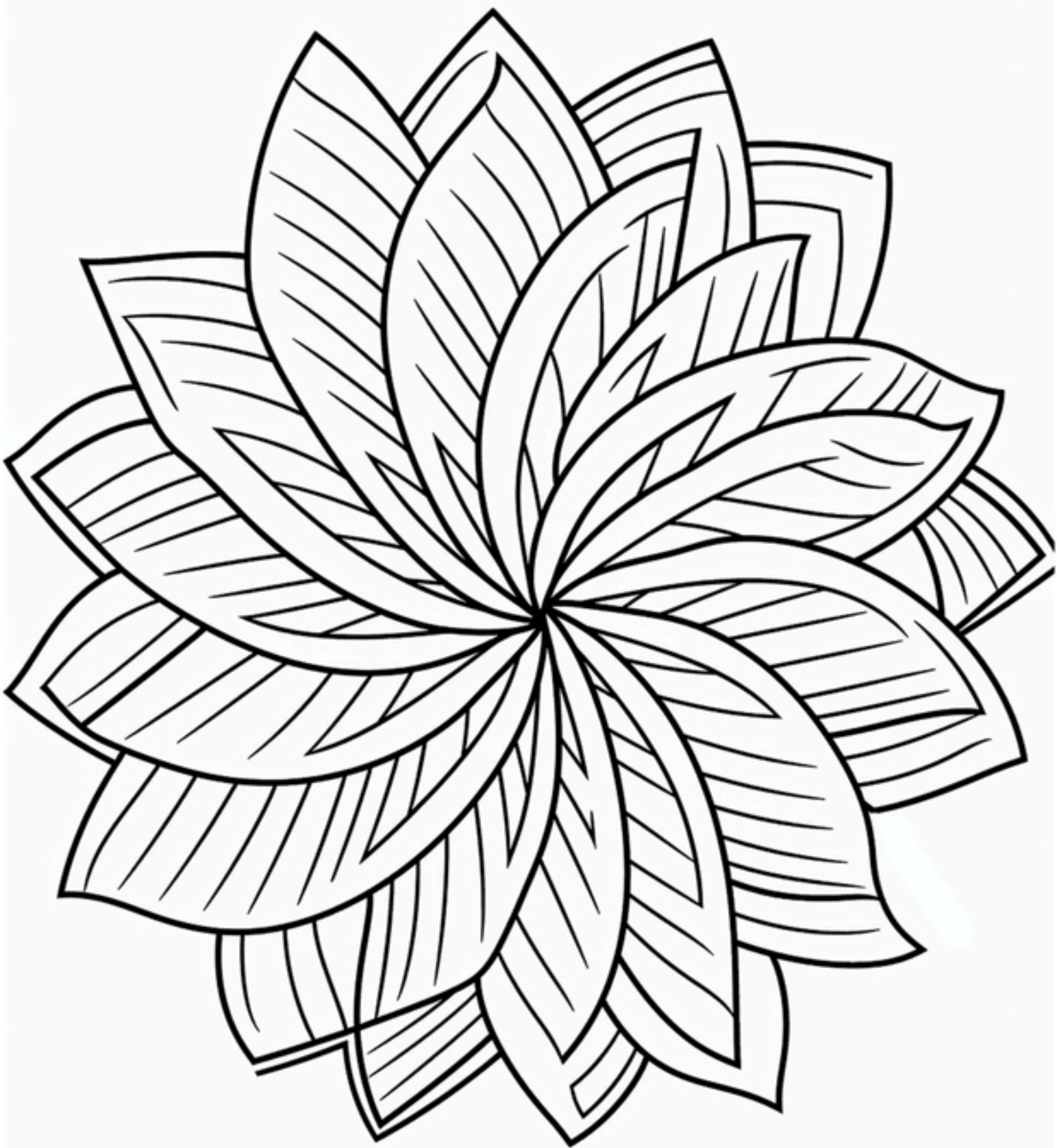
INSTRUCTIONS

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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.





