

# LM MAGAZINE BINDER

N° 24 - APR / 2026

**Redefining Success  
On Your Own Terms**

# 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*<sup>TM</sup>

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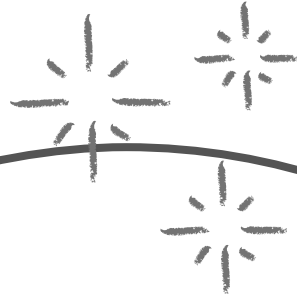
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# WELCOME!!!

## 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.



# Redefining Success On Your Own Terms

2026

LM  
Magazine

# APRIL 2026

SUN	MON	TUE	WED	THU	FRI	SAT
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

*Live*  
YOUR PURPOSE

# 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 |

### 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

## April

#	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

Four horizontal lines for writing notes, contained within a light beige rounded rectangular box.

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

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

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

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

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



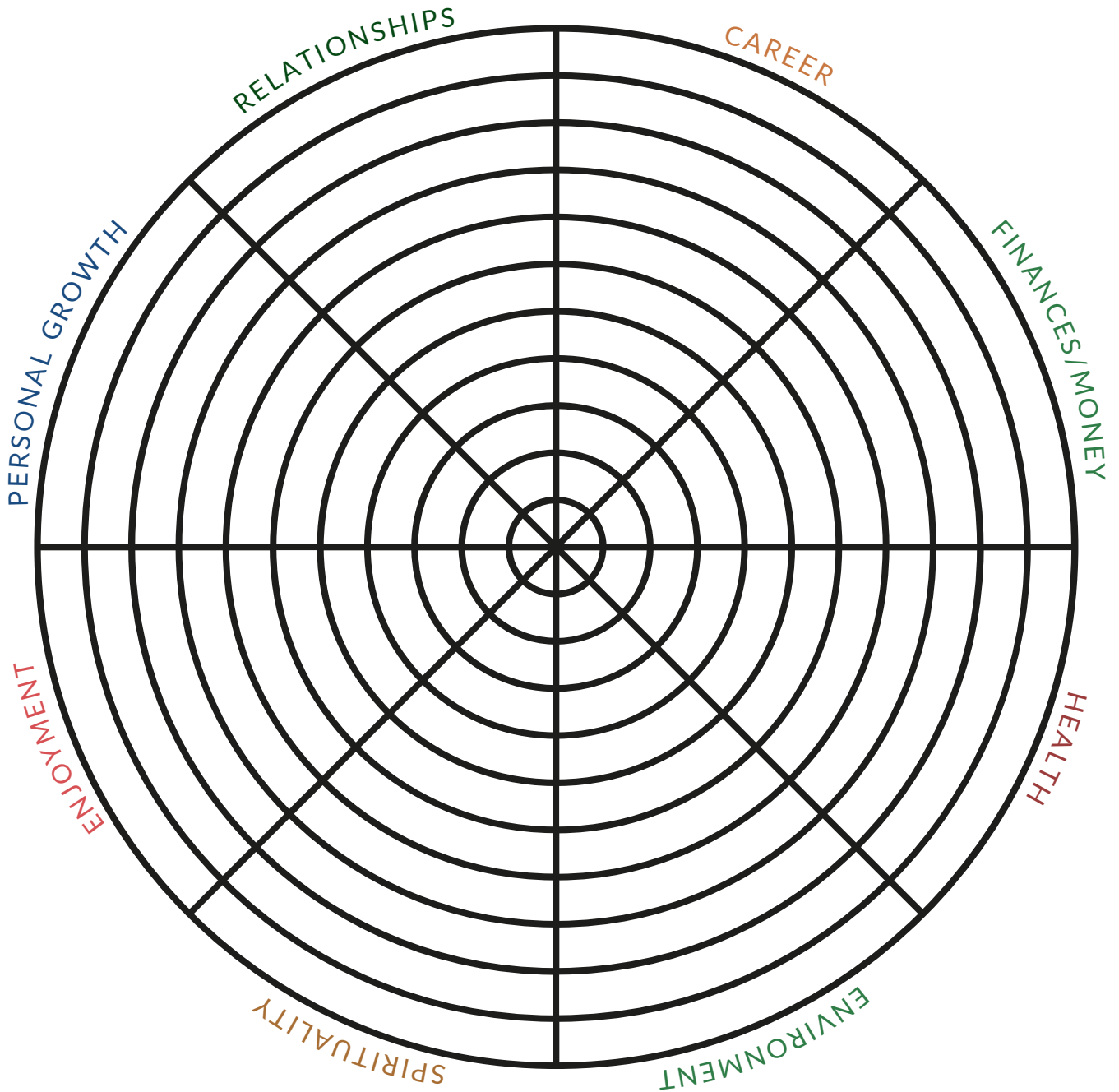
SLEEP MORE



HEALTHY FOOD

# WHEEL OF LIFE®

*Redefining Success*



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

## Redefining Success

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 give myself permission to choose peace, joy, and alignment over pressure.

Success, for me, includes rest, fulfillment, and meaningful moments.

I release the need to prove anything to anyone.

I am not behind—I am exactly where I need to be.

I celebrate progress that feels aligned, not just impressive.

I am creating a life that reflects my values, not someone else's expectations.



# Self-Care GOALS

1

2

3

4

5

6

7

8

# Monthly Goals

1

2

3

4

5

6

7

8

# Journaling Prompts

## Redefining Success

What am I ready to let go of in order to feel more aligned and at peace?

Where in my life am I still trying to prove something—and to whom?

If success was defined only by my happiness and alignment, what would my life look like?

If I trusted myself fully, what would I choose next?

How do I want to feel when I think about my life right now?



# 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

Radish, Butter & Herb Tartine

CATEGORY

*apetizer*

PREP TIME

*10 min*

COOK TIME

*0 min*

## INGREDIENTS

- *4-6 fresh radishes, thinly sliced*
- *2 slices of good quality bread (sourdough works beautifully)*
- *Butter (or a plant-based alternative), softened*
- *A pinch of sea salt*
- *Fresh herbs (chives, parsley, or dill)*
- *Optional: squeeze of lemon*



## INSTRUCTIONS

- *Lightly toast the bread until golden.*
- *Spread a generous layer of butter while still warm.*
- *Arrange the radish slices on top.*
- *Sprinkle with sea salt and fresh herbs.*
- *Add a small squeeze of lemon if you like a touch of brightness.*
- *Serve immediately and enjoy slowly.*

# Recipe card



DIFFICULTY

NAME OF DISH  
*Radish, Butter & Herb Tartine*

CATEGORY  
*apetizer*

PREP TIME  
*10 min*

COOK TIME  
*0 min*

## INGREDIENTS

- *4-6 fresh radishes, thinly sliced*
- *2 slices of good quality bread (sourdough works beautifully)*
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- *Arrange the radish slices on top.*
- *Sprinkle with sea salt and fresh herbs.*
- *Add a small squeeze of lemon if you like a touch of brightness.*
- *Serve immediately and enjoy slowly.*

# I Am Releasing

Let it go

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Let it go

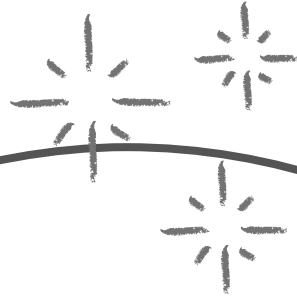
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Let it go

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# Your Challenges

2026

Life Mastery  
Magazine

REDEFINING  
SUCCESS

# CHALLENGE

## THE “REDEFINING SUCCESS” 7-DAY RESET



# CHALLENGE

## THE “REDEFINING SUCCESS”

### 7-DAY RESET

This is an invitation to pause, reflect, and choose what success looks like for you now, not five years ago, not according to anyone else, but in this season of your life.

You don't need extra time.  
You don't need a perfect plan.  
Just a few honest moments each day.

#### **How It Works**

- Each day, take 5–10 minutes to reflect on the prompt.

You can write or think about it.  
There is nothing to complete.  
Only something to think about.

# CHALLENGE

# THE “REDEFINING SUCCESS”

# 7-DAY RESET

## DAY 1

### – What Have I Been Measuring?

What have you been using as your definition of success until now?  
Was it productivity, income, approval, stability, recognition?

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# CHALLENGE THE “REDEFINING SUCCESS” 7-DAY RESET

## DAY 4

### – What Am I Ready to Release?

Is there a goal, expectation, or pressure you're ready to let go of?

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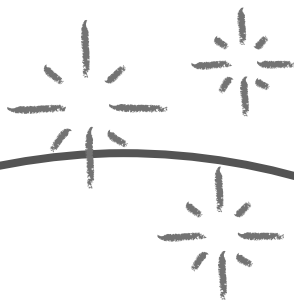








YOU DON'T HAVE TO REBUILD YOUR  
ENTIRE LIFE TO REDEFINE SUCCESS.  
SOMETIMES, IT BEGINS WITH A  
DECISION:  
TO STOP CHASING WHAT NO  
LONGER FITS  
...AND START HONORING WHAT  
DOES.



# More Resources

2026

Life Mastery  
Magazine

REDEFINING  
SUCCESS

# 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.





