

LM MAGAZINE

BINDER

Energy, Capacity & Boundaries in Midlife

N° 25 - MAY / 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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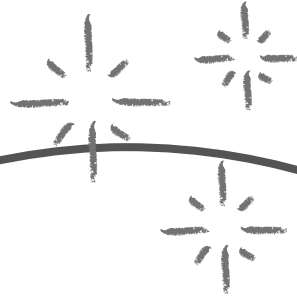
LM
BINDER TM

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.



Energy, Capacity & Boundaries in Midlife

2026

LM
Magazine

MAY

2026

MON	TUE	WED	THU	FRI	SAT	SUN
27	28	29	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

LIVE IN
the moment

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

May

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

Notes

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



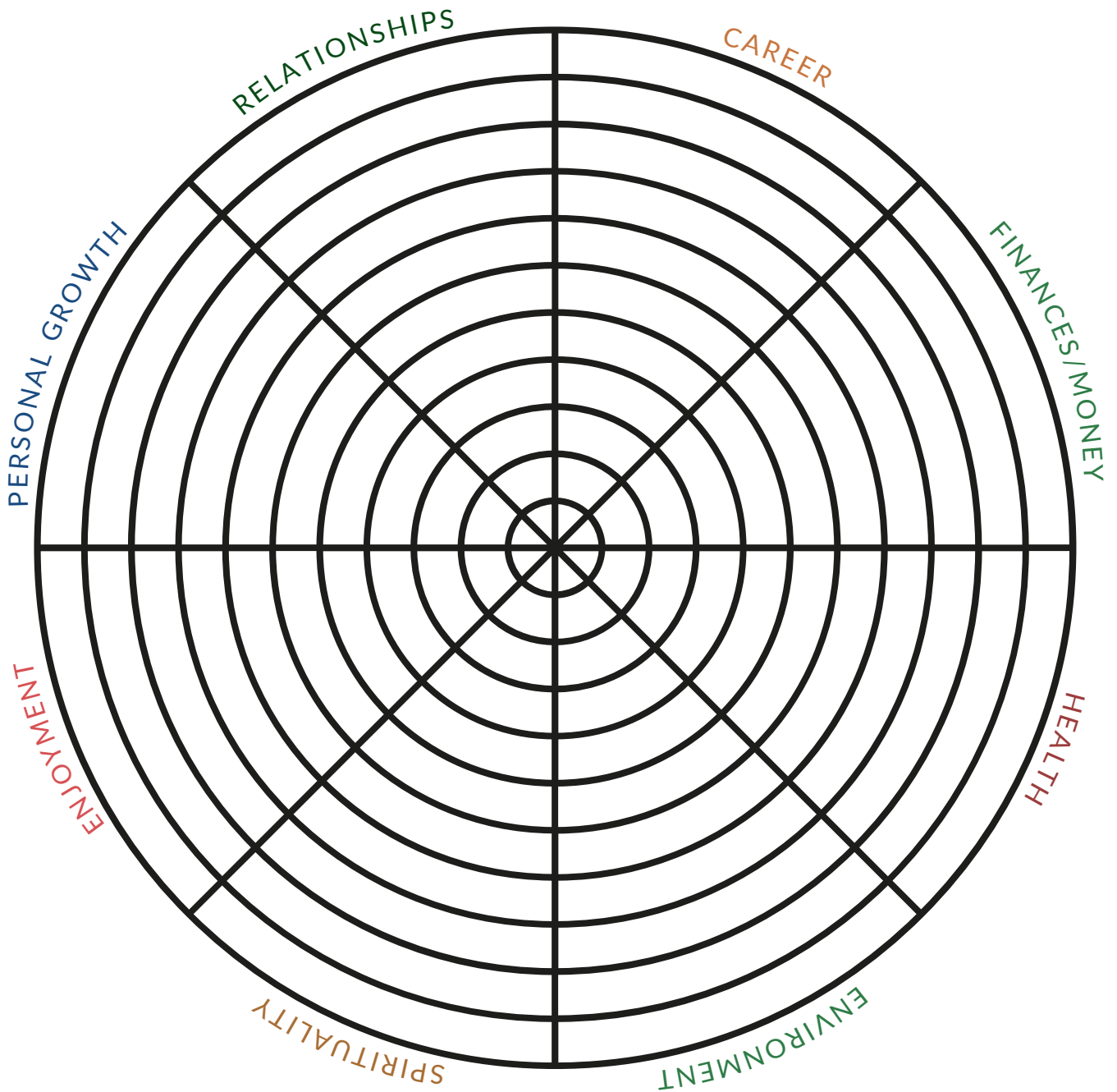
SLEEP MORE



HEALTHY FOOD

WHEEL OF LIFE[®]

Energy, Capacity & Boundaries



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

Energy, Capacity & Boundaries

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 trust myself to make decisions that support my well-being.

I create space in my life without guilt.

Rest is part of how I move forward, not something I have to earn.

I am allowed to change what no longer works for me.

I give myself permission to do less, so I can feel more present and aligned.

I focus on what truly matters in this season of my life.

Self-Care GOALS

1

2

3

4

5

6

7

8

Monthly Goals

1

2

3

4

5

6

7

8

Journaling Prompts

Energy, Capacity & Boundaries

What does a day that feels calm, focused, and manageable look like for me right now?

What responsibilities feel heavier than they should, and why am I still carrying them?

In which areas of my life do I need clearer boundaries to protect my time and energy?

What is one thing I could let go of this week that would create more space for me?

What does “enough” look like for me in this season, in my life or my work?

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

Easy Spinach & Egg Skillet

CATEGORY

main

PREP TIME

5 min

COOK TIME

5 min

INGREDIENTS

- *2 handfuls of fresh spinach*
- *2 eggs*
- *1 tablespoon olive oil*
- *1 clove garlic (optional)*
- *Salt and pepper*
- *Optional: feta cheese or cherry tomatoes*



INSTRUCTIONS

- *Heat the olive oil in a pan on medium heat.*
- *Add garlic if using, and cook for 1 minute.*
- *Add the spinach and cook until wilted (2-3 minutes).*
- *Make two small spaces in the pan and crack the eggs into them.*
- *Cover and cook until the eggs are done to your liking.*
- *Season with salt and pepper, and add feta or tomatoes if you like.*

Simple, quick, and satisfying without feeling heavy.

Recipe card



DIFFICULTY

NAME OF DISH
Easy Spinach & Egg Skillet

CATEGORY
main

PREP TIME
5 min

COOK TIME
5 min

INGREDIENTS

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 - *1 tablespoon olive oil*
 - *1 clove garlic (optional)*
 - *Salt and pepper*
 - *Optional: feta cheese or cherry tomatoes*
-
-
-
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-



INSTRUCTIONS

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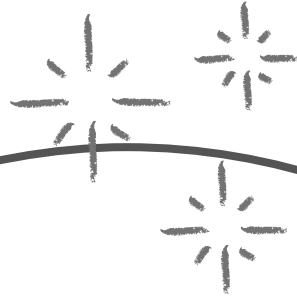
Simple, quick, and satisfying without feeling heavy.

I Am Releasing

Let it go

Let it go

Let it go



Your Challenges

2026

Life Mastery
Magazine

ENERGY &
BOUNDARIES

CHALLENGE

THE CAPACITY RESET

A 30-Day Challenge to Reclaim Your Energy,
One Small Decision at a Time



CHALLENGE

A 30-Day Challenge to Reclaim Your Energy, One Small Decision at a Time

This month is not about doing more.

It is about noticing what you are already carrying, and starting to make decisions that support your energy instead of stretching it further.

You don't need extra time for this challenge. You don't need a new routine. What you need is a small moment of awareness each day, and the willingness to choose differently when it matters.

How This Challenge Works

Each day, you will focus on **one simple action**. Some will take a few minutes, others are simply about noticing and deciding.

There is no catching up and no falling behind.

You move through the challenge at your own pace, and every step counts.

CHALLENGE

THE CAPACITY RESET

WEEK 1: AWARENESS

What Are You Carrying?

Before anything changes, you need to see clearly what is already there.

- Day 1: Write down everything that feels “open” in your mind
- Day 2: Notice where your energy drops during the day
- Day 3: Identify one thing you are doing out of habit, not intention
- Day 4: Pay attention to how often you say yes automatically
- Day 5: Notice what feels heavier than it should
- Day 6: Identify one responsibility that is not truly yours
- Day 7: Reflect on what takes the most mental space

CHALLENGE

THE CAPACITY RESET

WEEK 2: BOUNDARIES

Start Making Small Decisions

This week is about choosing differently in small, manageable ways.

- Day 8: Say no to something that is not essential
- Day 9: Delay a decision instead of rushing into it
- Day 10: Remove one task from your to-do list
- Day 11: Create space between two tasks
- Day 12: Set a simple boundary around your time
- Day 13: Stop something earlier than usual (work, scrolling, etc.)
- Day 14: Choose rest without justifying it

CHALLENGE

THE CAPACITY RESET

WEEK 3: ENERGY

Support What Supports You

Now that you've created some space, you can start supporting your energy more intentionally.

- Day 15: Go for a 20-minute walk
- Day 16: Drink more water than usual
- Day 17: Eat one meal that supports your energy
- Day 18: Go to bed slightly earlier
- Day 19: Take a break before you feel exhausted
- Day 20: Reduce one source of mental noise
- Day 21: Do something that helps you feel calm

CHALLENGE

THE CAPACITY RESET

WEEK 4: ALIGNMENT

Choose What Matters

This is where everything starts to come together.

- Day 22: Choose your top 3 priorities for the week
- Day 23: Focus on one thing at a time
- Day 24: Let something stay unfinished
- Day 25: Simplify one area of your day
- Day 26: Make one clear decision you've been avoiding
- Day 27: Protect your time for something that matters
- Day 28: Notice what feels easier than before
- Day 29: Reflect on what has changed
- Day 30: Decide what you want to carry forward

CHALLENGE

THE CAPACITY RESET

You are not trying to become someone new.

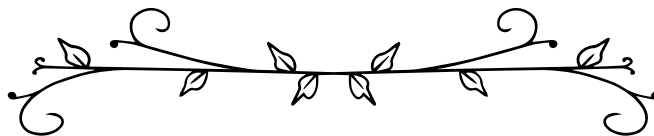
You are learning to work with yourself in a way that feels more supportive and more sustainable.

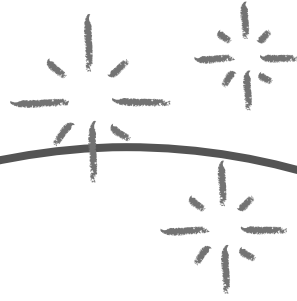
Small decisions, repeated over time, create real change.

At the end of the month, take a moment to notice:

- What feels lighter
- What you have let go of
- What you are no longer willing to carry

This is where your next chapter begins, not from pressure, but from clarity.





More Resources

2026

Life Mastery
Magazine

ENERGY &
BOUNDARIES

Healthy me

RECIPE CARD

○ ○ ○ ○ ○
DIFFICULTY

NAME OF DISH

CATEGORY

PREP TIME

COOK TIME

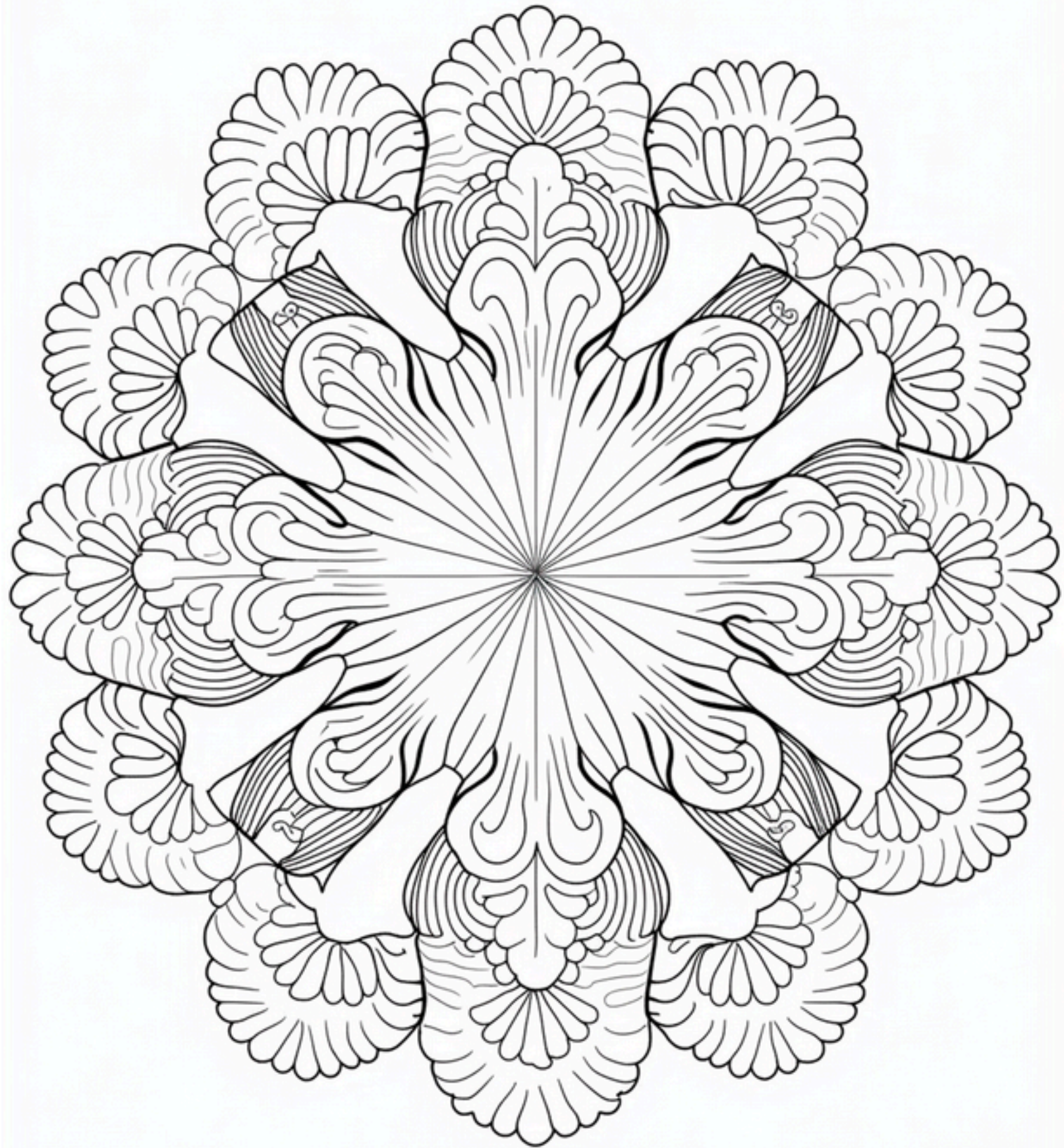
INGREDIENTS

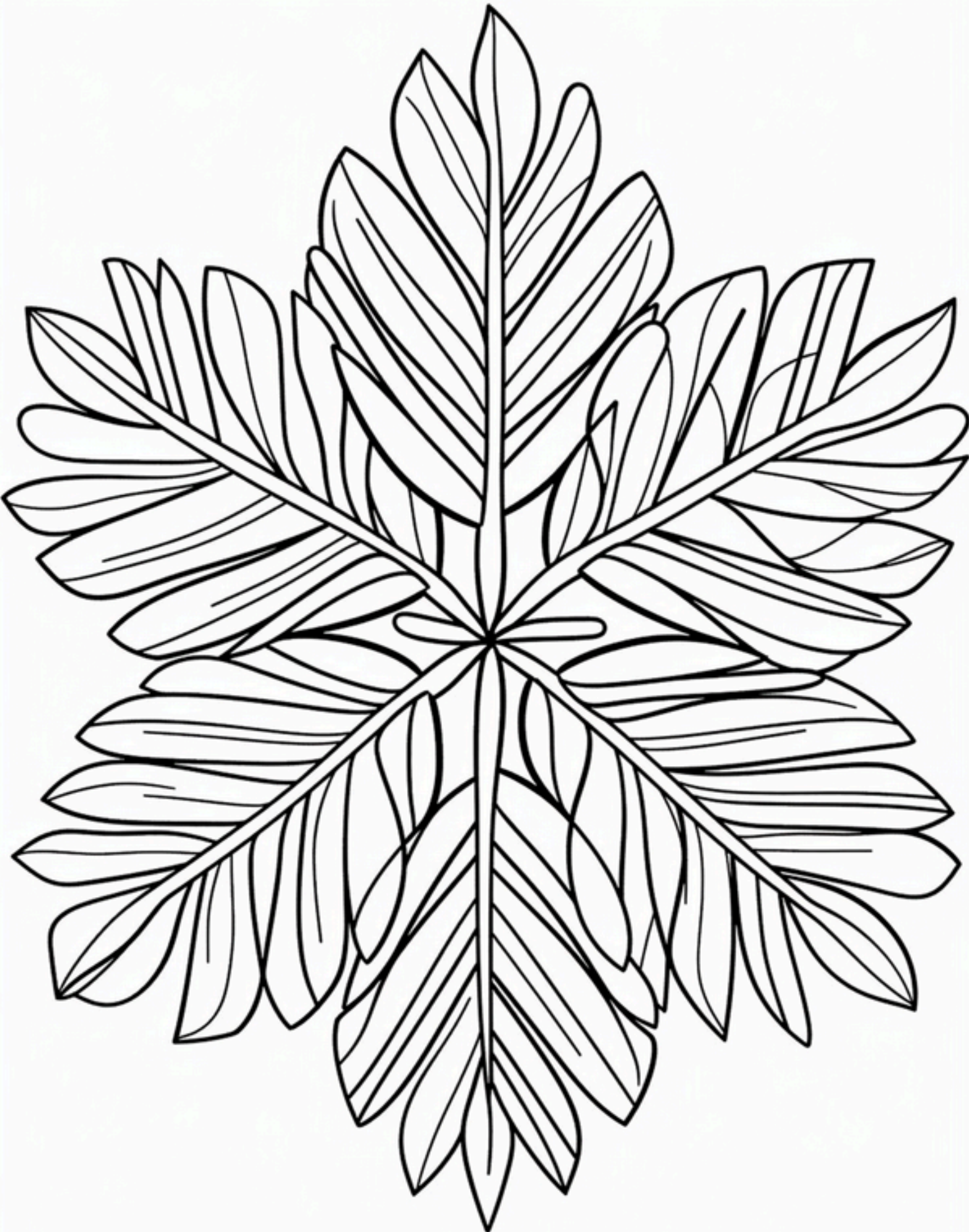
INSTRUCTIONS

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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.

