

# BOUNCE ↻ BACK

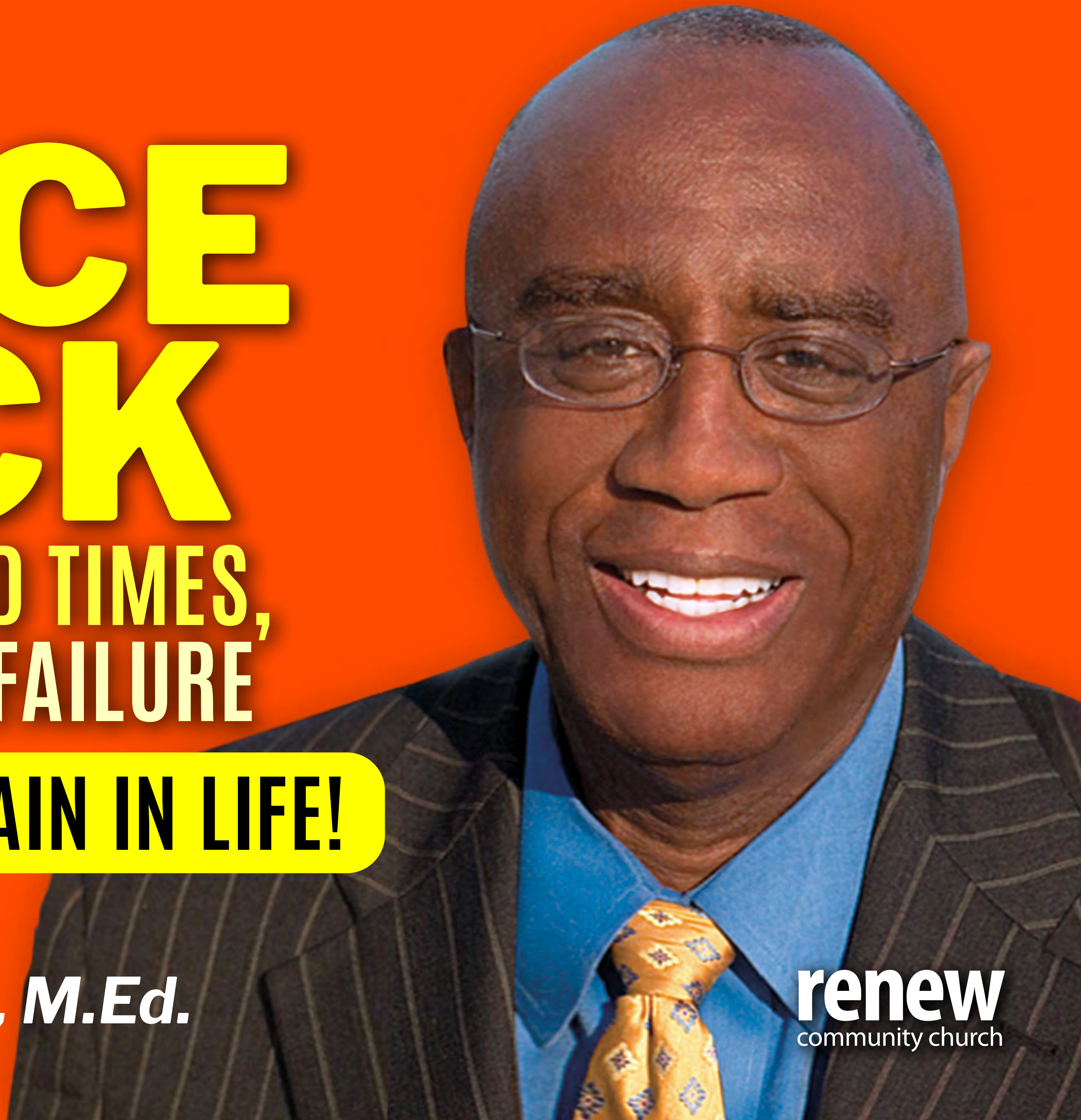
from SETBACKS, HARD TIMES,  
DISAPPOINTMENTS & FAILURE

**LEARN 9 STEPS TO WIN AGAIN IN LIFE!**

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*by Charles E. Winburn, M.Ed.*

**renew**  
community church





***Disclaimer: This teaching is for religious and educational purposes only and is not designed to diagnose or give medical or psychological advice whatsoever. Please seek the advice of your medical doctor, psychologist, or counselor.***

**For a just man falleth seven  
times, and riseth up again:  
but the wicked shall fall  
into mischief.**

***Proverbs 24:16***

**For I know the thoughts  
that I think toward you,  
saith the Lord, thoughts  
of peace, and not of evil, to  
give you an expected end.**

***Jeremiah 29:11***

**...Write the vision,  
and make it plain...**

***Habakkuk 2:2***

**Thou hast caused men to  
ride over our heads; we went  
through fire and through  
water: but thou broughtest  
us out into a wealthy place.**

***Psalm 66:12***

**Every place that the sole of  
your foot shall tread upon,  
that have I given unto you,  
as I said unto Moses.**

***Joshua 1:3***

**For in him we live, and  
move, and have our being;  
as certain also of your own  
poets have said, For we are  
also his offspring.**

***Acts 17:28***



**Beloved, I wish above all  
things that thou mayest  
prosper and be in health,  
even as thy soul prospereth.**

***3 John 2***

**But my God shall supply  
all your need according  
to his riches in glory by  
Christ Jesus.**

***Philippians 4:13***

# Introduction

**There hath no temptation  
taken you but such as is  
common to man: but God is  
faithful, who will not suffer  
you to be tempted above...**



**...that ye are able; but will  
with the temptation also  
make a way to escape, that  
ye may be able to bear it.**

***1 Corinthians 10:13***

**Everyone fails in life,  
from time to time.**

**Everyone experiences  
setbacks and  
disappointments.**

# Harvard Business School publishes *The Harvard Business Review*



**They have published  
several articles on  
rebounding from  
mistakes and setbacks,  
big or small, and how to  
recover from failure.**

**I want to expand beyond  
*The Harvard Business  
Review's* special editions.**

***Renew Community Church  
Sunday Morning Master Class***

***Outcome for today's message:***

**Help Master Class students  
learn how to bounce back  
from hard times, setbacks,  
disappointments, and failures.**

***Renew Community Church  
Sunday Morning Master Class***

***Outcome for today's message:***

**Help Master Class students  
learn 9 steps on how to win  
again in life.**



***Renew Community Church  
Sunday Morning Master Class***

***Outcome for today's message:***

**1. Remission: Get you out of  
resistance and get you in a  
place so you can win again.**

***Renew Community Church  
Sunday Morning Master Class***

***Outcome for today's message:***

**2. Reversal: Get you in a  
place to feel and believe  
that you are winning.**

***Renew Community Church  
Sunday Morning Master Class***

***Outcome for today's message:***

**3. Recovery: Get you in  
a place where you can  
declare you are winning.**

# Facing difficult times



# Who am I?

- His mother died.
- Failed in business
- Ran for state legislature.  
Lost.

- **Also lost his job. Wanted to go to law school but couldn't get in.**

- **Borrowed money from a friend to begin a business and was bankrupt by the end of the year. Spent next 17 years paying off his debt.**

- **Ran for state legislature ago. Won.**
- **Was engaged to be married. Sweetheart died and his heart was broken.**

- **Had a total nervous breakdown and was in bed for 6 months.**
- **Sought to become speaker of the legislature. Defeated.**

- **Sought to become elector.  
Defeated.**
- **Ran for Congress. Lost.**
- **Ran for Congress again.  
Won. Went to Washington  
and did a good job.**



- **Ran for re-election to Congress. Lost.**
- **Sought the job of land officer in his home state. Rejected.**

- **Ran for U.S. Senate. Lost.**
- **Sought the Vice-President nomination at his party's national convention. Got less than 100 votes.**

- **Ran for U.S. Senate again.  
Lost again.**
- **Elected president of the  
United States.**

# Abraham Lincoln

***“I have missed more than 9,000 shots in my career. I have lost almost 300 games. On 26 occasions I have been entrusted to take the game winning shot, and I missed. I have failed over and over and over again in my life. And that is why I succeed.”***

***–Former NBA star Michael Jordan***

# Difficult times



- **Inflation**
- **Loss of loved one**
- **Loss of a job**
- **COVID-19**
- **Financial disaster**

- **Loss of home**
- **Bankruptcy**
- **Violence**
- **Homicide**
- **Mental illness**

- **Broken heart**
- **Health challenge**
- **Childhood trauma**
- **Adverse childhood experiences**

- **Separation/divorce**
- **Loss of a child**
- **Abuse**
- **Stress**
- **Gun violence**

- **Mass shootings**
- **Suicide**
- **Debt**
- **Extended family problems**
- **Disability**

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# STEPS TO WINNING AGAIN IN LIFE

# STEP 1

**Determine what you  
don't want in life  
(Contrast)**

# **STEP 2**

**Decide what you  
want in life.  
(Clarity)**



# STEP 3

**Get into a place of  
zero resistance.**

- **Stop resisting yourself**
- **Stop resisting people, places, and things.**

# STEP 4

**Clean up your childhood trauma and resolve the 10 causes of human stress, suffering, and aging.**

# **Root cause 1**

**Relationship shifts from  
high vibrations or energy  
to low vibrations or  
energy that leads to toxic  
relationships.**

# **Root cause 2**

# **Transgenerational epigenetics**

**Root cause 3**

**Adverse fetal trauma**

# **Root cause 4**

**Unresolved adverse  
childhood experiences**

# **Root cause 5**

**70% negative parental/  
trustee programming**



**Root cause 6**

**Eliminate heavy metals**

# **Root cause 7**

**Negative effects  
of electromagnetic  
frequencies (EMF)**

# **Root cause 8**

## **A cluttered life**

# **Root cause 9**

**Relationship hormonal  
imbalance (Finding  
hormonal balance)**

# **Root cause 10**

## **Optimism killers**

# STEP 5

**Focus on what you want  
and give zero attention to  
what you don't want.**

# **1. Spiritual**

**Better connection with  
Divine Source**

## 2. Health

**Better functioning  
heart, lungs, kidneys,  
lose weight**



# **3. Mental**

**Peace of mind and  
feel better**

# **4. Financial**

**Attract more money**

# **5. Relationships**

## **Love and trust again**

## **6. Career**

**Better job or employment**

# **7. Business**

**Increase contracts and  
better customers**

# **8. Self-appreciation**

**Focus on valuing self first**

## 9. Self-love

**Love self first and better**

# STEP 6

**Write 60-second stories  
each for 9 life core  
subject areas**



# 1. Spiritual

**It is my divine and human  
right to have a greater  
spiritual relationship with  
God or my super source.**

## 2. Health

**It is my divine and human  
right to have better  
health.**

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# 3. Mental

**It is my divine and human  
right to have great mental  
health.**

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## 4. Financial

**It is my divine and human right to have more than enough money to bless me and others.**

# 5. Relationship

**It is my divine and human  
right to attract great  
relationships.**

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## 6. Career

**It is my divine and human  
right to attract a great job  
or great employment.**

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# 7. Business

**It is my divine and human right to double my annual business revenue over the next 5 years.**

# 8. Self-appreciation

**It is my divine, human, and  
first right to appreciate  
myself.**

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## 9. Self-love

**It is my divine and human  
right to love me first.**

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# **STEP 7**

**Build positive self-talk  
through the day.**

**Negative self-talk  
undermines self-esteem.**

**Positive self-talk builds  
self-confidence.**

# **Positive self-talk programming**

***What you say to yourself  
over and over again.***

# **Repetition and habituation of subconscious mind**

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**CORE AREAS TO POSITIVELY  
REPROGRAM YOUR  
SUBCONSCIOUS MIND**

*A good place to start.*

# Spiritual

- **Belief:** God or the Divine is for me.
- **Emotions:** I feel God or the Divine is for me.
- **Memory:** I remind myself that God or the Divine is for me.



**Positive spiritual result:**  
**God or the Divine is for me.**

# Health

- **Belief:** I am healthy.
- **Emotions:** I feel healthy.
- **Memory:** I remind myself that I am healthy.

**Positive health result:**  
**I am healthy.**

# Mental

- **Belief:** I have a great mind.
- **Emotions:** I feel I have a great mind.
- **Memory:** I remind myself that I have a great mind.

**Positive mental result:**  
**I have a great mind.**

# Financial

- **Belief:** I have plenty of money for me, my family, and others.
- **Emotions:** I feel I have plenty of money for me, family, others.
- **Memory:** I remind myself that I have plenty of money for me, family, others.

**Positive financial result:**

**I have plenty of money for  
me, my family, and others.**

# Relationship

- **Belief:** I have wholesome and great relationships.
- **Emotions:** I feel I have wholesome and great relationships.
- **Memory:** I remind myself that I have wholesome and great relationships.



**Positive relationship result:**

**I have wholesome and  
great relationships.**

# STEP 8

**Love yourself  
unconditionally by giving  
yourself the following  
32 love pills.**

- **Acceptance**
- **Compassion**
- **Enlightenment**
- **Flexibility**
- **Harmony**

- **Forgiveness**
- **Freedom**
- **Grace**
- **Growth**
- **Nuturing**

- **Hopefulness**
- **Humility**
- **Illumination**
- **Inclusiveness**
- **Inspiration**

- **Joy**
- **Kindness**
- **Love**
- **Mercy**
- **Non-judgmental**

- **Open-mindedness**
- **Optimism**
- **Patience**
- **Peace**
- **Rebuild love**

- **Renew love**
- **Restore love**
- **Supporting**
- **Unchanging love**
- **Willingness**



# STEP 9

**Embrace the 5 circles  
of life so you can win  
each day.**

# **1. Words**

**Speak to self and others  
positive/negative.**

## 2. Thoughts

**Think positive/negative.**

# **3. Beliefs**

**Conscious/subconscious  
positive/negative**

**4. Feelings,  
moods, vibrations  
positive/negative**

## **5. Results**

**positive/negative  
every 60 seconds**

**The words we speak  
determine the thoughts  
we think.**

**The thoughts we think  
determine the beliefs  
we have.**



**The beliefs we have  
determine how we  
feel, consciously or  
unconsciously.**

**How you feel determines  
the results you will achieve.**

**Call Dr. John Thomas,  
clinical psychologist at**

**513-961-5682**

***Take the first step and make an  
appointment!***

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