



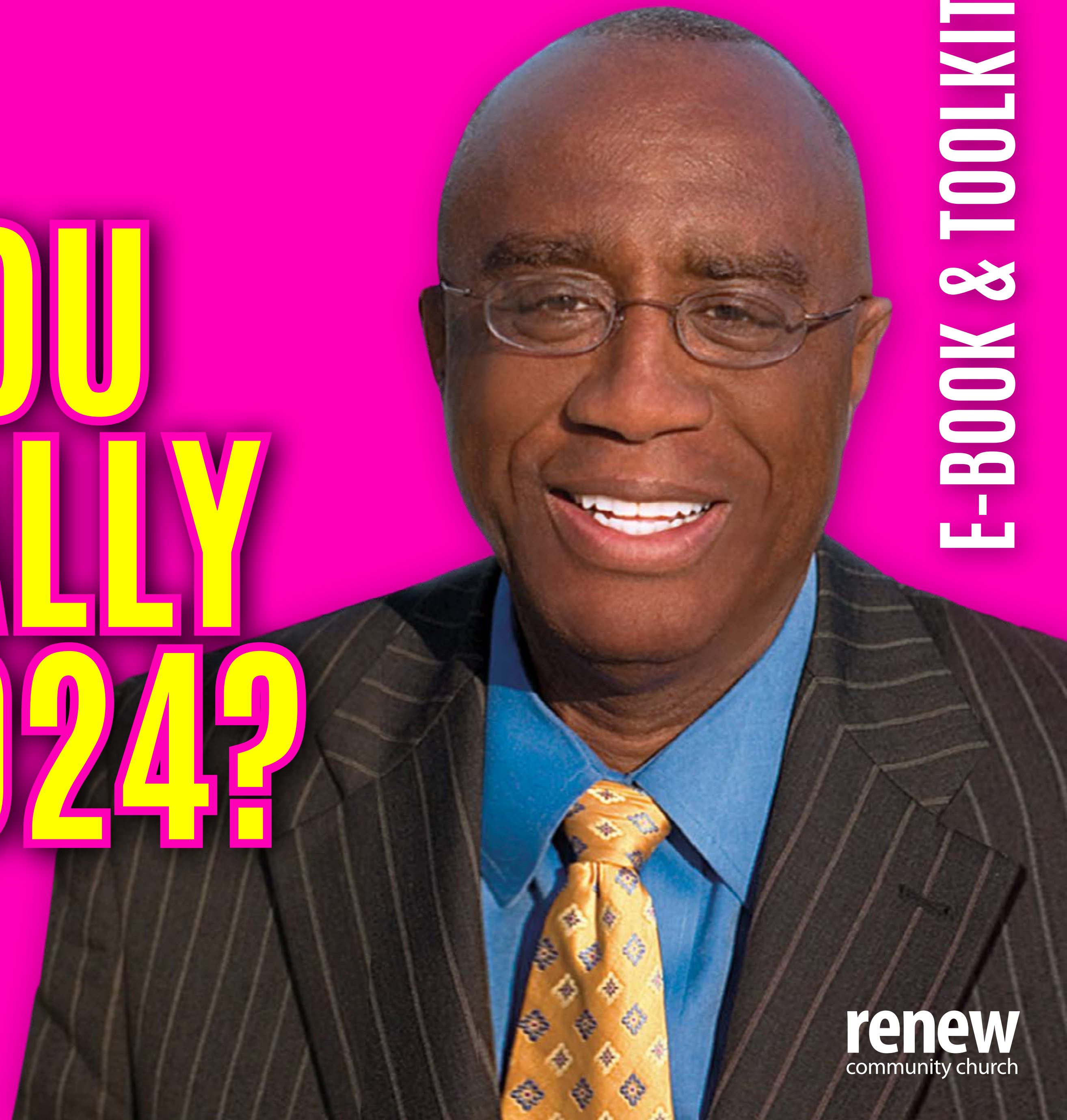
**MASTER YOUR MIND**  
SERIES 2024

# WHAT DO YOU REALLY REALLY WANT IN 2024?

By Charles E. Winburn, M.Ed.

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E-BOOK & TOOLKIT



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**80% OF PEOPLE DON'T  
KNOW WHAT THEY WANT!**  
**WHAT DO YOU WANT?**

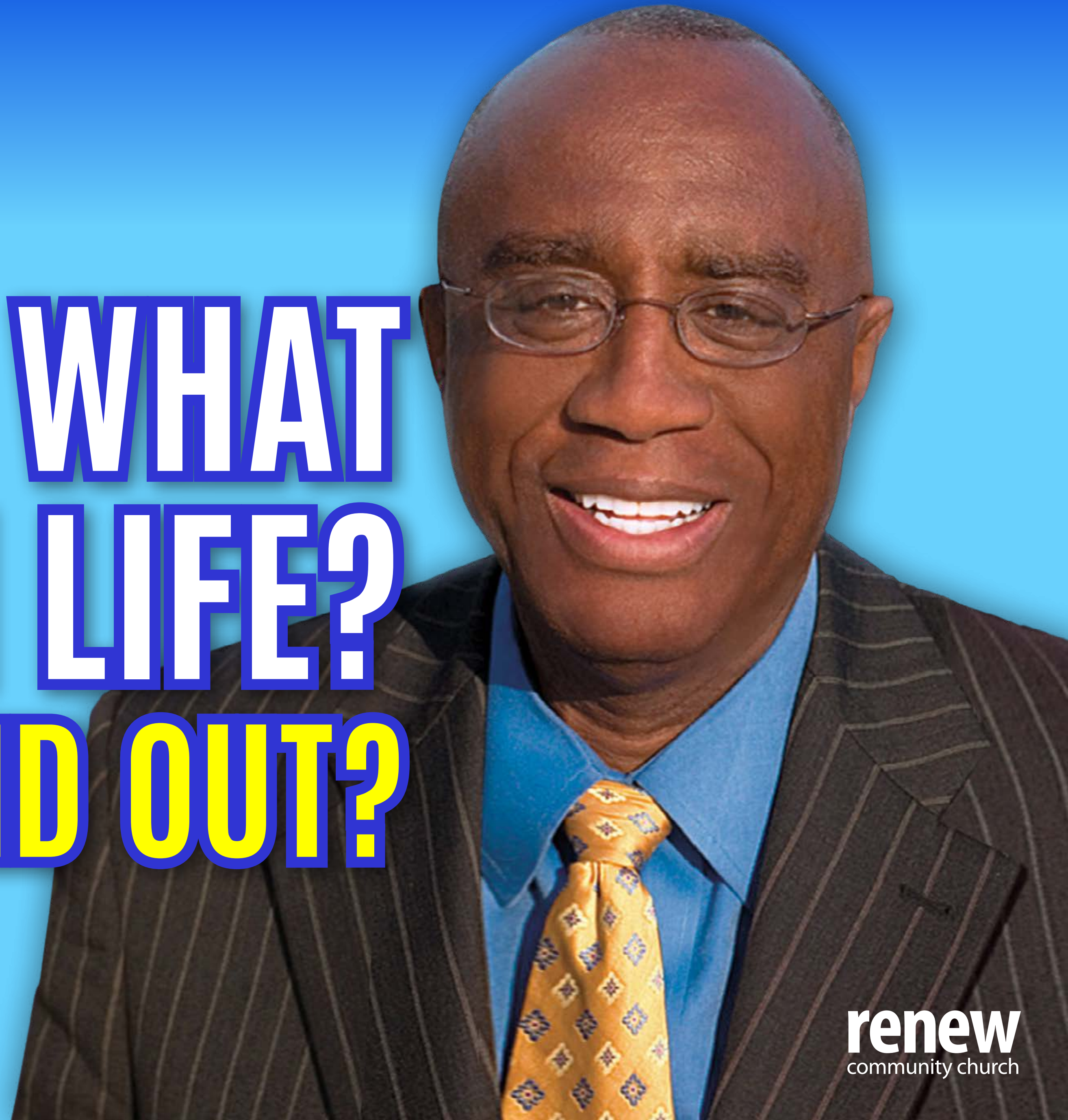
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# DON'T KNOW WHAT YOU WANT IN LIFE? HOW DO YOU FIND OUT?

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# **ONLY DATE, MARRY, OR FELLOWSHIP**

**with People Who Know  
What They Want in Life!**

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**MASTER YOUR MIND**  
SERIES 2024

**EVERY 60 SECONDS,  
ASK YOURSELF:  
WHAT DO I WANT?  
SO YOU CAN FOCUS!**

By Charles E. Winburn, M.Ed.

***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.***

# Resources

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**Aim for Wellbeing**  
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***AIM for Wellbeing: Integrative  
and Functional Medicine***



# **Life Extension**

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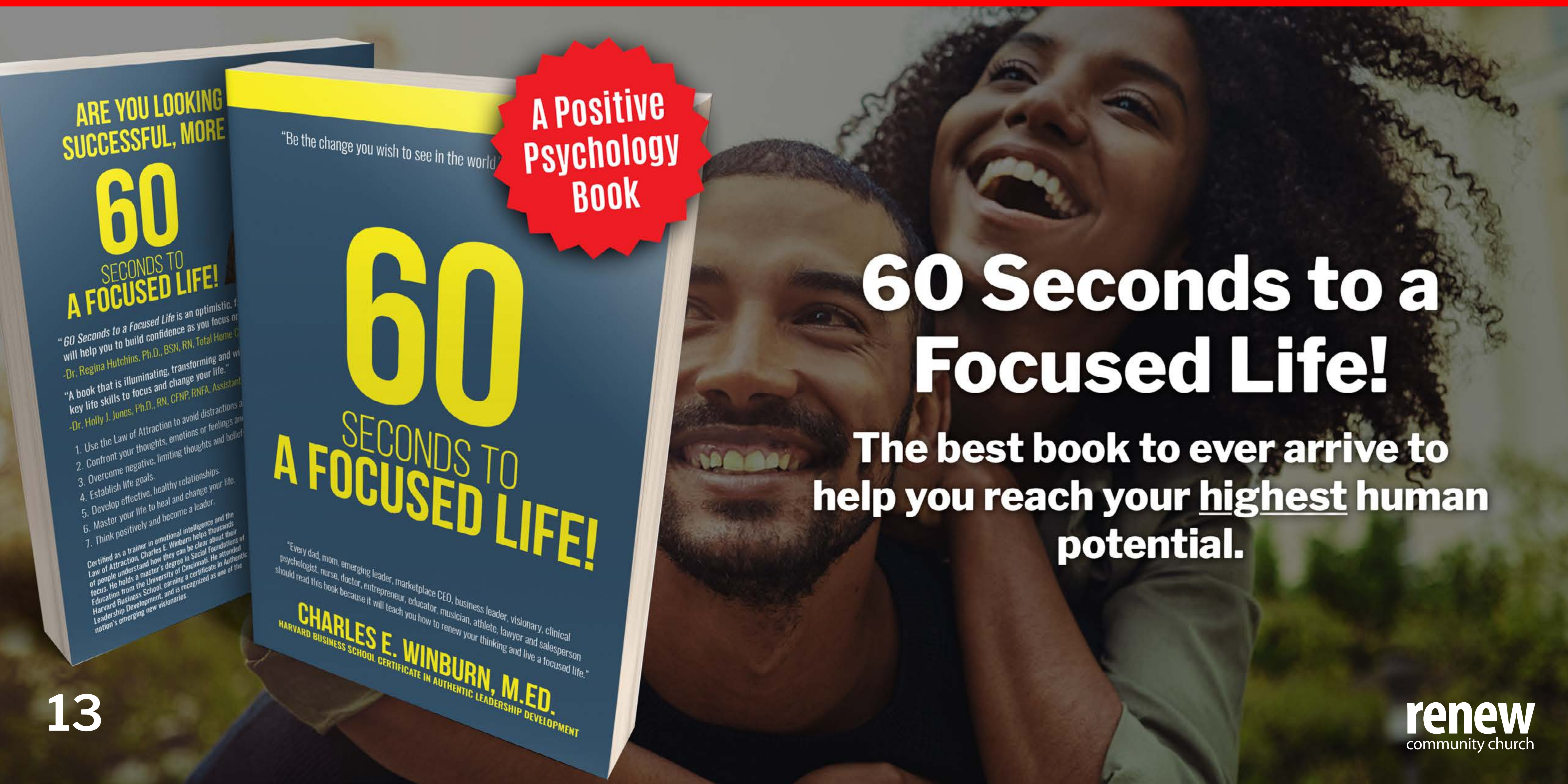
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**A Positive  
Psychology  
Book**

# 60 Seconds to a Focused Life!

The best book to ever arrive to  
help you reach your highest human  
potential.



**And be not conformed  
to this world: but be  
ye transformed by the  
renewing of your mind...**

***Romans 12:2a***



**And Jesus answering saith  
unto them, Have faith in  
God. For verily I say unto  
you, That whosoever shall  
say unto this mountain, Be  
thou removed, and be thou  
cast into the sea; and shall**



**not doubt in his heart, but  
shall believe that those  
things which he saith shall  
come to pass; he shall have  
whatsoever he saith.**

***Mark 11:22-23***

**80% of people don't  
know what they want  
as it relates to:**



- **Spiritual life**
- **Health life**
- **Mental life**
- **Financial life**
- **Business life**
- **Family life**
- **Marriage life**
- **Dating life**
- **Courtship life**
- **Community life**

**Just ask your  
10 best friends what  
they want in life.  
Only about 20%  
can tell you what  
they want, maybe.**



**Let me ask you:**  
**What do you want**  
**in 2024?**  
**What do you really**  
**want right now?**

**What do you really,  
really want in life?**



**When you don't know  
what you want, it can lead  
to being double-minded.**

**A double minded man is  
unstable in all his ways.**

***James 1:8***



**The worst person to  
date, marry, or go into  
business with is a double-  
minded person.**

# **The 11 Characteristics of a Double-Minded Person:**



- 1. Lacks strong conviction**
- 2. Inconsistency**
- 3. Uncertainty**
- 4. Vacillation**
- 5. Hypocrisy**
- 6. Divided loyalties**

- 7. Indecisiveness**
- 8. Double standards for others**
- 9. Lack clarity (Read chapter 2, Contrast v. Clarity, in *60 Seconds to a Focused Life* book)**



**10. Unreliability**

**11. People who  
constantly change  
their mind about you  
(They like you today,  
tomorrow they don't.)**

**When you know what you  
really, really want in life,  
it will contribute to your  
emotional happiness.**



# **10 Reasons Why It Is Important to Know What You Really, Really Want:**

- 1. Direction and 60 Seconds to a Focused Life**
- 2. Personal fulfillment**
- 3. Positive motivation**
- 4. Better decision-making**



**5. Effective time-  
management**

**6. Build stronger  
relationships**

**7. Enable personal  
growth**

**8. Persevere through  
obstacles and setbacks**

**9. Authentic leadership  
in 2024**

**10. Long-term emotional  
happiness**

# **12 Potential Negative Consequences from a Lack of Direction and Purpose in Your Life:**



# **1. Lack of fulfillment**

**Without a clear vision  
and purpose for your life.**

## **2. Poor mental health**

**Contributes to anxiety,  
stress, depression.**

# **3. Lowered self-esteem**

## **Feelings of inadequacy.**



# **4. Relationship strain**

## **Inability to communicate and relationship challenges.**

## **5. Career stagnation**

**Lack of professional fulfillment and potentially limiting their earning potential.**

## **6. Financial instability**

**Lack decision-making  
and poor financial  
planning.**



# **7. Health issues**

**Lead to chronic stress  
that impacts physical  
wellbeing.**

## **8. Decision paralysis**

**A feeling of being stuck  
and unable to move  
forward.**

## **9. Missed opportunities**

**Lacks passion and goals  
and stops personal  
growth.**

# **10. Lack of motivation**

**Lack of energy and  
striving to achieve goals.**



# **11. Regrets and resentment**

**Regrets and taking  
resentment out on others  
for failure to have goals.**

# **12. Life in a panic stage**

**Living by crisis and  
emergency.**

# **15 Potential Benefits from Marrying a Person Who Knows What They Want:**

# **1. Stability**

**A partner who is emotionally happy and knows what they want in life is likely to bring stability to the relationship, creating a solid foundation for the future.**



## 2. Clarity

**When your partner has a clear vision of their goals and desires, it can lead to better communication.**

### **3. Supportive partner**

**They are more likely  
to be supportive and  
understanding of your  
goals and aspirations.**

# **4. Emotional maturity**

**Emotional happiness  
often signifies emotional  
maturity.**

## **5. Mutual growth**

**Being with someone who  
knows what they want in life  
can lead to mutual growth.**

## **6. Positive influence**

**An emotionally happy and goal-oriented partner can positively influence your own happiness.**



## **7. Confidence**

**Their emotional stability and self-assuredness can inspire confidence in both themselves and in the relationship.**

## **8. Effective decision-making**

**A partner who knows what they want in life can contribute to more effective decision-making.**

## **9. Enhanced communication**

**A partner who knows  
what they want in life can  
contribute to more effective  
decision-making.**

# **10. Greater fulfillment**

**Being with someone who is emotionally happy and fulfilled in their life can contribute to a sense of fulfillment within the relationship.**

# **11. Shared values**

**A person who knows what they want in life is more likely to have a clear set of values.**



## **12. Reduced stress**

**Emotional stability and contentment can help reduce stress and anxiety within the relationship.**

## **13. Personal independence**

**They are likely to be comfortable with their own independence, which can lead to a healthier dynamic within the relationship.**

## **14. Role model**

**An emotionally happy and goal-oriented partner can serve as a positive role model.**

# **15. Long-term satisfaction**

**Ultimately, being with a partner who knows what they want in life and is emotionally happy can contribute to long-term satisfaction and fulfillment within the relationship.**

***60 Seconds to a  
Focused Life*** helps you  
to determine what you  
really want in life.



# **Contrast to Clarity Roadmap Worksheet**

## ***Side 1: Contrast***

**List the things I don't like  
or want or the absence of  
things I do not have.**

**1.**

---

**2.**

---

**3.**

---

**4.**

---

**5.**

---

## ***Side 2: Clarity***

**List the things  
I like or want.**

**1.**

---

**2.**

---

**3.**

---

**4.**

---

**5.**

---

# **12 Steps to Help You Define What You Really, Really Want:**



# **1. Self-reflection**

**Begin by engaging in deep introspection. Take time to understand your values, passions, and strengths.**

**Reflect on what truly makes you happy and fulfilled. Consider your**

**past experiences and the moments that have brought you the most joy and satisfaction. This self-reflection will help you gain clarity about your innermost desires and aspirations.**

## **2. Define your goals**

**Once you have clarity about your innermost desires, set specific, measurable, achievable, relevant, and time-bound (SMART) goals.**

**Define what you want to achieve and by when.**

**Whether it's personal,  
professional, or spiritual,  
clearly articulate your goals  
to give yourself a target to  
aim for.**

### **3. Visualize success**

**Visualize yourself achieving your goals. Create a mental image of your desired future to generate enthusiasm and motivation. Visualization can help you stay focused and committed to your**

**aspirations, especially  
during challenging times.**



## **4. Develop a plan**

**Break down your goals into manageable steps. Identify the actions you need to take and create a detailed plan to reach your objectives. A well-thought-out plan will serve as a roadmap**

**that can guide you through  
the journey toward your  
dreams.**

## **5. Take action**

**Action is the bridge between your dreams and reality. Take consistent, focused, and purposeful action toward your goals. Each step you take brings you closer to your desired**

**outcome. Embrace the  
power of momentum as you  
progress along your chosen  
path.**

## **6. Embrace challenges**

**Challenges are inevitable  
on the path to success.**

**Embrace them as  
opportunities for growth  
and learning. Develop  
resilience and perseverance  
to overcome obstacles that**

**may arise. Remember that  
challenges are often the  
stepping stones to greater  
achievements.**



# **7. Seek knowledge and skills**

**Continuously seek knowledge and develop relevant skills. Education and learning are powerful tools that can propel you closer to your aspirations.**

**Stay curious and open  
to new ideas, and never  
underestimate the value of  
expanding your knowledge  
base.**

## **8. Surround yourself with supportive people**

**Surround yourself with  
individuals who encourage,  
inspire, and support you.  
Build a network of positive  
influences who believe  
in your potential and are**

**willing to provide guidance  
and assistance when  
needed. A strong support  
system can uplift you during  
challenging times and  
celebrate your victories  
with you.**

## **9. Adapt and evolve**

**Remain flexible in your approach. Adapt to changing circumstances and be open to new opportunities that may lead you closer to your goals. Embracing change**

**and being open to new possibilities can provide fresh perspectives and avenues for growth.**



# **10. Practice gratitude**

**Cultivate a sense of gratitude for what you have achieved and the progress you've made. Gratitude fuels positivity and attracts more abundance into your life. Take time to appreciate**

**the journey and celebrate  
the small victories along the  
way.**

# **11. Stay focused**

**Maintain a laser-like focus on your objectives. Avoid distractions and stay committed to your path. By staying focused, you can channel your energy.**

# **12. Attract new friends!**

**Be friendly.**

**A man that hath friends  
must shew himself friendly:  
and there is a friend that  
sticketh closer than a  
brother.**

***Proverbs 18:24***

**So, what do you really,  
really want in life?**

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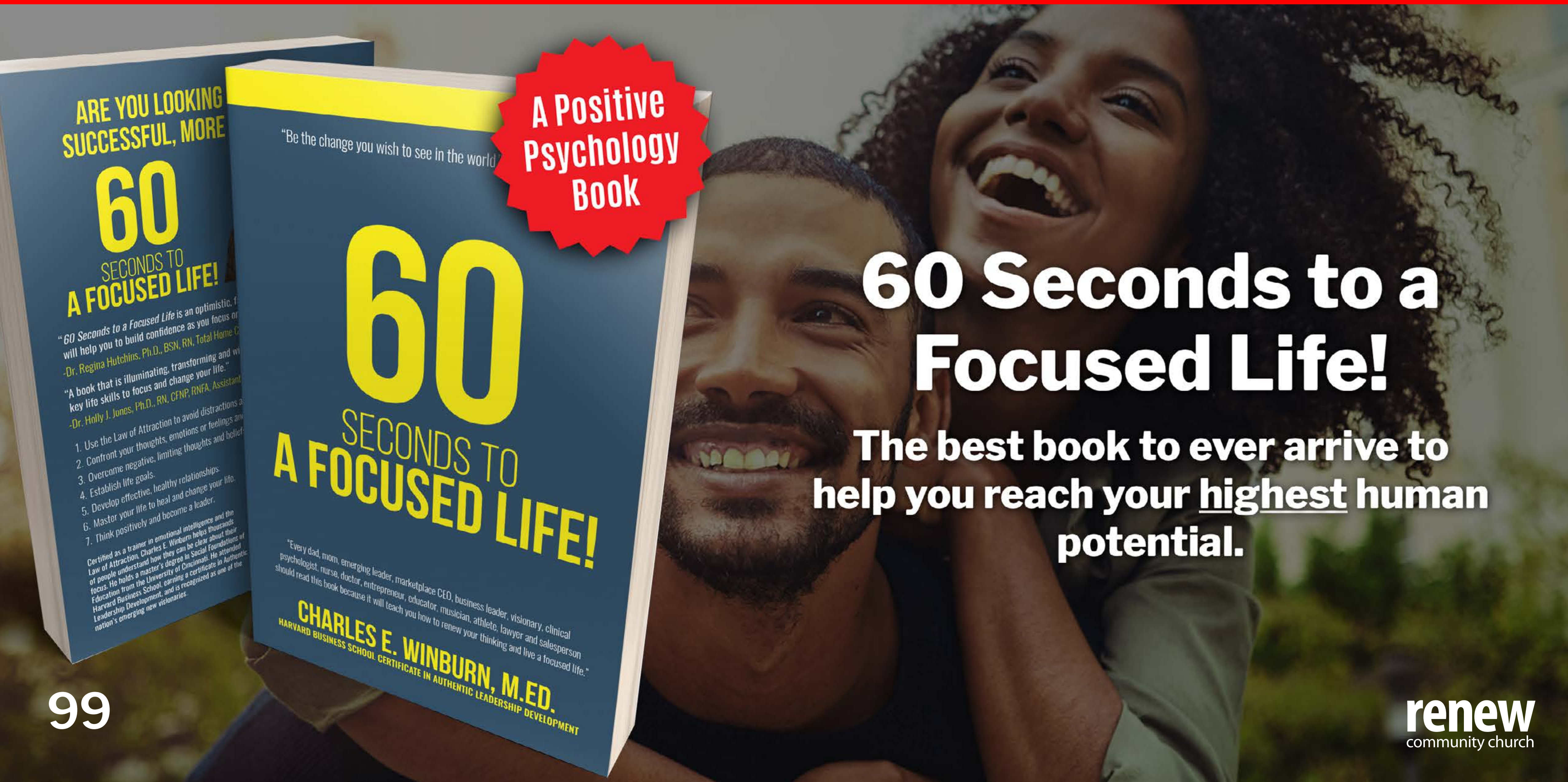
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ARE YOU LOOKING  
SUCCESSFUL, MORE

# 60

SECONDS TO  
A FOCUSED LIFE!

"60 Seconds to a Focused Life is an optimistic, fun, and will help you to build confidence as you focus on your goals."  
-Dr. Regina Hutchins, Ph.D., BSN, RN, Total Home Care

"A book that is illuminating, transforming and will help you to focus and change your life."  
-Dr. Holly J. Jones, Ph.D., RN, CFNP, RNFA, Assistant Professor

1. Use the Law of Attraction to avoid distractions and focus on your goals.
2. Confront your thoughts, emotions or feelings and beliefs.
3. Overcome negative, limiting thoughts and beliefs.
4. Establish life goals.
5. Develop effective, healthy relationships.
6. Master your life to heal and change your life.
7. Think positively and become a leader.

Certified as a trainer in emotional intelligence and the Law of Attraction, Charles E. Winburn helps thousands of people understand how they can be clear about their focus. He holds a master's degree in Social Foundations of Education from the University of Cincinnati. He attended Harvard Business School, earning a certificate in Authentic Leadership Development, and is recognized as one of the nation's emerging new visionaries.

**CHARLES E. WINBURN, M.ED.**  
HARVARD BUSINESS SCHOOL CERTIFICATE IN AUTHENTIC LEADERSHIP DEVELOPMENT



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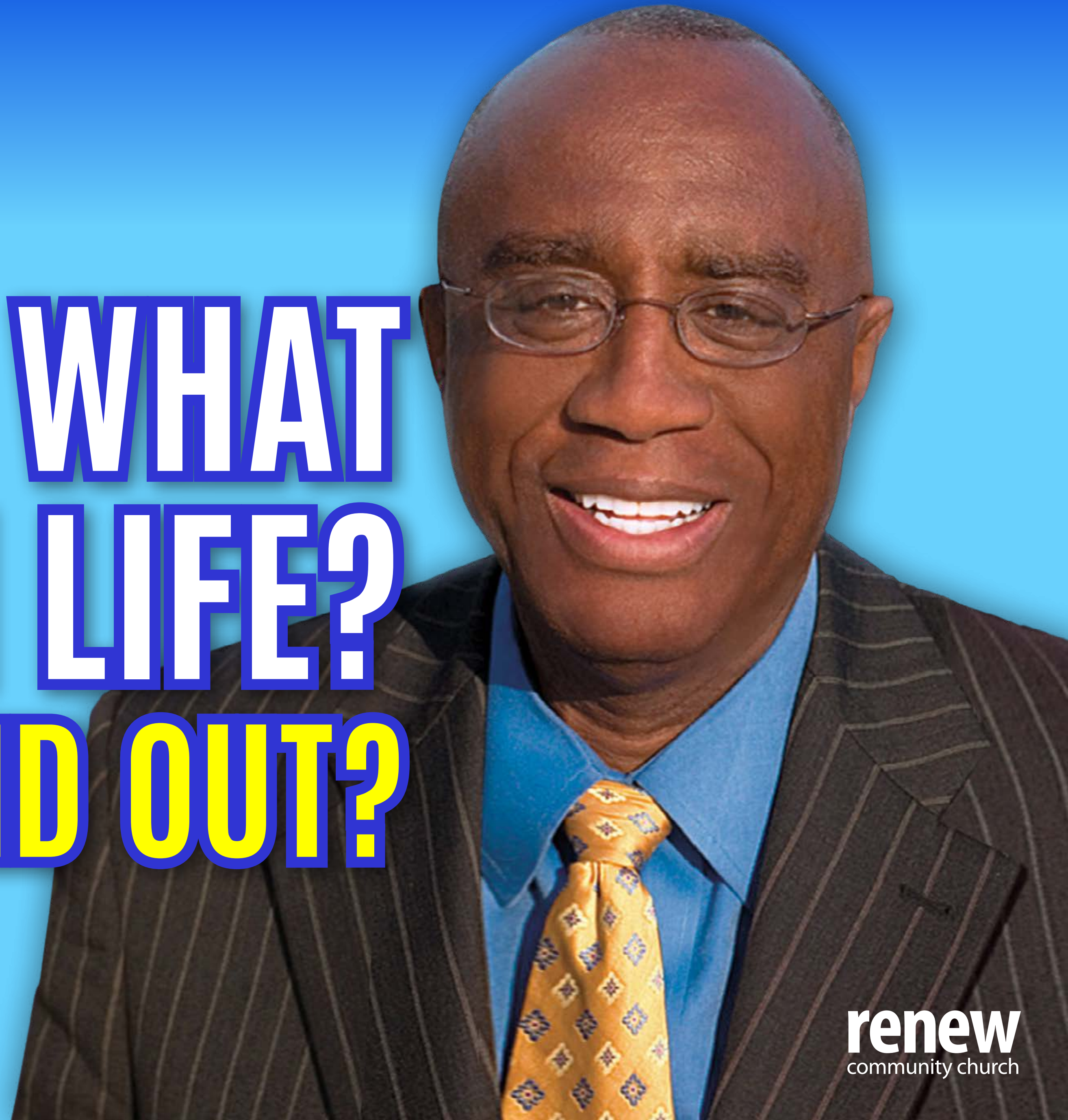
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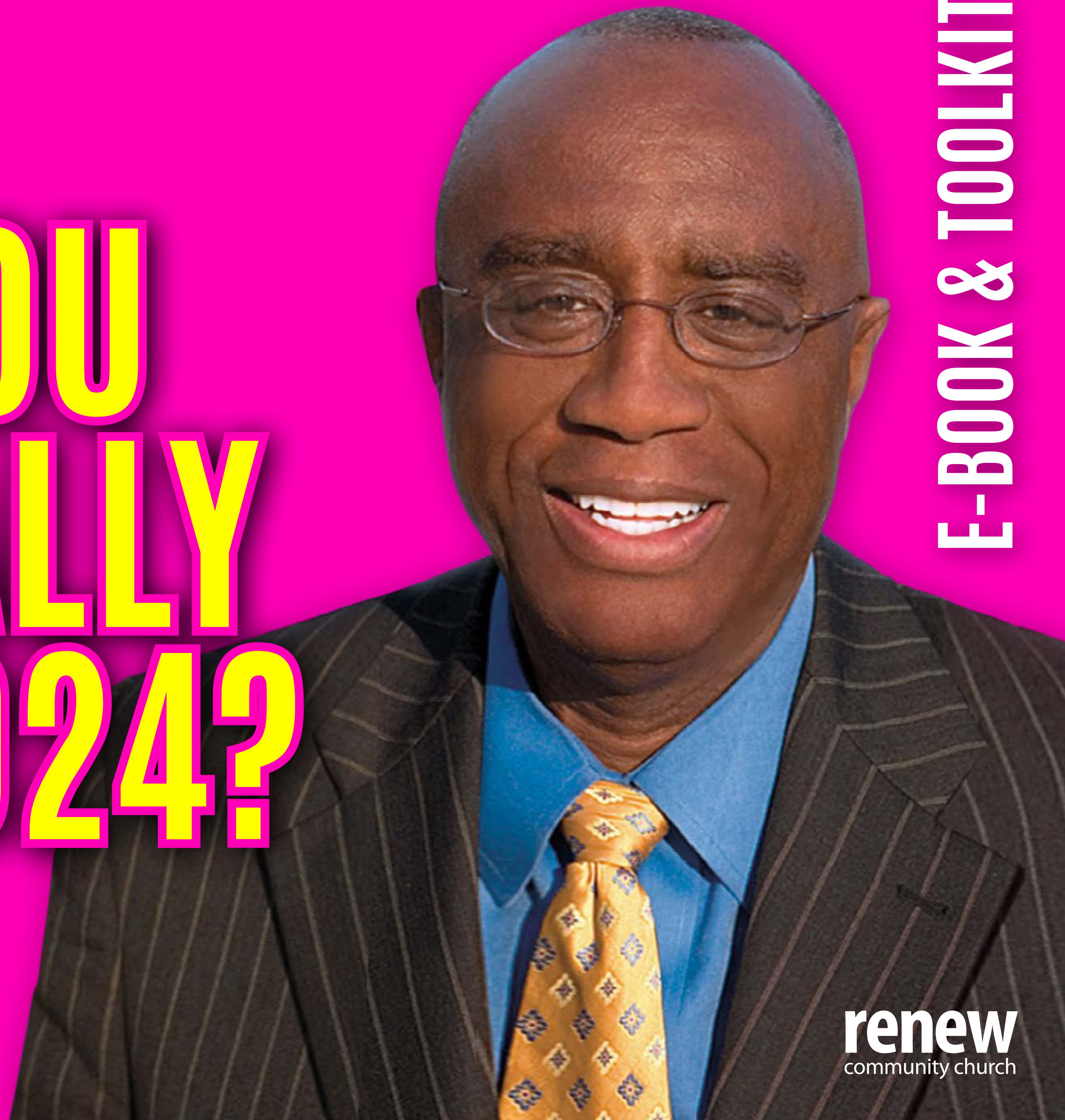
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