

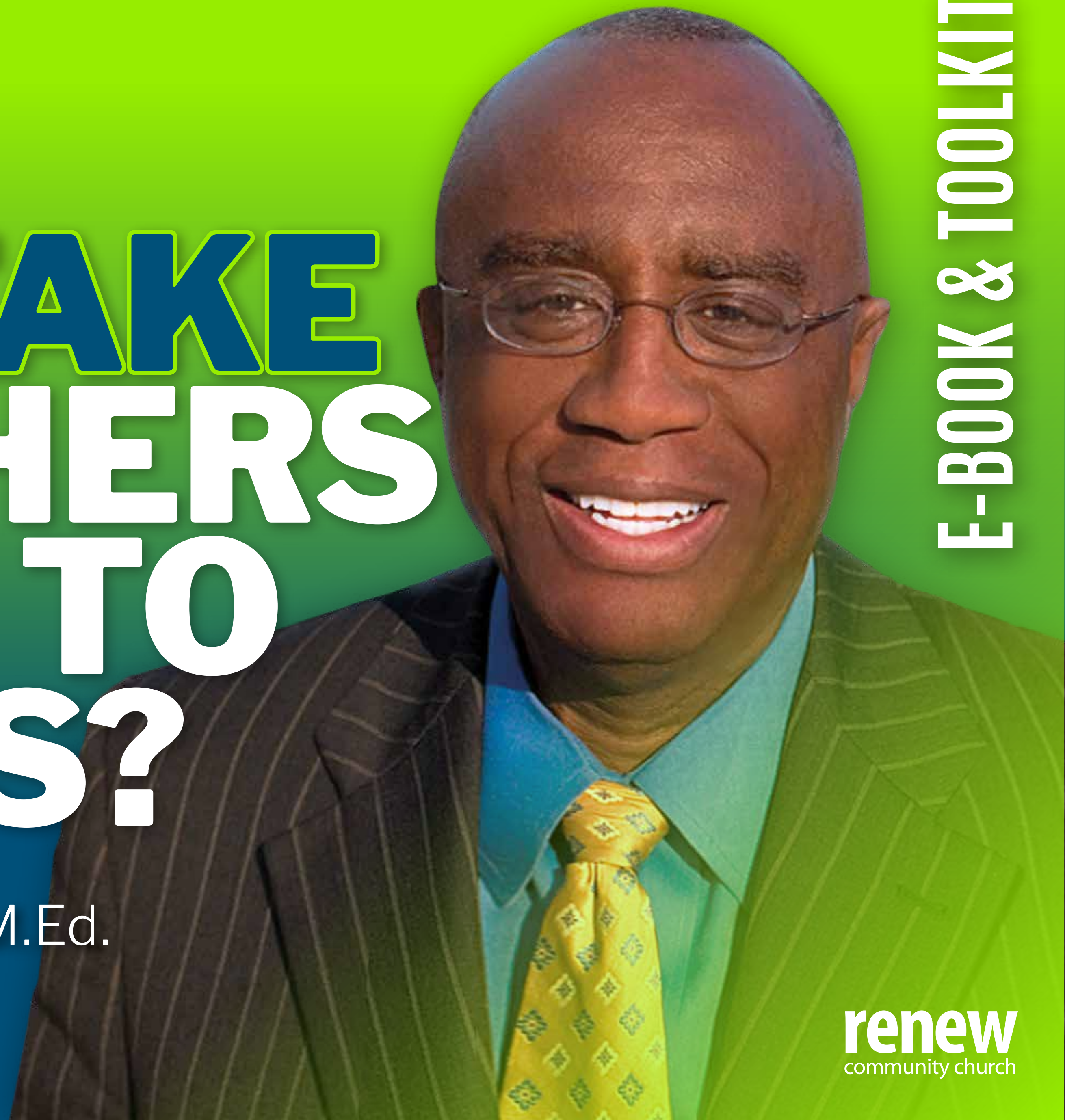


MASTER YOUR MIND
SERIES 2024

DO YOU **TAKE** FROM OTHERS OR **GIVE** TO OTHERS?

By Charles E. Winburn, M.Ed.

E-BOOK & TOOLKIT



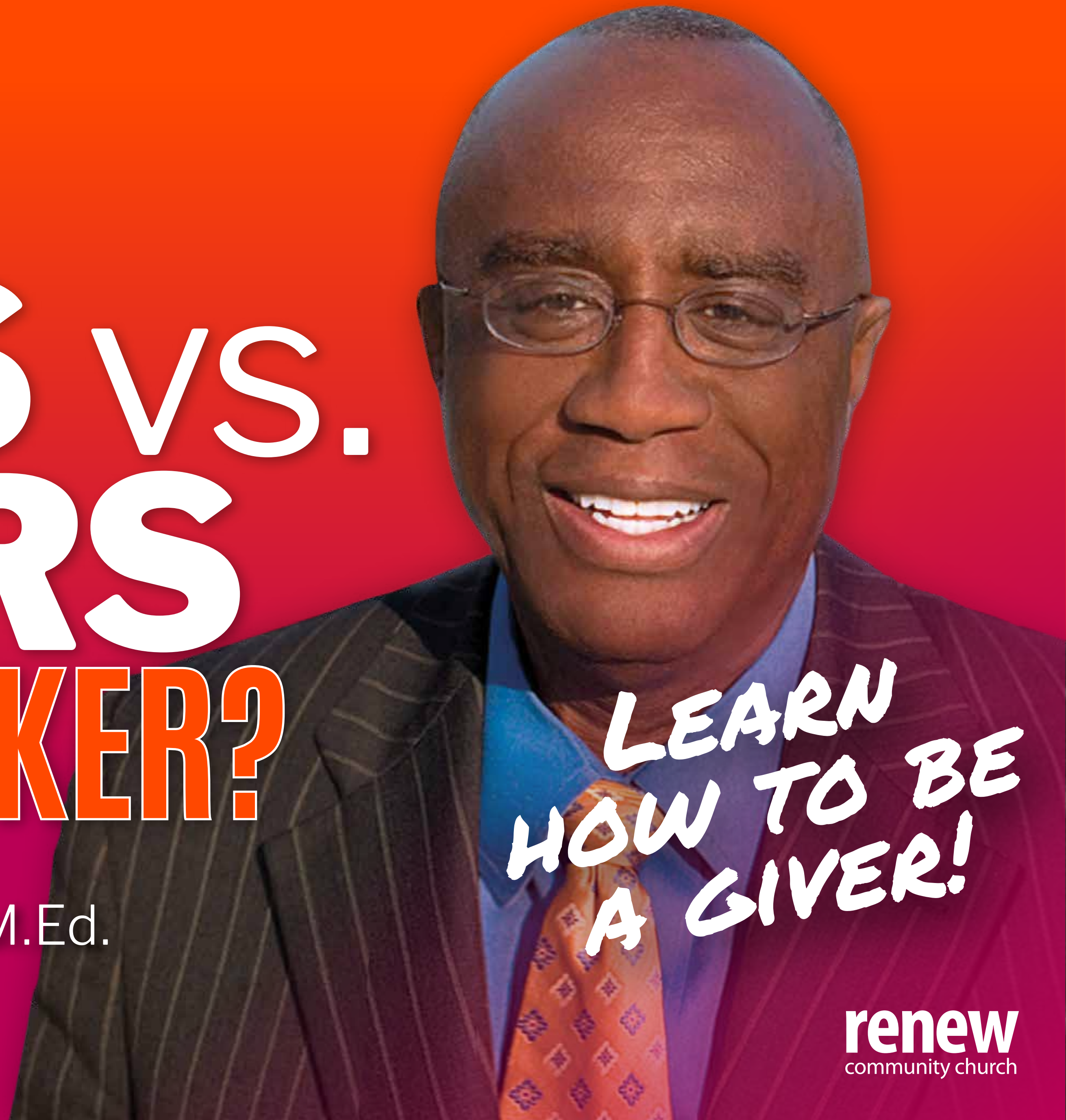


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GIVERS vs. TAKERS ARE YOU A TAKER?

By Charles E. Winburn, M.Ed.

LEARN
HOW TO BE
A GIVER!



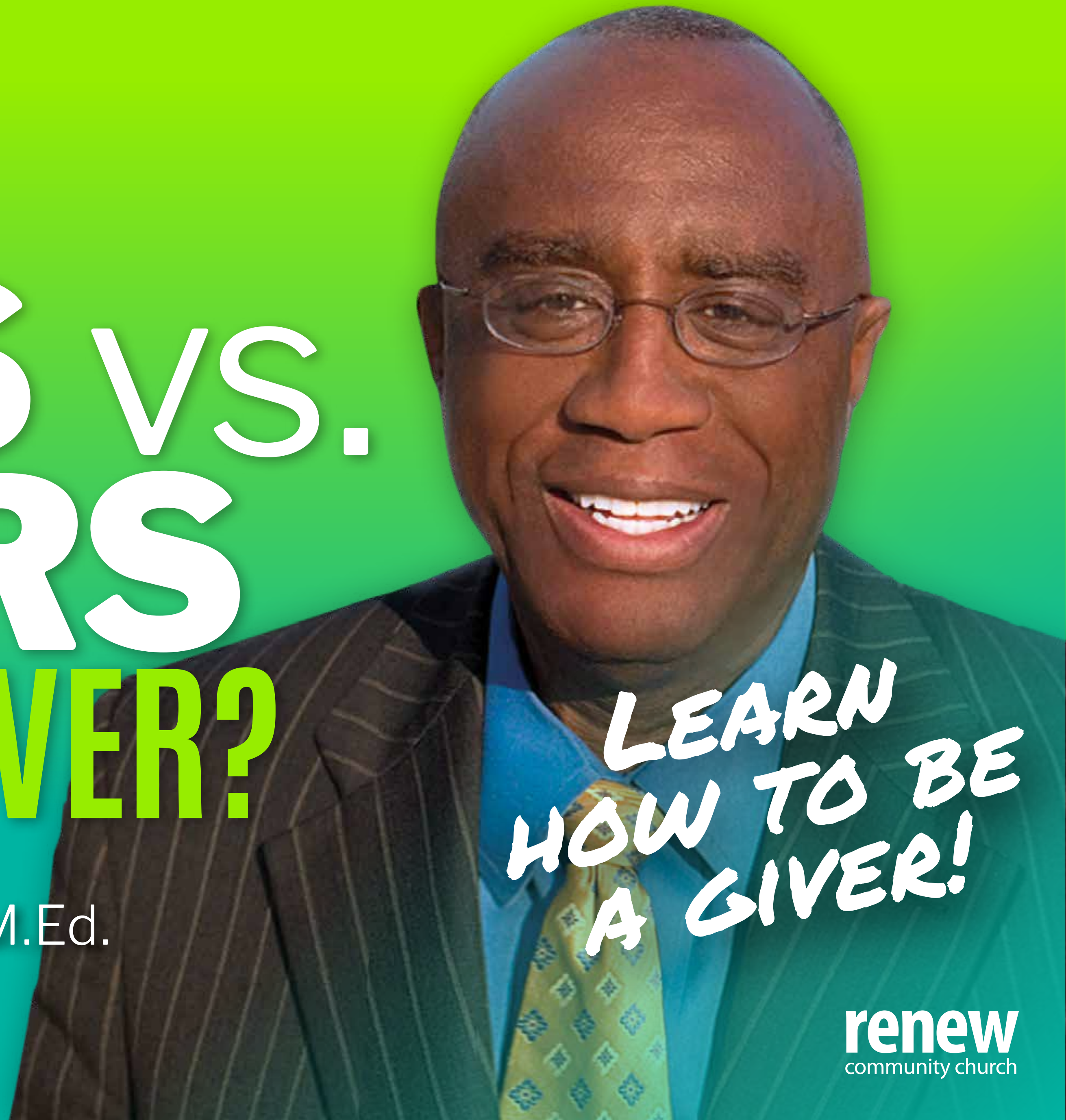


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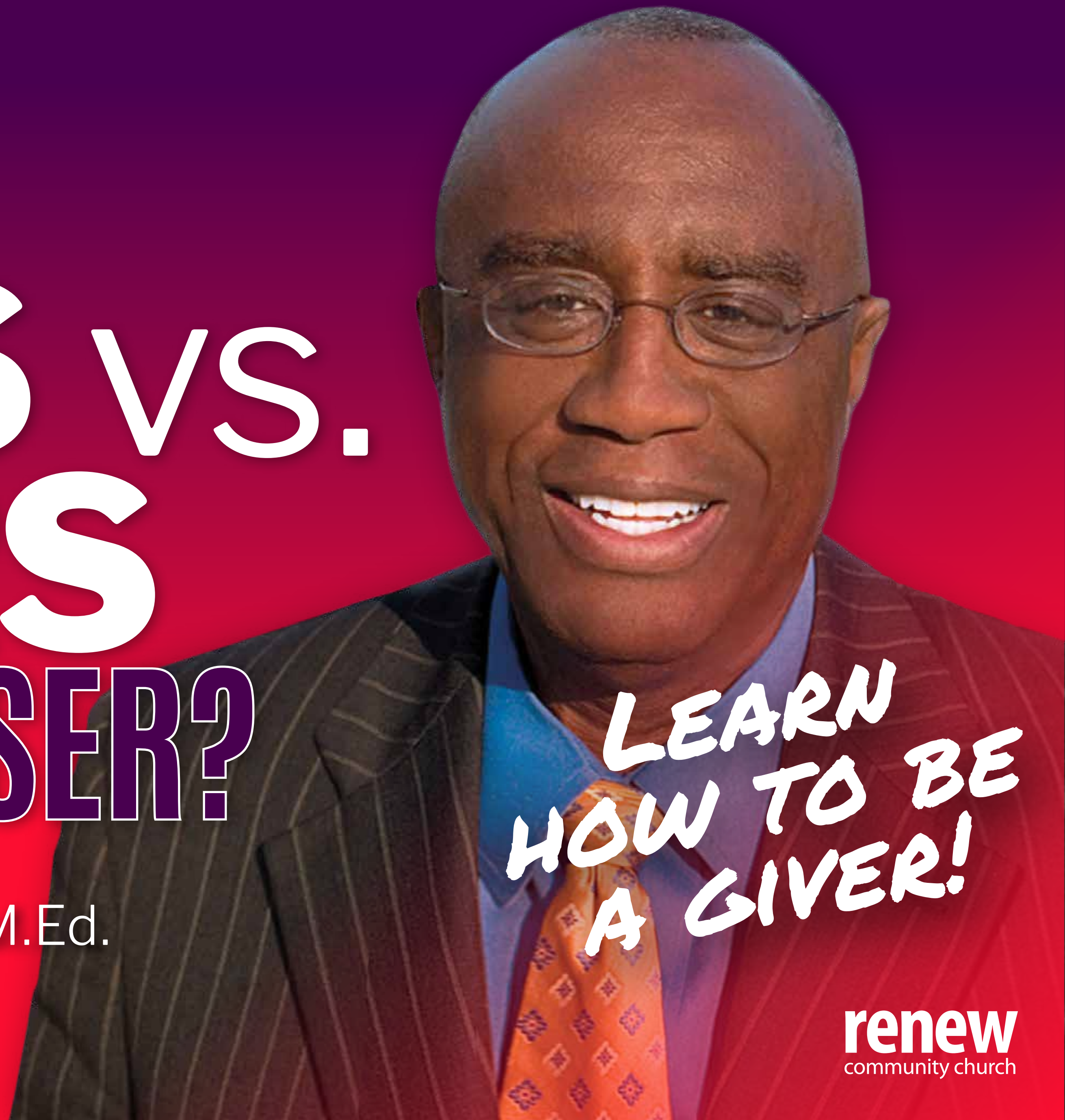


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GIVING: GENEROSITY OR OBLIGATION?

By Charles E. Winburn, M.Ed.

LEARN WHY
GIVING OUT OF
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DOESN'T FEEL
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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

We do not have any ownership stakes or financial investment in these businesses. They are wonderful services that could potentially benefit you.

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The Christ Hospital
513-791-5521

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

Life Extension

**Research-based vitamins
and minerals**

855-874-9087

John H. Thomas, Ed.D.
Clinical psychologist
513-961-5682
(24-hour answering service)

Amen Clinics
Brain SPECT Imaging
877-311-2828
Natural ways to heal your body

Clifton Natural Foods
336 Ludlow Avenue
Cincinnati, OH 45220
513-961-6111

Ohio Domestic Violence Network (ODVN) Helpline

1-800-934-9840

www.odvn.org

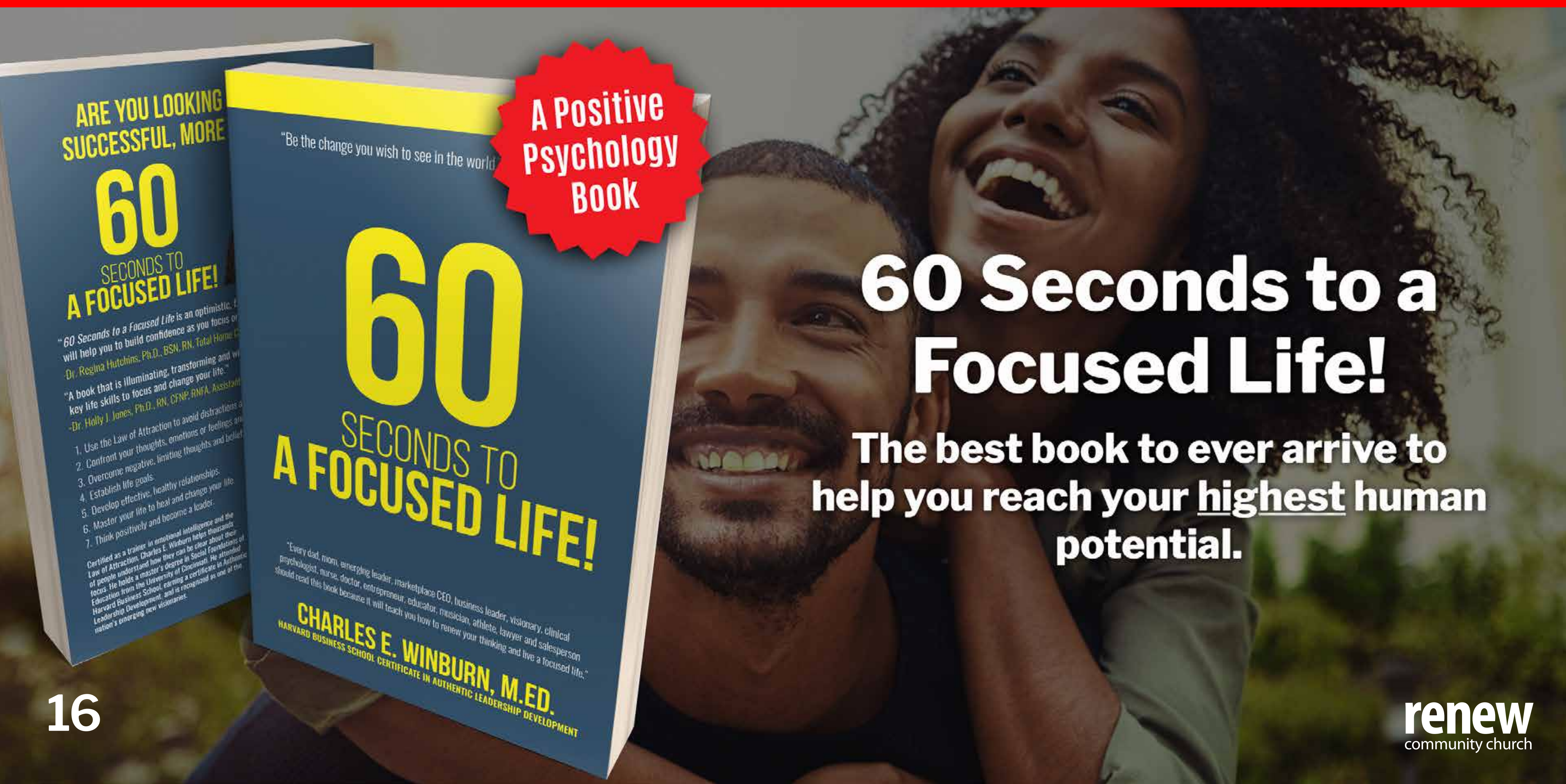
National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

www.thehotline.org

Visit today: **60SecondsToAFocusedLife.com**



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60

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"A book that is illuminating, transforming and will help you to focus and change your life."
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1. Use the Law of Attraction to avoid distractions and focus on your dreams.
2. Confront your thoughts, emotions or feelings and change them.
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

**And be not conformed
to this world: but be
ye transformed by the
renewing of your mind, that
ye may prove what is that
good, and acceptable, and
perfect, will of God.**

Romans 12:2

**And Samuel said, Hath
the Lord as great delight
in burnt offerings and
sacrifices, as in obeying the
voice of the Lord? Behold,
to obey is better than
sacrifice, and to hearken
than the fat of rams.**

1 Samuel 15:22

**But this I say, He which
soweth sparingly shall
reap also sparingly; and he
which soweth bountifully
shall reap also bountifully.
Every man according as he
purposeth in his heart, so let**

**him give; not grudgingly, or
of necessity: for God loveth
a cheerful giver.**

2 Corinthians 9:6-7

**Give, and it shall be given
unto you; good measure,
pressed down, and shaken
together, and running over,
shall men give into your
bosom. For with the same
measure that ye mete**

**withal it shall be measured
to you again.**

Luke 6:38

**But this man, after he had
offered one sacrifice for
sins for ever, sat down on
the right hand of God;**

Hebrews 10:12

Introduction

5 indicators of a person who gives their money or life out of generosity

- 1. Giving without expecting anything in return:** Generous individuals give freely without expecting reciprocation or personal gain. They derive satisfaction from the act of giving itself rather than any potential benefits they may receive in return.

2. Acts of kindness and compassion: Generous individuals often display acts of kindness and compassion towards others. They are empathetic and understanding of the needs and struggles of those around them, and are willing to extend a helping hand when needed.

3. Sharing resources willingly:
Generous individuals are willing to share their resources, whether it be money, time, skills, or knowledge, with others. They understand the value of sharing and believe in the importance of helping those in need.

4. Supporting causes and charities: Generous individuals often support causes and charities that align with their values and beliefs. They are willing to donate money, time, or effort to support initiatives that aim to make a positive impact on society or help those who are less fortunate.

5. Making sacrifices for the greater good: Generous individuals are willing to make personal sacrifices in order to benefit others or contribute to a greater cause. They prioritize the well-being of others over their own self-interest and are willing to go out of their way to help those in need.

**5 indicators of a person
who gives their money or
life out of obligation**

- 1. Feeling compelled to give:**
Individuals who give out of obligation may feel a sense of duty or pressure to contribute, rather than a genuine desire to help others. Their giving may be driven by external expectations or social norms rather than intrinsic motivations.

2. Giving reluctantly: Obligated givers may feel resentful or reluctant when giving, as they may not fully support or believe in the cause they are contributing to. Their giving is motivated more by a sense of duty rather than a genuine desire to make a positive impact.

3. Seeking validation or approval:
Individuals who give out of obligation may seek validation or approval from others for their contributions. Their giving may be more about maintaining a certain image or reputation rather than truly wanting to help others.

4. Limited personal involvement:
Obligated givers may limit their personal involvement in the causes or initiatives they support. They may prefer to contribute financially or from a distance rather than getting directly involved or investing their time and effort.

5. Lack of joy or fulfillment:
Individuals who give out of obligation may not experience the same joy or fulfillment that comes from giving out of generosity. Their giving may feel more like a burden or chore rather than a meaningful and fulfilling experience.

What is a giver?

- 1. A person who freely gives of their time, resources, or energy to help others without expecting anything in return.**
- 2. Someone who is generous and willingly provides assistance, support, or gifts to those in need.**

- 3. A person who derives satisfaction and fulfillment from giving to others and making a positive impact on their lives.**
- 4. An individual who is selfless and prioritizes the well-being and happiness of others over their own interests.**

- 5. A benefactor who contributes to charitable causes, organizations, or individuals to improve the welfare of society.**
- 6. A philanthropist who donates money, goods, or services to support various initiatives and projects for the greater good.**

- 7. A compassionate individual who shows kindness, empathy, and understanding towards others in need of help.**
- 8. A volunteer who dedicates their time and skills to assist communities, organizations, or individuals in need of support.**

- 9. A donor who gives blood, organs, or other resources to save lives and improve the health of others.**
- 10. A person who spreads positivity, love, and goodwill through acts of kindness, encouragement, and support for those around them.**

What is a taker?

- 1. Someone who consistently takes advantage of others for personal gain or benefit without consideration for their well-being.**
- 2. An individual who focuses on receiving rather than giving, constantly seeking to acquire resources, attention, or favors from others.**

- 3. A person who exploits the generosity or kindness of others for their own advantage without reciprocating or showing gratitude.**
- 4. Someone who exhibits selfish behavior by prioritizing their own needs, desires, and interests over those of others.**

- 5. A user who manipulates or deceives others to obtain what they want without regard for the consequences or impact on others.**
- 6. An opportunist who seizes opportunities to profit or benefit at the expense of others' trust, resources, or goodwill.**

- 7. A selfish individual who lacks empathy and disregards the feelings, rights, or boundaries of others in their interactions.**
- 8. A freeloader who relies on the generosity and goodwill of others to meet their needs or fulfill their wants without contributing in return.**

- 9. A person who is focused on accumulating material possessions, status, or power at the expense of relationships and genuine connections.**
- 10. A receiver who habitually takes without giving back, leading to imbalances in relationships and a lack of reciprocity.**

What is a user?

- 1. Exploitative:** A negative user of others may exploit people for their own benefit without regard for the well-being of others.
- 2. Manipulative:** Negative users may manipulate others through deceit, coercion, or other means to achieve their own goals.

- 3. Self-centered:** Negative users are often self-centered and prioritize their own needs and desires over the well-being of others.
- 4. Toxic:** Negative users can exhibit toxic behaviors that harm the emotional, mental, or physical well-being of those around them.

- 5. Abusive:** Negative users may engage in emotional, psychological, verbal, or physical abuse towards others to control or manipulate them.
- 6. Deceptive:** Negative users may be deceitful and dishonest in their interactions with others, leading to mistrust and manipulation.

- 7. Controlling:** Negative users may seek to control others' thoughts, actions, or decisions, undermining their autonomy and independence.
- 8. Exploitative:** Negative users may take advantage of others' kindness, resources, or vulnerabilities for their own gain.

9. Disrespectful: Negative users may show disrespect towards others by disregarding their feelings, boundaries, or opinions.

10. Narcissistic: Negative users may exhibit narcissistic traits, such as a sense of entitlement, lack of empathy, and manipulation of others for personal gain.

**25 negative words
connected to sacrifice
or obligation**

- 1. Burden**
- 2. Resentment**
- 3. Oppression**
- 4. Coercion**
- 5. Enslavement**
- 6. Exploitation**
- 7. Subjugation**
- 8. Imposition**
- 9. Duress**

- 10. Constraint**
- 11. Servitude**
- 12. Suffering**
- 13. Misery**
- 14. Grief**
- 15. Servitude**
- 16. Slavery**
- 17. Subordination**

- 18. Bondage**
- 19. Tyranny**
- 20. Martyrdom**
- 21. Exploitation**
- 22. Persecution**
- 23. Hardship**
- 24. Compulsion**
- 25. Victimization**

**25 positive and life-
generating words to
describe generosity**

- 1. Kindness**
- 2. Compassion**
- 3. Love**
- 4. Altruism**
- 5. Selflessness**
- 6. Empathy**
- 7. Charity**
- 8. Philanthropy**
- 9. Giving**

- 10. Benevolence**
- 11. Humanity**
- 12. Caring**
- 13. Graciousness**
- 14. Magnanimity**
- 15. Supportive**
- 16. Thoughtfulness**
- 17. Empowerment**

18. Encouragement

19. Sharing

20. Abundance

21. Nurturing

22. Considerate

23. Helpful

24. Inspirational

25. Uplifting

10 ways to activate your generosity in helping others

1. Sharing happiness and abundance spreads positive vibes: When someone gives their life and money generously, they are spreading happiness and abundance to others. This act generates positive vibrations that uplift and inspire those around them.

2. Generosity fuels the cycle of love and joy: Acts of generosity create a ripple effect of love and joy in the world. By giving selflessly, individuals contribute to a cycle of positivity that benefits both the giver and the receiver.

3. Investing in others with love and kindness multiplies positivity: When people invest their resources in others with love and kindness, they are sowing seeds of positivity that multiply over time. This creates a lasting impact that resonates with the values of generosity.

4. Spreading joy and peace through selfless giving:
Selfless giving is a powerful way to spread joy and peace in the world. When individuals prioritize the well-being of others over their own, they contribute to a harmonious and positive environment.

5. Creating a legacy of happiness and fun through generosity:
Generosity creates a lasting legacy of happiness and fun. When individuals give of themselves freely, they leave behind a positive impact that continues to bring joy to others long after the initial act of giving.

6. Fostering a culture of generosity and positivity: Acts of generosity foster a culture of positivity where people are encouraged to give back and support one another. This creates a sense of community and mutual benefit that enhances the well-being of all involved.

7. Empowering others through acts of love and generosity:
Acts of love and generosity empower both the giver and the receiver. By sharing resources and support with others, individuals help uplift those in need and create a sense of empowerment that resonates throughout their community.

8. Radiating positive energy through generous actions:
Generous actions have the power to radiate positive energy into the world. When individuals give of themselves with an open heart, they create a wave of positivity that can transform lives and bring about meaningful change.

9. Cultivating a spirit of abundance and joy through generosity: Generosity cultivates a spirit of abundance and joy by encouraging individuals to share their resources and blessings with others. This mindset of abundance leads to a greater sense of fulfillment and happiness for all involved.

10. Transforming lives with the gift of love and generosity: The gift of love and generosity has the power to transform lives in profound ways. By giving selflessly and wholeheartedly, individuals can make a lasting impact on the world and inspire others to follow in their footsteps.



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