



THINK IT UNTIL YOU MAKE IT!

LEARN HOW TO
BRING AN END TO
YOUR FAKE LIFE THIS
SUNDAY AND LEARN
HOW TO THINK IT
UNTIL YOU MAKE IT!

By Charles E. Winburn, M.Ed.



STOP FAKING IT UNTIL YOU MAKE IT! INSTEAD THINK IT UNTIL YOU MAKE IT!

LEARN HOW TO
STOP FAKING YOUR
WAY THROUGH LIFE
AND LEARN HOW TO
MAKE IT IN LIFE
THIS SUNDAY!

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THINK IT UNTIL YOU MAKE IT!

"AS HE THINKETH
IN HIS HEART
SO IS HE."
PSALMS 27:3

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‘THINK’ IT SO YOU CAN MAKE IT IN LIFE!

LEARN SUNDAY
HOW TO THINK IT
IN LIFE SO YOU
CAN MAKE IT
IN LIFE THIS
SUNDAY!

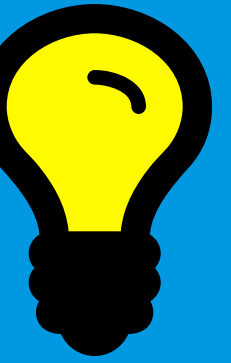
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LEARN HOW TO **MAKE IT IN LIFE** WITHOUT FAKING IT!

**THIS
SUNDAY!**

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ONE OF THE HARDEST THINGS FOR PEOPLE TO DO IN LIFE IS TO **THINK!**

THINK IT UNTIL
YOU MAKE IT
IN LIFE THIS
SUNDAY!

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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.

Aim for Wellbeing
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

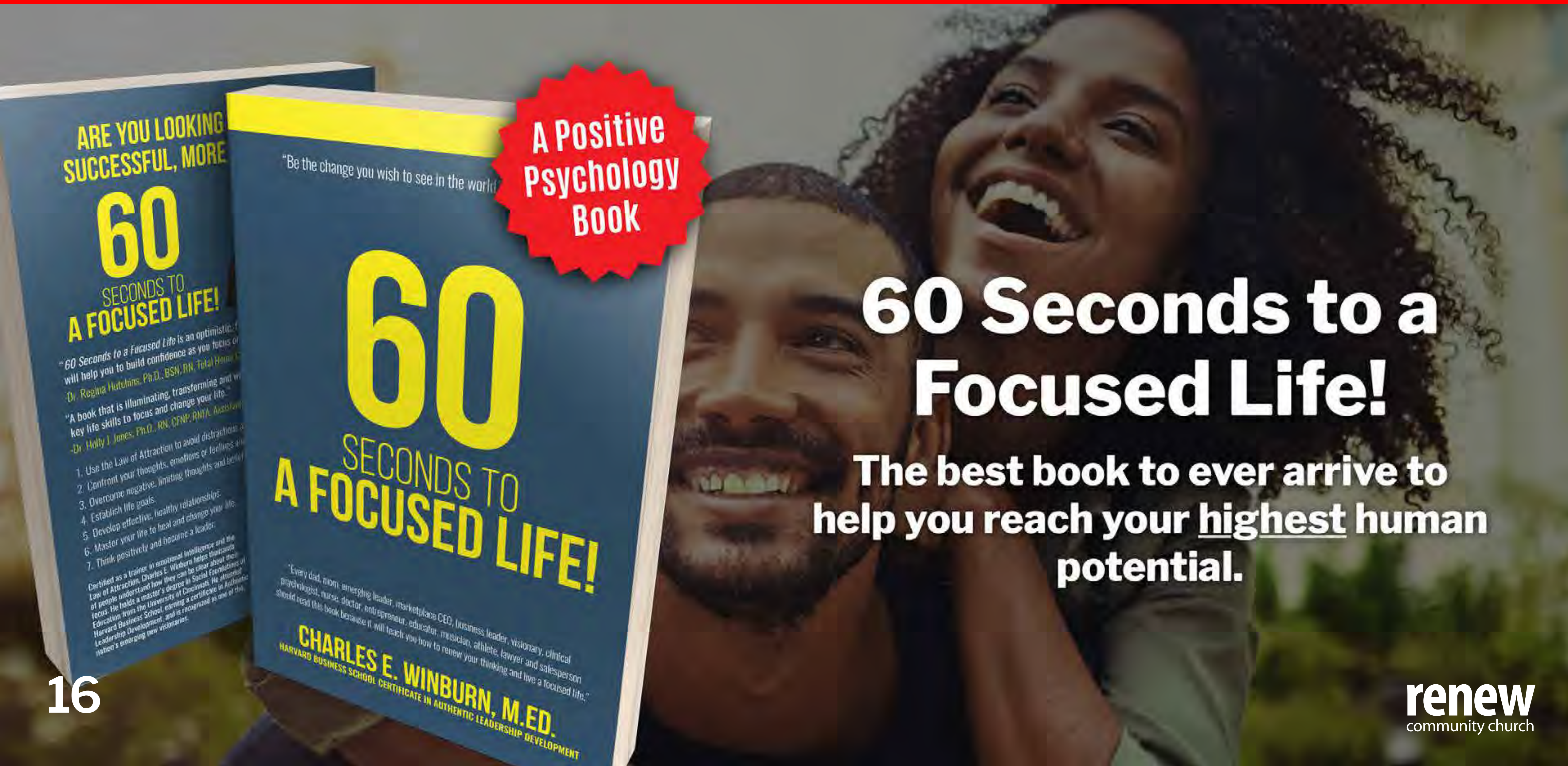
National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

www.thehotline.org

Visit today: **60SecondsToAFocusedLife.com**



A Positive
Psychology
Book

60 Seconds to a Focused Life!

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

ARE YOU LOOKING
SUCCESSFUL, MORE

60

SECONDS TO
A FOCUSED LIFE!

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

"A book that is illuminating, transforming and will
key life skills to focus and change your life."
-Dr. Holly J. Jones, Ph.D., RN, CFNP, ANFA, Assistant

1. Use the Law of Attraction to avoid distractions and
2. Confront your thoughts, emotions or feelings and
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.

"Be the change you wish to see in the world."

60

SECONDS TO
A FOCUSED LIFE!

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

**For as he thinketh in his heart,
so is he: Eat and drink, saith he to
thee; but his heart is not with thee.**

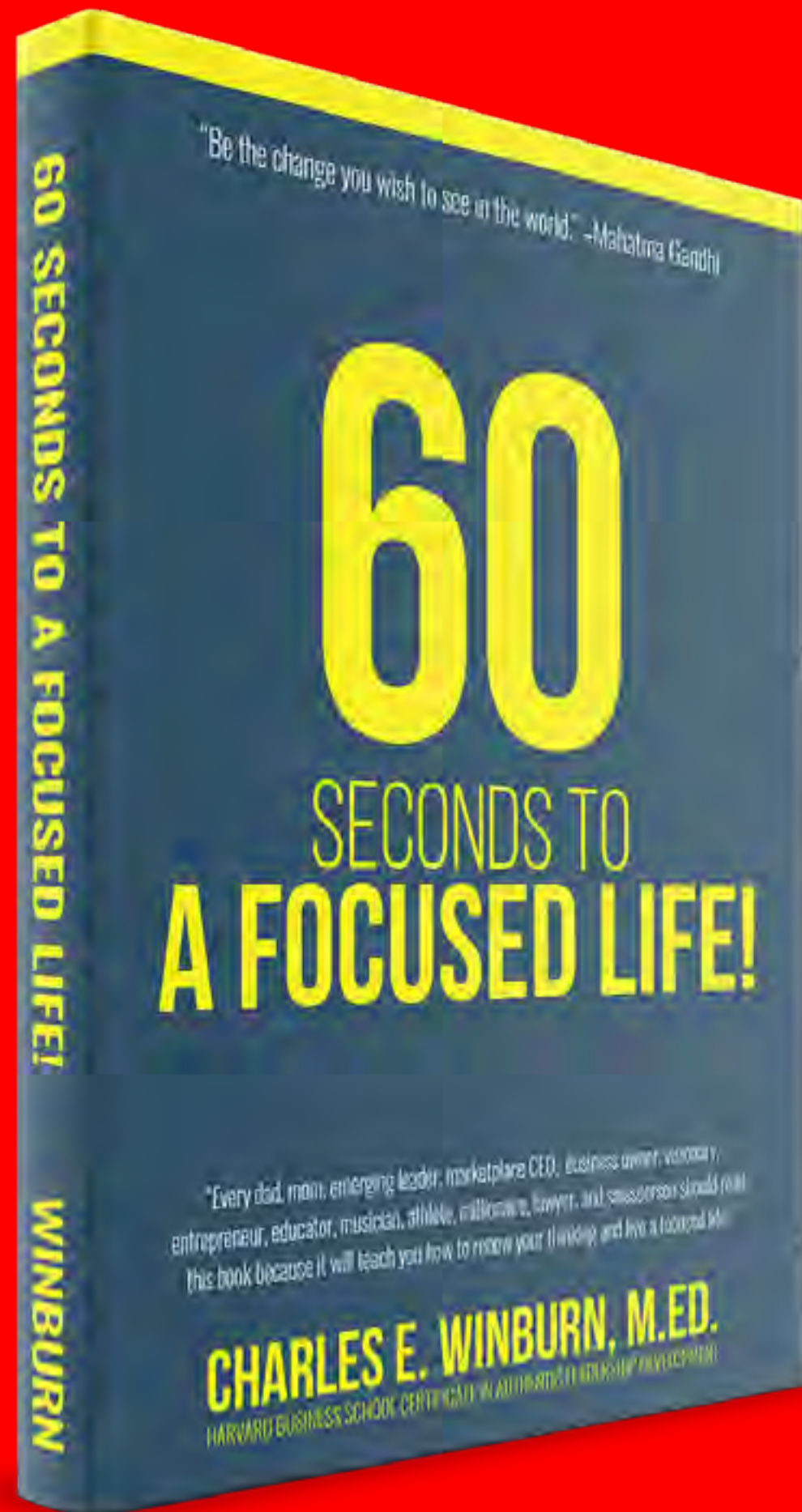
Proverbs 23:7

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

Philippians 4:8

20 reasons why “fake it until you make it” is not a good approach to manifesting what you truly want

AI Research



Read the book *60 Seconds to a Focused Life!* by Charlie Winburn to help you “think it until you make it” in life!

- 1. Encourages inauthentic self-presentation:** Pretending to be someone you're not can erode your sense of self and create internal cognitive dissonance, making sustained progress harder.

2. Can undermine self-trust: When you're consistently faking, you may doubt your own abilities, which weakens confidence and long-term performance.

- 3. Sets up brittle confidence:**
Confidence built on masks is fragile; a single setback can cause a dramatic crash, whereas authentic competence provides steadier assurance.

- 4. Delays genuine skill development:** Faking often bypasses real learning, leading to gaps that become exposed when real performance matters.

- 5. Increases risk of burnout:**
Maintaining a false persona requires ongoing energy and vigilance, leading to exhaustion and burnout over time.

- 6. Attracts the wrong opportunities:** People respond to what you project; if you're projecting a false image, you may attract roles or chances that don't fit your true strengths or values.

- 7. Erodes trust with others:**
When others realize you're not genuine, trust and collaboration suffer, harming personal and professional relationships.

- 8. Perpetuates perfectionism:**
The idea that you must appear flawless drives perfectionism, which can prevent taking imperfect but meaningful action.

- 9. Hampers honest feedback reception:** If you're projecting a false image, you may resist or misinterpret feedback that could otherwise help you grow.

10. Encourages misalignment with values: Faking can push you to pursue goals that aren't aligned with your core values, leading to long-term dissatisfaction.

11. Creates a mismatch between inner reality and outer outcomes: Real progress usually requires alignment between thoughts, feelings, and actions; faking disrupts this coherence.

12. Can damage gut-level motivation: When actions aren't congruent with genuine motivation, intrinsic drive wanes, reducing persistence and satisfaction.

13. Maintains a shallow coping strategy: Faking is a surface-level coping mechanism that doesn't address underlying skills, knowledge, or circumstances needed for success.

14. Ignores the power of deliberate practice: Improvement typically comes from deliberate, structured practice and feedback—not pretending to have already mastered a skill.

15. Increases exposure to imposter syndrome: The cycle of pretending and fearing discovery amplifies imposter feelings, making it harder to move forward authentically.

16. Limits authentic alignment with goals: If your actions aren't rooted in who you are, you're less likely to pursue goals that truly matter to you, reducing long-term fulfillment.

17. Can hinder financial sustainability: Pretenses may lead to short-term wins, but over time the costs (burnout, poor decisions, damaged reputation) can harm financial stability.

18. May breach ethical boundaries:
Some “faking” behaviors can involve misleading others or misrepresenting capabilities, which raises ethical concerns and risk.

19. Reduces resilience to failure:
When failures occur, a false persona may crumble, whereas authentic performance builds resilience through honest evaluation and recovery.

20. Misses the opportunity to leverage authentic strengths:
Focusing on real strengths and interests provides a more sustainable, enjoyable path to manifesting what you want.

10 reasons why “fake it until you make it” can be experienced as deception, lack of authenticity, and dishonesty

AI Research

- 1. Potential misrepresentation of your current state:** Presenting yourself as more capable or experienced than you actually are can mislead others about your true qualifications or readiness.

2. Erosion of trust when the façade cracks: If people discover the gap between what you claim and what you can deliver, trust can be damaged and relationships or opportunities may suffer.

3. **Self-deception and cognitive dissonance:** Acting as if you're someone you're not can create internal conflict, making it harder to align actions with genuine values and long-term goals.

4. Overemphasis on performance over learning: Focusing on appearances can sideline honest learning, feedback, and skill development, slowing real progress.

- 5. Risk of unsustainable pressure:** Maintaining a false image requires constant upkeep, which can lead to burnout, anxiety, and diminished well-being.

- 6. Ethical gray area and boundary crossing:** When “faking it” involves misrepresentation (e.g., lying about credentials, achievements, or intentions), it crosses ethical lines and risks harming others.

- 7. Inauthentic comparison traps:**
Trying to imitate someone else's persona rather than developing your own, genuine strengths can foster perpetual dissatisfaction and imposter feelings.

- 8. Short-term gains, long-term gaps:** Early wins based on illusion may collapse once scrutiny increases, leaving you unprepared to satisfy demands or sustain outcomes.

- 9. Undermines genuine self-efficacy:** If you continually fake competence, you may doubt your real abilities when you're eventually challenged, weakening true confidence.

10. Missed opportunity for transparent growth: Being honest about current limits invites targeted learning, mentorship, and collaborative support, which can yield stronger, more durable development.

**10 reasons why being authentic
and using positive thinking/
visioning (the “think it until you
make it” approach) is a more real,
sustainable way to manifest
good in life**

AI Research

- 1. Honesty with self creates sustainable goals:** Clear self-knowledge helps you set goals that fit your values and real strengths, reducing burnout.

2. Aligns inner beliefs with outer action: Authentic beliefs drive consistent choices, making outcomes more predictable and meaningful.

- 3. Reduces cognitive dissonance:**
When your thoughts, values, and actions are aligned, you experience less internal conflict and more inherent motivation.

- 4. Builds deep trust with others:**
Authenticity fosters genuine relationships, which expand support networks, collaboration, and opportunities.

- 5. Improves decision quality:**
Reflective thinking and visualization help you anticipate consequences and choose paths that truly fit you.

6. Supports resilience through meaning: When you anchor goals to your core meaning, setbacks feel purposeful and navigable.

- 7. Encourages ethical and compassionate action:**
Authentic thinking keeps you mindful of impact, promoting fairness, integrity, and long-term goodwill.

- 8. Enhances creativity and problem-solving:** Open, honest self-reflection combined with focused visualization can reveal innovative solutions.

- 9. Attracts aligned opportunities:**
**People and opportunities
tend to magnetize toward
authenticity, because it signals
reliability and congruence.**

10. Builds lasting fulfillment:
Manifesting outcomes in line with your true self tends to yield satisfaction that endures beyond external validation.

**25 practical approaches for
adopting a mindset of deliberate,
genuine progress—“think it until
you make it” in life**

AI Research

- 1. Clarify your long-term vision:**
Write a clear, specific personal and professional goal. Break it into measurable milestones.

2. Develop a growth mindset:
Embrace challenges, learn from feedback, and view abilities as improvable through effort.

3. Practice daily affirmations with evidence: Use positive statements anchored in real, recent progress (e.g., “I completed two projects this week and learned X.”).

4. Set small, consistent wins:
Aim for doable daily actions
that accumulate into bigger
results.

5. Study success models: Identify people who have achieved similar goals and dissect the steps they took. Adapt those steps to your context.

- 6. Track progress transparently:**
Keep a log of activities, results, and lessons learned. Review weekly to stay aligned.

- 7. Time-block for deliberate practice:** Allocate protected time for focused work on skills you need to improve.

8. Seek real feedback: Ask for constructive critique from mentors, peers, or coaches. Implement it.

9. Build a skill stack: Combine core competencies with complementary abilities to increase overall value.

10. Learn to tell a truthful story about yourself: Communicate your journey honestly—your progress, struggles, and next steps.

11. Adopt a problem-solving mindset: Focus on identifying problems, hypothesizing solutions, testing, and iterating.

12. Cultivate resilience rituals:
Develop routines (sleep, exercise, reflection) that keep you steady during setbacks.

13. Surround yourself with growth-minded people: Choose mentors and peers who push you to improve and hold you accountable.

14. Ask powerful questions: Use inquiries like “What can I learn from this?” or “What’s preventing me from moving forward?”

15. Create a personal development plan: List skills to acquire, courses to take, and experiences to seek with deadlines.

16. Volunteer or take on real projects: Build credibility by contributing tangible results, not just talking about them.

17. Document your learning publicly: Share what you're learning through blogs, notes, or social posts to reinforce accountability.

18. Practice deliberate communication: Improve clarity, conciseness, and listening. Effective communication accelerates progress.

19. Develop a “portfolio mindset”:
Build a body of work (projects, case studies, outcomes) that demonstrates capability over time.

20. Celebrate genuine progress: Acknowledge real improvements, no matter how small, to reinforce momentum.

21. Embrace incremental risk-taking: Step out of your comfort zone with manageable experiments that illuminate what works.

22. Prioritize integrity and ethics: Ensure your efforts are aligned with values; sustainable success relies on trust.

23. Learn from failures without blame: Analyze what happened, extract lessons, and adjust rather than dwelling on fault.

24. Invest in your health and energy:
Physical and mental well-being
fuel consistent performance
and decision quality.

25. Create accountability mechanisms: Find accountability buddy, coach, or group to review goals and progress regularly.



ARE YOU A **FAKE OR REAL** PERSON?

LEARN HOW TO
STOP FAKING IT
BUT TO START
THINKING IT
UNTIL YOU MAKE
IT IN LIFE!

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