



HONESTY

HEALTH

# RESTORED!

## PART 2

MENTAL HEALTH

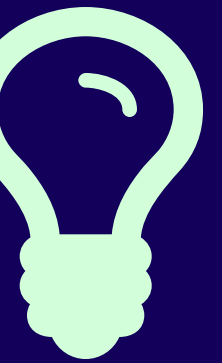
SEXUAL HEALTH

TRANSPARENCY

FINANCIAL HEALTH

By Charles E. Winburn, M.Ed.





# RESTORED MENTAL HEALTH PHYSICAL HEALTH 2026!

By Charles E. Winburn, M.Ed.





# RESTORED SEXUAL HEALTH CUDDLING 2026!

By Charles E. Winburn, M.Ed.





# RESTORED TRANSPARENCY AND HONESTY IN A WORLD OF LIES & DECEIT!

By Charles E. Winburn, M.Ed.

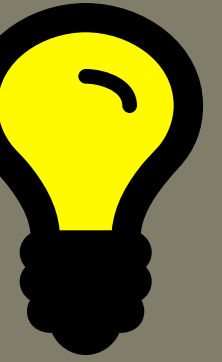




# RESTORED FINANCIAL HEALTH 2026!

By Charles E. Winburn, M.Ed.





# RESTORED SPIRITUAL HEALTH 2026!

By Charles E. Winburn, M.Ed.





# RESTORED RELATIONSHIPS 2026!

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**

***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](http://www.odvn.org)**



# **National Domestic Violence Hotline**

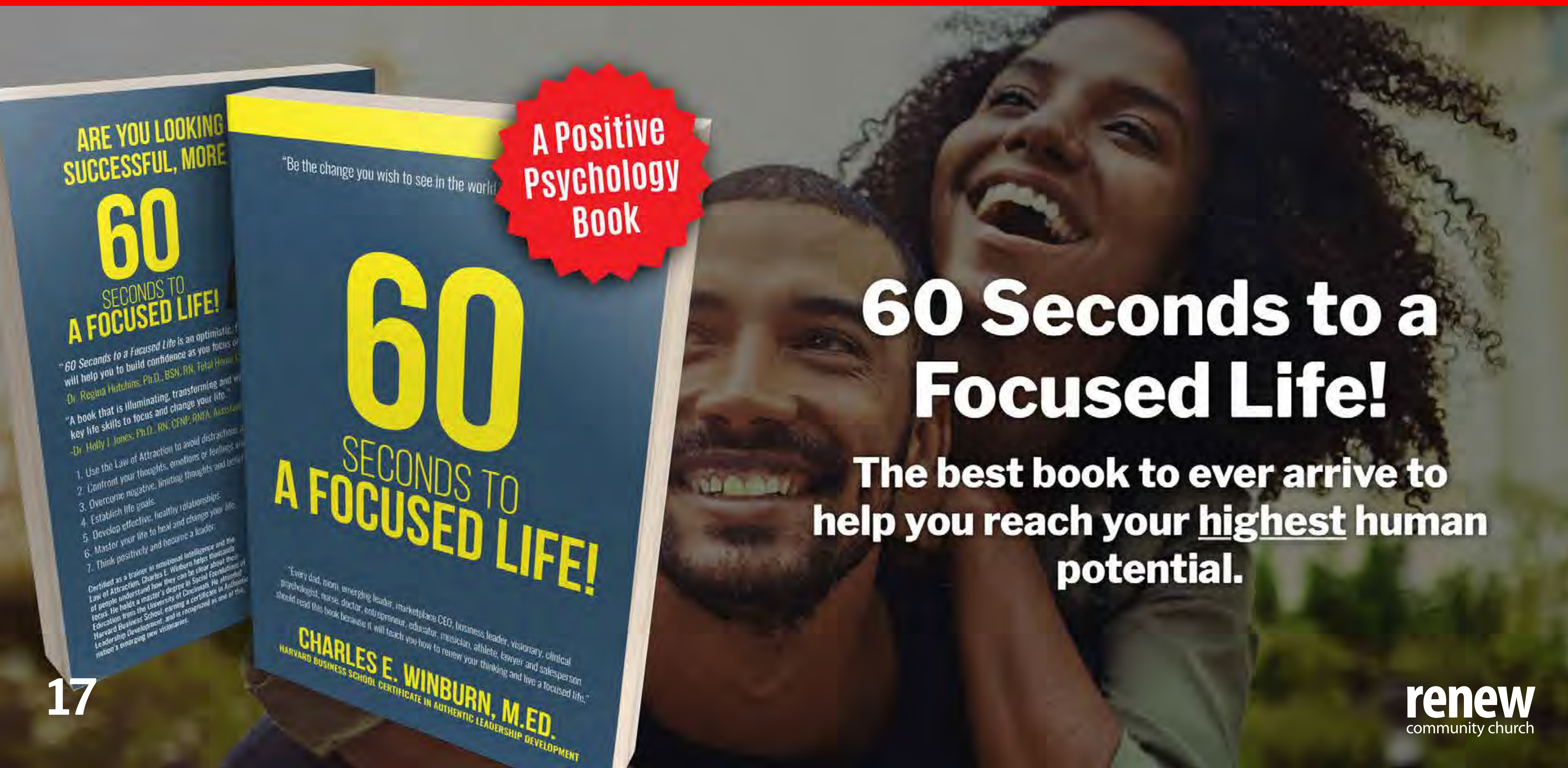
**1-800-799-SAFE** (7233)

**1-800-787-3224** (TTY)

**[www.thehotline.org](http://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, practical book that will help you to build confidence as you focus on your dreams."  
-Dr. Regina Hutcheson, 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, ANFA, Assistant Professor

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

# 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***



**Brethren, if a man be overtaken  
in a fault, ye which are spiritual,  
restore such an one in the spirit  
of meekness; considering thyself,  
lest thou also be tempted.**

***Galatians 6:1***

**Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord.**

***Acts 3:19***



**The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised, To preach the acceptable year of the Lord.**

***Luke 4:18-19***

**He restoreth my soul: he leadeth  
me in the paths of righteousness  
for his name's sake.**

***Psalm 23:3***



**Restore unto me the joy of  
thy salvation; and uphold me  
with thy free spirit.**

***Psalm 51:12***

**For I will restore health unto thee,  
and I will heal thee of thy wounds,  
saith the Lord; because they called  
thee an Outcast, saying, This is  
Zion, whom no man seeketh after.**

***Jeremiah 30:17***



**And I will restore to you the years  
that the locust hath eaten, the  
cankerworm, and the caterpillar,  
and the palmerworm, my great  
army which I sent among you.**

***Joel 2:25***

# **48 synonyms for restore or restoration**

*AI Research*



- 1. Return:** to bring back to a former state or condition.

**2. Reinstate:** to restore someone or something to a previous position or status.



**3. Reestablish:** to set up again or renew a system, organization, or process.

**4. **Rebuild:** to construct again  
after destruction or decay.**



**5. Renovate:** to improve or modernize, often by updating components.

**6. **Revive:** to bring back to life,  
activity, or vigor.**

**7. Recharge:** to restore energy,  
power, or vitality.



**8. Renew:** to make new again or restore to an original condition.

**9. Restore to health:** to return someone to good health.  
(Phrase describing medical restoration)

**10. Repair: to fix something broken  
or damaged.**



**11. Mend:** to repair or fix, often small damages.

**12. Refurbish:** to restore to good condition through cleaning and updating.

**13. Remediate:** to correct or improve a deficient condition or site.



**14. Rejuvenate:** to make someone or something look or feel younger or more lively.

**15. Recondition:** to restore to a usable condition through service or adjustment.

**16. Restore innocence:** to bring back a state of naiveté or purity (figurative).



**17. Rehabilitate:** to restore someone to normal life, or to restore function after impairment.

**18. Reinspire:** to restore motivation  
or enthusiasm.

**19. Reequipment:** to furnish with new equipment or supplies.

**20. Resuscitate:** to revive  
from apparent death or  
unconsciousness; figurative  
use for energy.



**21. Revitalize:** to impart new life  
or energy to something.

**22. Refresh:** to give new vigor or  
freshness.

**23. Restore balance:** to bring back equilibrium or harmony.

**24. Reconfirm:** to restore  
confidence or certainty.



**25. Reintegrate:** to restore into a group or system after exclusion.

**26. Reinstall:** to place back in a former position or installation.

**27. Reconstitute:** to restore to a complete or original form or constitution.

**28. Regenerate:** to grow back or renew, often biologically or metaphorically.



**29. Reconstruct:** to restore to an earlier or original condition, often by assembling parts.

**30. Reestop:** (rare) to set up again;  
but use is uncommon; prefer  
reestablish.

**31. Restore functionality: to bring back operational capability.**

**32. Bring back:** informal for  
returning to a previous state.

**33. Redeem:** to recover or regain something lost; often moral or financial.



**34. Reassert:** to restore confidence or authority by asserting it again.

**35. Reenter:** to enter again;  
can imply resuming a state  
or status.

**36. Reclaim:** to regain possession  
or status, often from depletion.

**37. Resettle:** to establish again,  
especially in a territory.

**38. Repackage:** to present in a renewed or updated form.



**39. Rehydrate:** to restore moisture or hydration (literal or figurative).

**40. Reanimate:** to restore life or animation to something lifeless.

**41. Reinstate status quo: to return to the previously established state.**

**42. Restore order: to bring back  
organized structure.**

**43. Patch up:** to repair or fix  
superficially.



**44. Salvage:** to recover a valuable or usable condition from damage.

**45. Restore capacity: to bring back  
the ability to perform.**

**46. *Fix up*: to repair and tidy;  
informal.**

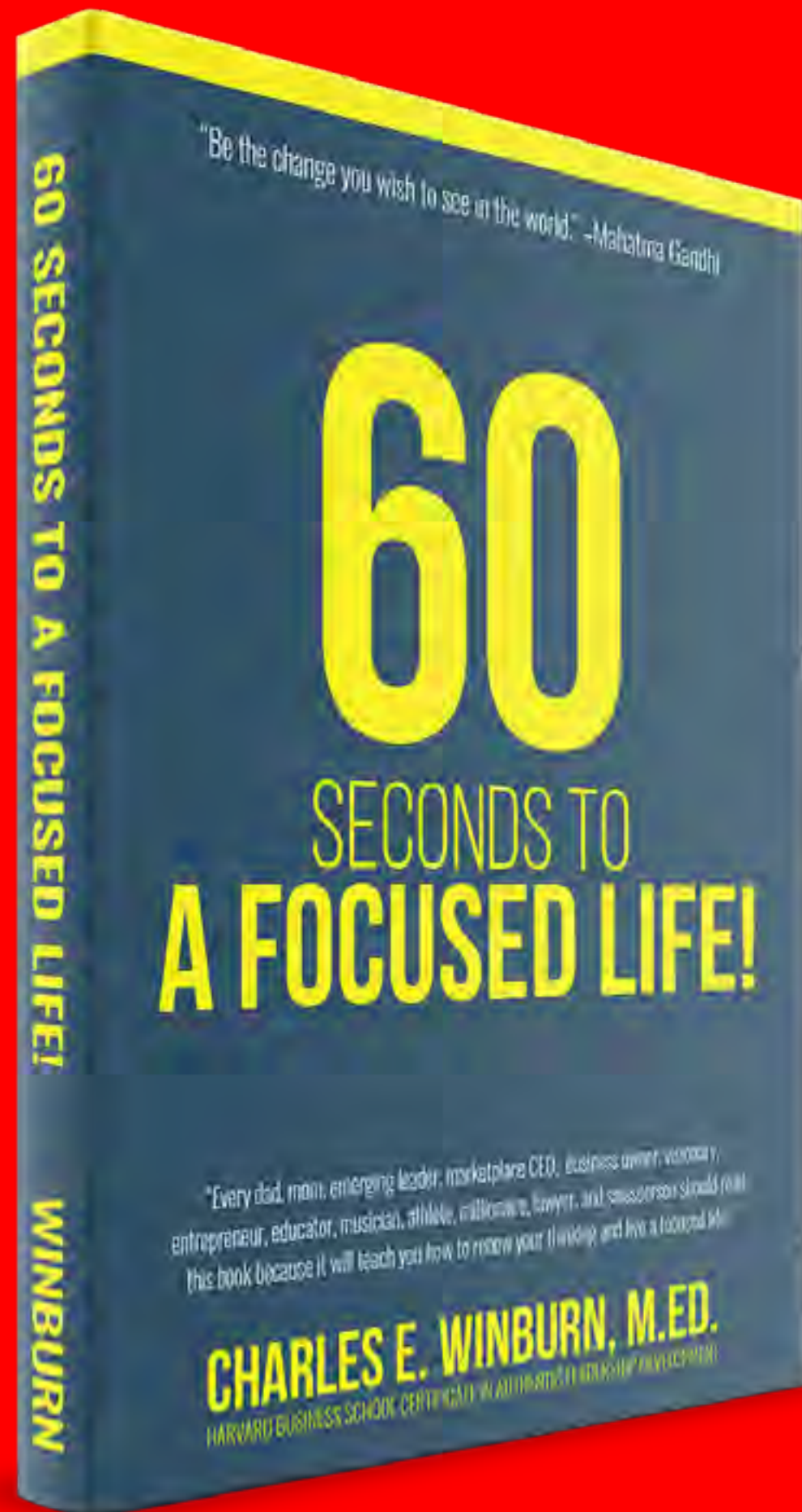
**47. Reenable:** to enable again;  
uncommon, but used in tech  
contexts.

**48. Reequip:** to provide new equipment to enable restoration of function.

# **25 practical, compassionate ways to restore yourself and others after failure**

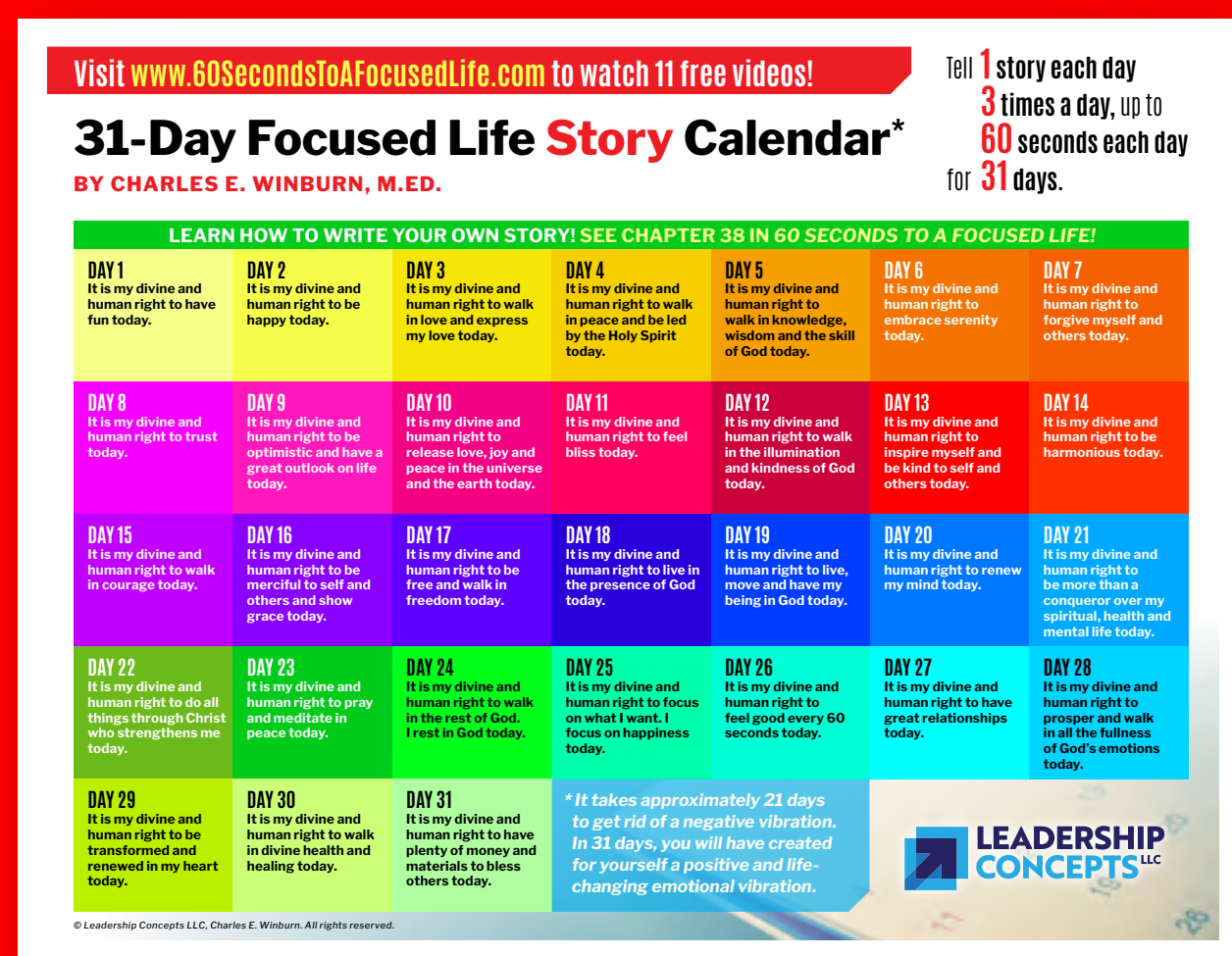
*Al Research*





- 1. Acknowledge the pain without judgment:** Name the emotion (grief, shame, disappointment) and allow it to be felt. Avoid telling yourself “it’s not a big deal” or “you should have done better.” Read Charles Winburn’s book *60 Seconds to a Focus Life!* so you can begin to focus on what you really, really want in life.

**2. Offer and seek simple presence:**  
**Sit with someone who's hurting;**  
**presence often heals more than**  
**words. Practice active listening:**  
**reflect, validate, and avoid**  
**rushing to solutions. Use Charlie**  
**Winburn's *31-Day Focused Life***  
***Story Calendar* to assist you**  
**in focusing again on what you**  
**really, really want in life.**



- 3. Apologize sincerely, when needed:** Acknowledge harm, take responsibility, and outline steps to repair. Keep apologies concise, specific, and free of excuses.

**4. Practice self-compassion:** Speak to yourself as you would to a dear friend. Use phrases like “I’m doing my best with what I know” and “it’s okay to start again.”

- 5. Create a reset ritual:** A short routine (breathing, journaling, a walk, a cold shower) to mark a fresh start. Make it repeatable so it becomes a dependable cue for restart.

**6. Set small, achievable goals:**  
**Break what failed into tiny,**  
**actionable steps. Celebrate**  
**tiny wins to rebuild momentum.**



- 7. Reframe failure as feedback:**  
**Ask: What did I learn? What will I adjust next time? Write down 2–3 lessons and one concrete change.**

**8. Practice unconditional kindness:** Do one small kindness for someone else today. Acts of giving often heal the giver as well.

- 9. Build a compassionate support network:** Reach out to trusted friends, mentors, or a therapist. Schedule regular check-ins, even if just a 15-minute call.

**10. Extend grace to others' missteps:** Trust that others are doing their best with their circumstances. Respond with curiosity rather than blame.

**11. Establish boundaries with grace: Protect your energy by saying no when needed. Communicate boundaries kindly but clearly.**

**12. Forgive, gradually and genuinely:** Forgiveness is a process, not a one-time event. Start with small grievances and work outward.



**13. Practice gratitude daily: List 3-5 things you're grateful for, including lessons from failures. Gratitude shifts focus from loss to possibility.**

**14. Seek meaning through service:**  
Help someone else with what  
you've learned. Volunteer or  
mentor; giving sometimes  
accelerates healing.

**15. Normalize imperfect progress:**  
**Remind yourself that growth is non-linear. Keep a “progress, not perfection” mindset.**

**16. Use compassionate self-talk scripts: “I may have failed, but I am still worthy.” “Mistakes don’t define me; they refine me.”**

**17. Rebuild trust with honesty:**  
**Be transparent about what went wrong and what you'll do differently. Consistency over time earns back trust.**

**18. Create a personal forgiveness plan:** List people you've hurt and how you'll make amends. Include a timeline and feasible steps to repair relationships.



**19. Learn from role models:** Read or listen to stories of resilience and grace. Identify specific actions you can imitate.

**20. Practice mindful reflection:** Set aside time for quiet reflection or meditation. Observe thoughts without getting entangled in them.

**21. Invest in health and resilience:**  
**Regular sleep, balanced  
nutrition, movement, and  
hydration support recovery.  
Mental health care (therapy,  
counseling) when needed.**

**22. Use creative expression:** Write, draw, music, or other creative outlets to process feelings. Creativity can illuminate paths forward you didn't see before.

**23. Plan a compassionate conversation:** Prepare what you want to say to someone you've let down or who has let you down. Use "I" statements, describe impact, and propose next steps.

**24. Document and revisit progress:**  
**Keep a simple journal of failures, lessons, and improvements.**  
**Review monthly to see patterns and growth.**



**25. Celebrate your restored humanity:** Mark milestones—small victories and moments of grace. Acknowledge that restoration is ongoing and applies to everyone.





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