

MASTERMIND
CLASS & CLINIC 2025



RESTORED!

PART 2

By Charles E. Winburn, M.Ed.

HONESTY

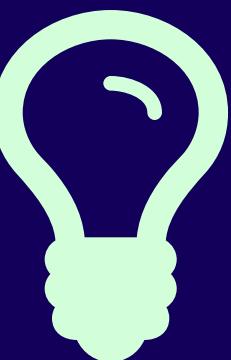
HEALTH

MENTAL HEALTH

SEXUAL HEALTH

TRANSPARENCY

FINANCIAL HEALTH



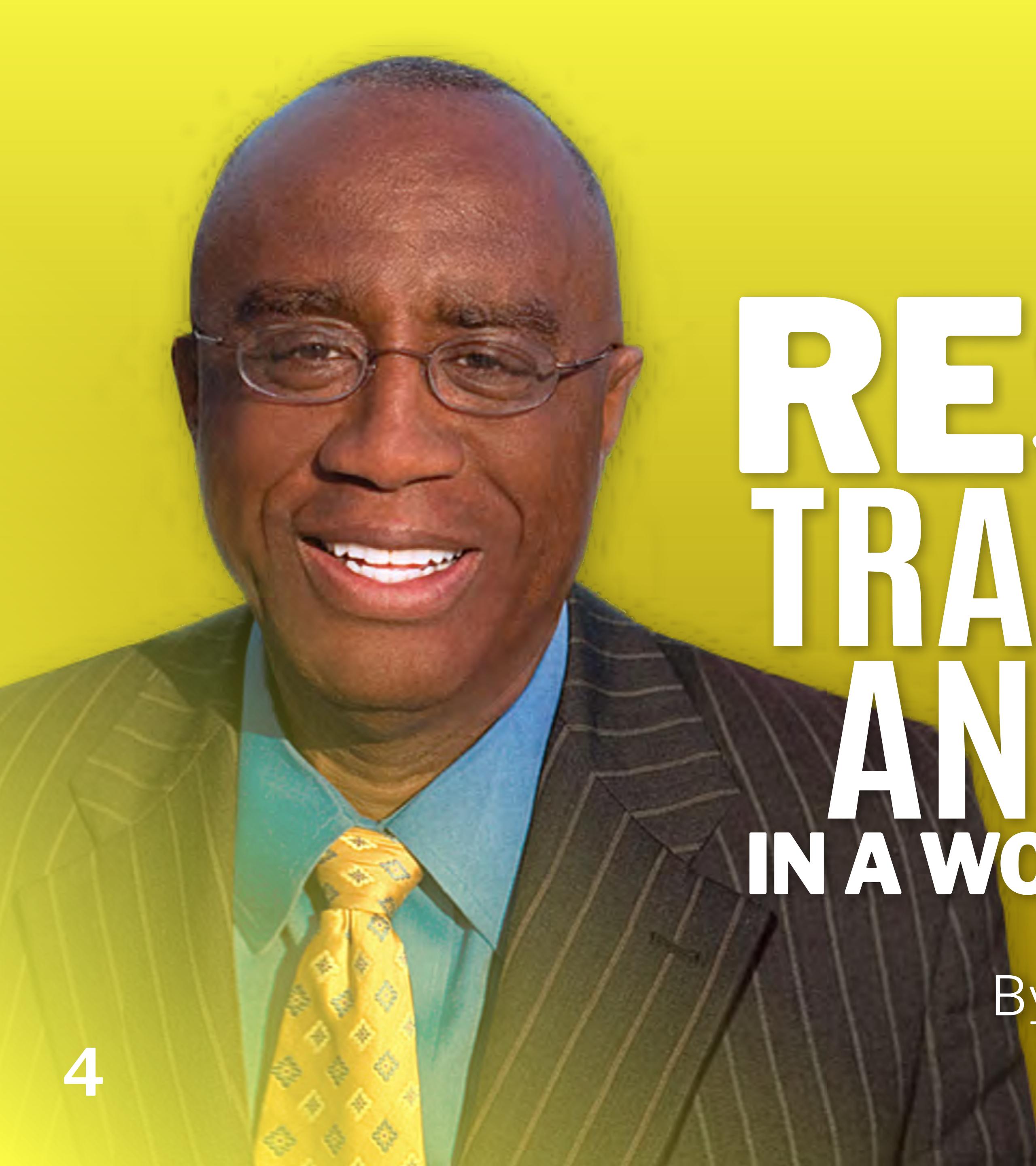
RESTORED MENTAL HEALTH PHYSICAL HEALTH 2026!

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

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***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

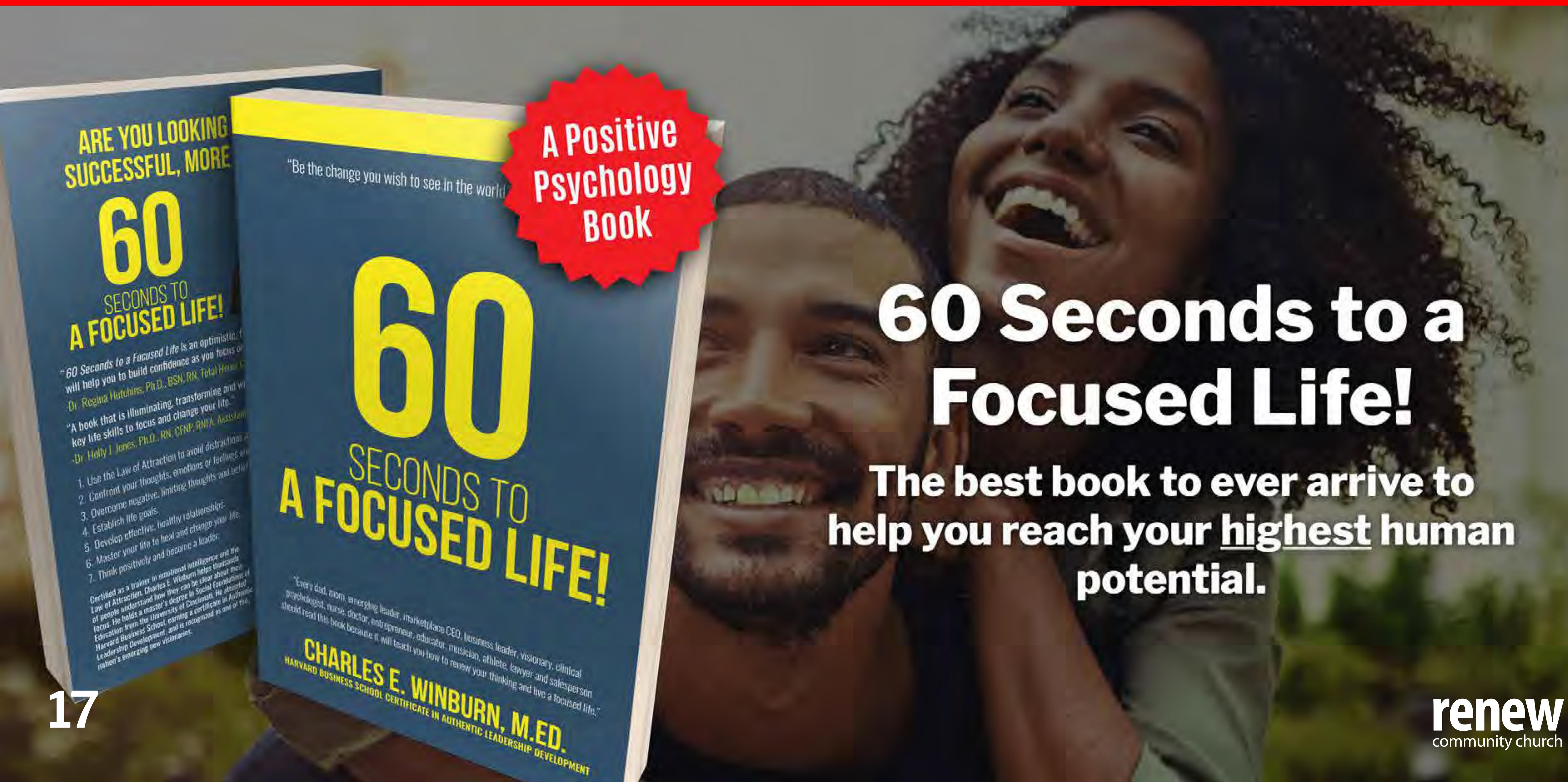
National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

www.thehotline.org

Visit today: **60SecondsToAFocusedLife.com**



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, 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.**

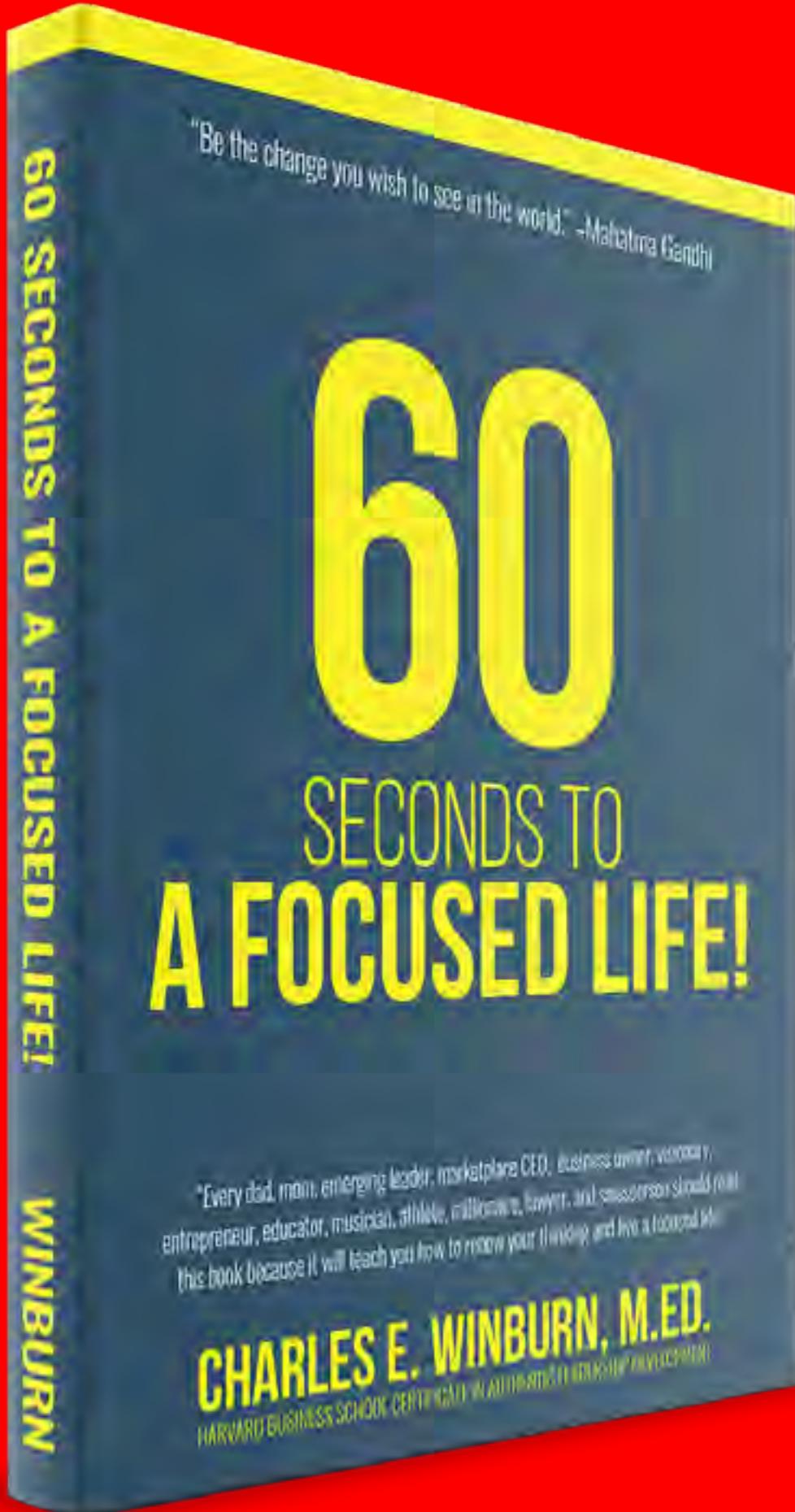
**46. Fix up: to repair and tidy;
informal.**

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

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

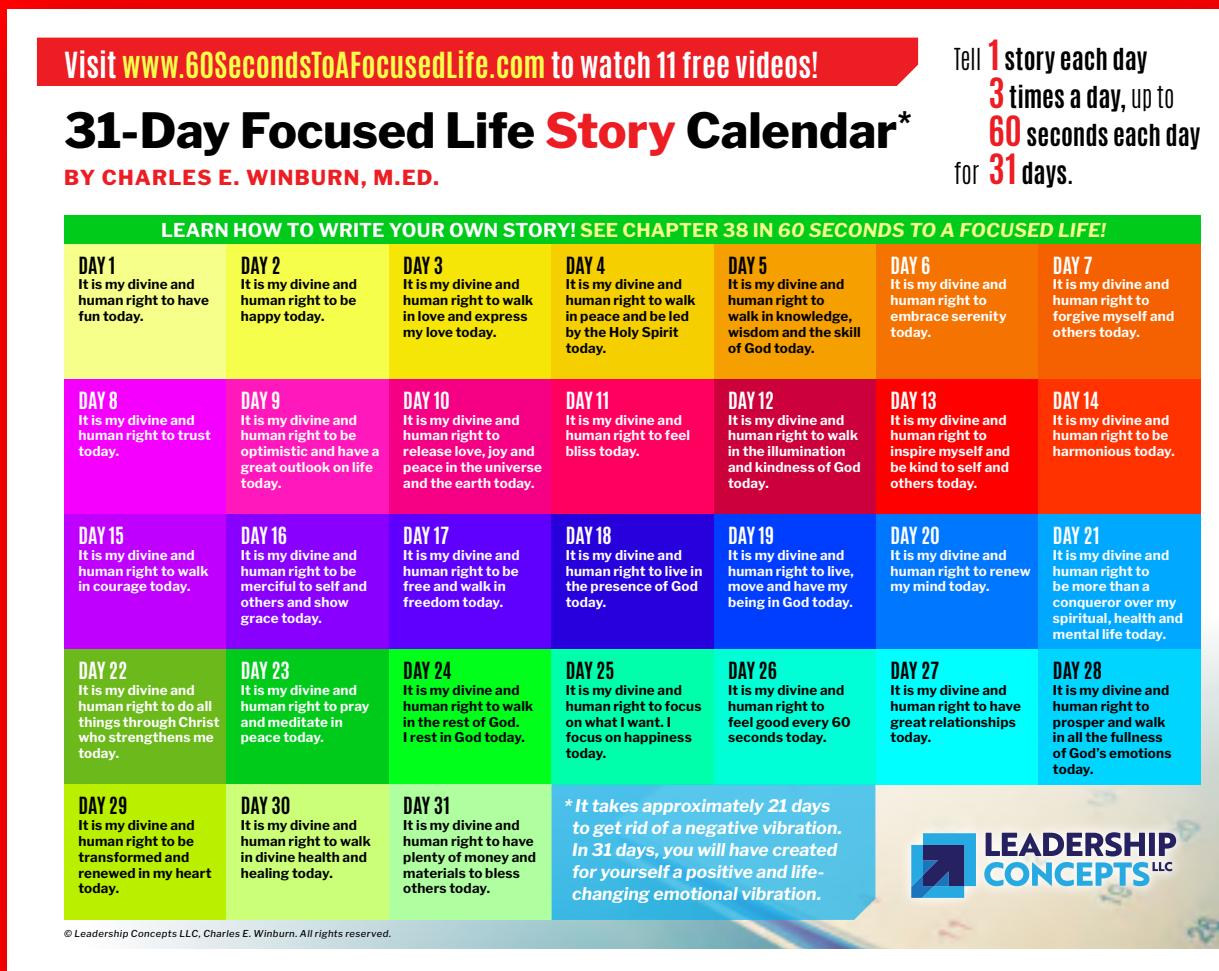
25 practical, compassionate ways to restore yourself and others after failure

AI 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.

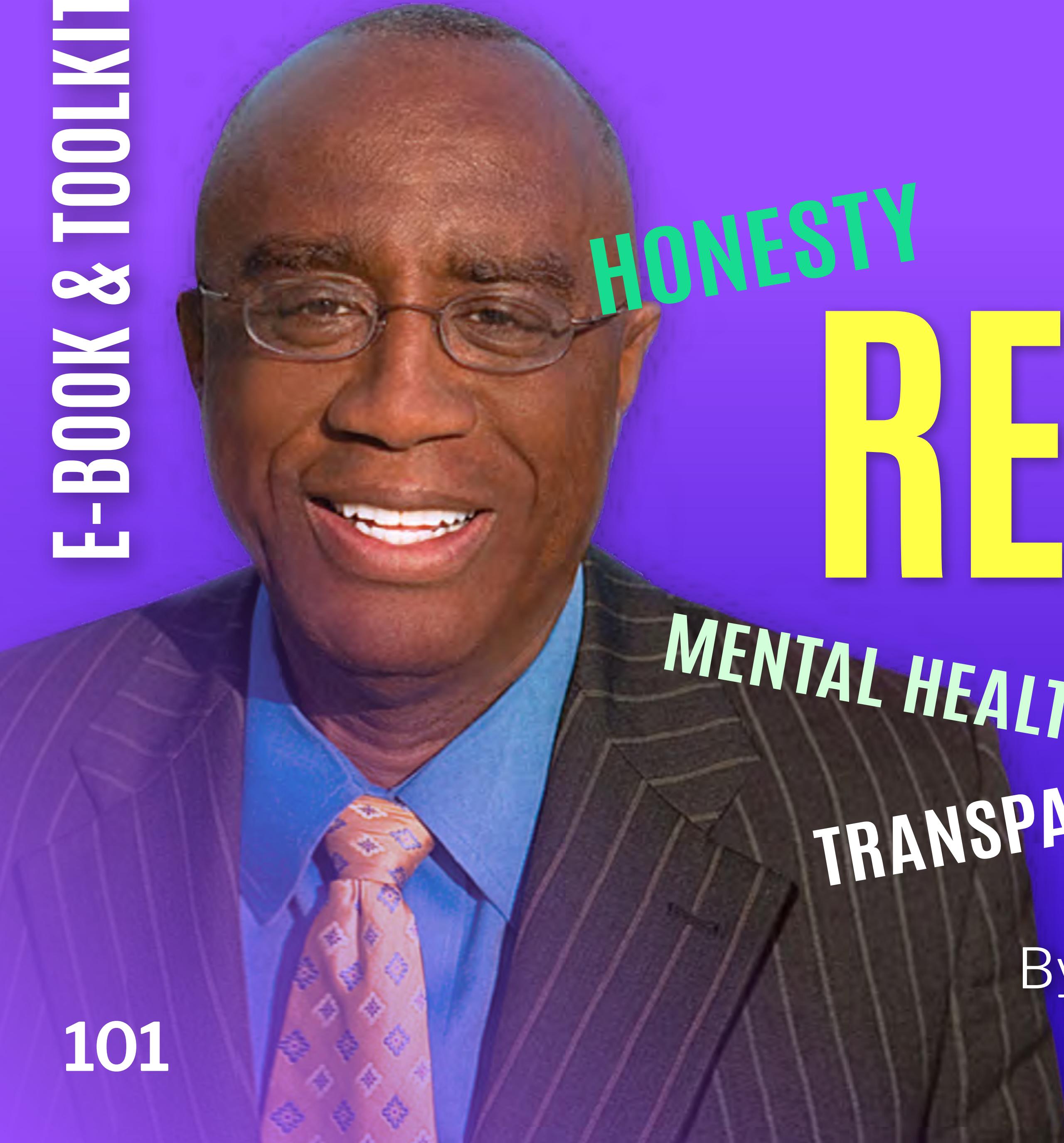
21. Invest in health and resilience:
Regular sleep, balanced nutrition, movement, and hydration support recovery.
Mental health care (therapy, counseling) when needed.

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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