



YOU ARE UNSTOPPABLE IN 2026!

LEARN HOW IN
THIS SUNDAY'S
MASTERMIND
CLASS AND
CLINIC!

By Charles E. Winburn, M.Ed.



WHY DID YOU LOSE OPTIMISM & MOMENTUM IN 2025?

**LEARN HOW TO
GET IT BACK
BEFORE 2026 IN
THIS SUNDAY'S
MASTERMIND CLASS
AND CLINIC!**

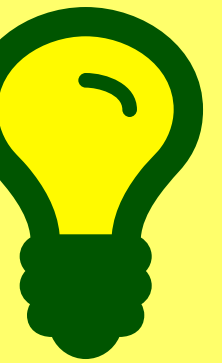
By Charles E. Winburn, M.Ed.



12 REASONS YOU LOST YOUR OPTIMISM & MOMENTUM IN 2025!

LEARN THE 12 WAYS
YOU CAN GET YOUR
OPTIMISM AND
MOMENTUM BACK
THIS SUNDAY!

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GET YOUR OPTIMISM BACK IN 2026!

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GET YOUR **MOMENTUM** BACK IN 2026!

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12 STEPS IN BUILDING MOMENTUM & OPTIMISM IN YOUR LIFE IN 2026!

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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

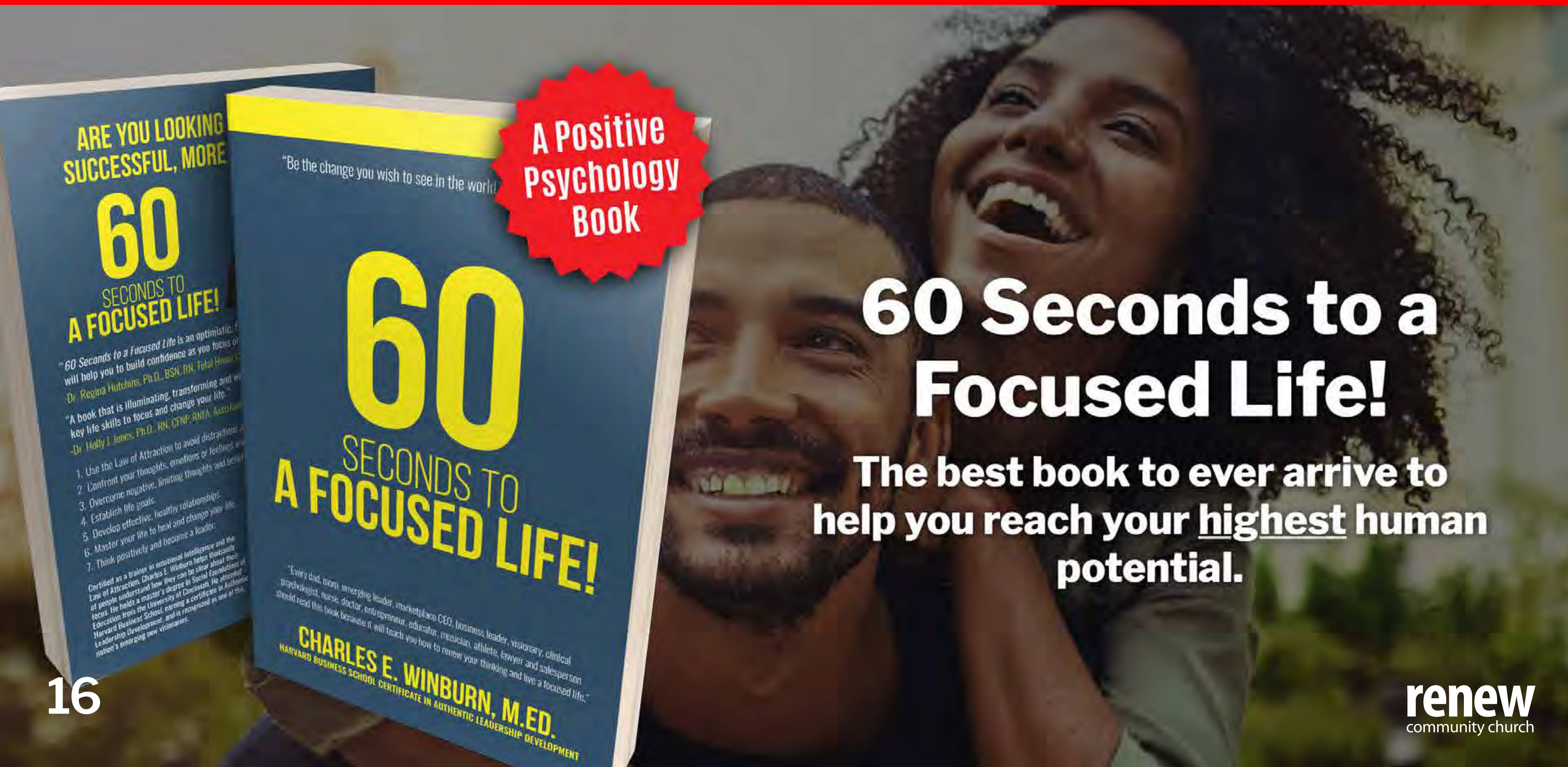
National Domestic Violence Hotline

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.**

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

**But we all, with open face
beholding as in a glass the glory
of the Lord, are changed into the
same image from glory to glory,
even as by the Spirit of the Lord.**

2 Corinthians 3:18

**For therein is the righteousness
of God revealed from faith to faith:
as it is written, The just shall live
by faith.**

Romans 1:17

**And Jesus increased in wisdom
and stature, and in favour with
God and man.**

Luke 2:52

**And God is able to make all grace
abound toward you; that ye, always
having all sufficiency in all things,
may abound to every good work:**

2 Corinthians 9:8

**But let patience have her perfect
work, that ye may be perfect and
entire, wanting nothing.**

James 1:4

**If any of you lack wisdom, let him
ask of God, that giveth to all men
liberally, and upbraideth not;
and it shall be given him.**

James 1:5

**A wise man will hear, and will
increase learning; and a man
of understanding shall attain
unto wise counsels:**

Proverbs 1:5

12 reasons people lose momentum and optimism

AI Research

- 1. Negative beliefs:** Core beliefs that limit what you think you can achieve. Identify and challenge these beliefs with evidence, replace them with growth-oriented alternatives, and test them with small, concrete experiments.

- 2. Limiting beliefs:** Beliefs that constrain potential (e.g., “I’m not good enough,” “It won’t work for me”). Separate facts from assumptions, reframe into possibilities, and practice affirmations aligned with actionable goals.

- 3. Carrying negative emotions most of the time (e.g., 80% of the time):** Chronic negative emotions that drain energy and motivation. Build an emotional toolkit: mindfulness, journaling, cognitive reappraisal, and structured strategies to reduce the daily time spent in negativity.

- 4. Living in your negative past:**
Replaying past hurts, regrets, or failures instead of moving forward. Process past events, extract lessons, and create a forward-focused plan with achievable milestones.

- 5. Focusing on what you don't want, rather than what you do want:** Attention bias toward avoidance rather than toward clear desires. Define clear, positive outcomes; visualize them regularly; set specific, measurable steps to reach them.

6. Living in unforgiveness: Clinging to grudges that block progress and healing. Explore forgiveness as a self-healing practice, distinguish between safety boundaries and resentment, and practice releasing exercises.

- 7. Failure to treat and heal childhood trauma:** Unaddressed early experiences impacting present functioning. Seek evidence-based support (therapy, counseling, trauma-informed practices), and integrate healing into your growth plan.

- 8. Failure to create a written six-month, 1-, 5-, 7-, and 14-year plan (and beyond):** Absence of a structured long-term roadmap. Develop a written, phased plan with milestones, review dates, and accountability partners. Include flexible contingencies for life changes.

- 9. Inability to focus on what you want 80% of the time:**
Scattered attention with limited emphasis on desired outcomes. Implement daily focus blocks, habit anchors, and a priority system (e.g., top 3 goals each day) to keep attention aligned with your goals.

10. Holding grudges, resentment, and animosity against others: Prolonged interpersonal negativity that hurts momentum. Practice healthy boundary-setting, constructive communication, and empathy-building to reduce resentment and improve collaboration.

11. Inability to stay spiritually, physically, and mentally healthy:
Neglecting integrated well-being across mind, body, and spirit. Create balanced routines: regular exercise, sleep hygiene, nutrition, stress management, and meaningful spiritual or value-driven practices.

12. Co-creating your life with negative influences (racist or toxic people, negative relationships, unhealthy dating, or collaborating with negative networks): Environments and relationships that drag you toward pessimism. Audit your social circle and partnerships; set and enforce boundaries;

cultivate supportive, growth-minded connections; seek communities that reinforce positive habits.

The top 10 most powerful synonyms for “optimism”

AI Research

1. Hope

Why it fits: Foundational belief that better outcomes are possible, even in uncertainty.

How to use: “I hold onto hope as a compass guiding my daily actions.”

2. Confidence

Why it fits: Trust in your ability to grow, learn, and handle challenges.

How to use: “I act with confidence, knowing I can learn from setbacks.”

3. Hopefulness

Why it fits: A steady, patient expectation that change is on the horizon.

How to use: “Hopefulness keeps me patient while I experiment with new routines.”

4. Positive Framing

Why it fits: Choosing constructive interpretations of events to sustain effort.

How to use: “I reframe obstacles as learning opportunities through positive framing.”

5. Resilient Outlook

Why it fits: Combining realism with optimism to weather difficulty.

How to use: “A resilient outlook helps me persist after failures and adjust course.”

6. Growth Orientation

Why it fits: A mindset focused on learning rather than only outcomes.

How to use: “I approach challenges with a growth orientation, asking what I can learn.”

7. Constructive Faith

Why it fits: Trust in the process and in gradual improvement, rather than guaranteed results.

How to use: “Constructive faith fuels daily efforts, even when progress feels slow.”

8. Calm Assurance

Why it fits: Quiet confidence that things can improve without frantic hurry.

How to use: “I proceed with calm assurance, aligning actions with long-term goals.”

9. Optimistic Planning

Why it fits: Combining positive expectations with practical steps.

How to use: “I map out small, doable steps that align with my optimistic plan.”

10. Self-Belief

Why it fits: Core conviction that you are capable of growth and change.

How to use: “Nurturing self-belief helps me take ambitious actions despite uncertainty.”

The top 10 most powerful synonyms for “momentum”

AI Research

1. Drive

Why it fits: Inner motivation that keeps you taking consistent steps toward growth, even when distractions arise.

How to use: “I’m building my daily habits to sustain drive toward my personal goals.”

2. Momentum

Why it fits: The sense that small wins compound into larger progress, reinforcing confidence.

How to use: “I’ll ride the momentum from this week into next by chaining success with a 7-day streak.”

3. Grit

Why it fits: Persistent courage in the face of challenges; the stamina behind long-term growth.

How to use: “Cultivating grit helps me show up for tough weeks with consistency.”

4. Forward Progress

Why it fits: Clear, tangible movement in personal development; keeps you oriented toward goals.

How to use: “I measure forward progress by the new skills I’ve acquired this month.”

5. Progressive Velocity

Why it fits: Increasing speed of improvement as routines solidify; signals accelerating growth.

How to use: “As my routine stabilizes, my learning velocity compounds.”

6. Increased Agency

Why it fits: A rising sense of control over outcomes; empowers self-directed change.

How to use: “I’m expanding my agency by choosing environment, routines, and commitments that support growth.”

7. Trend Resilience

Why it fits: Ability to bounce back from setbacks and keep moving along your growth trajectory.

How to use: “Each setback is a chance to reinforce trend resilience and stay on course.”

8. Habit-Driven Acceleration

Why it fits: Small, repeatable actions that compound into meaningful development.

How to use: “I leverage habit-driven acceleration by stacking two simple routines every morning.”

9. Catalytic Momentum

Why it fits: A breakthrough that creates a surge of continued improvement in various areas.

How to use: “That small win acted as a catalytic momentum for broader self-improvement.”

10. Sustained Elevation

Why it fits: A long-lasting lift in mindset, skills, and behaviors that raises your baseline over time.

How to use: “I’m committed to sustained elevation by investing in learning, reflection, and rest.”

12 power steps to build momentum in your life

AI Research

1. Step 1 — Align your beliefs with God's Word: Make sure your beliefs line up with God's truth for your life by standing on these Scriptures.

**“I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”
(3 John 1:2)**

“For ye are righteousness of God.” (2 Corinthians 5:21)

“Greater is He that is in you, than he that is in the world.” (1 John 4:4)

**“We are more than conquerors through him that loved us.”
(Romans 8:37)**

**“For in him we live, and move,
and have our being.” (Acts 17:28)**

**“I and my Father are one.” (John
10:30)**

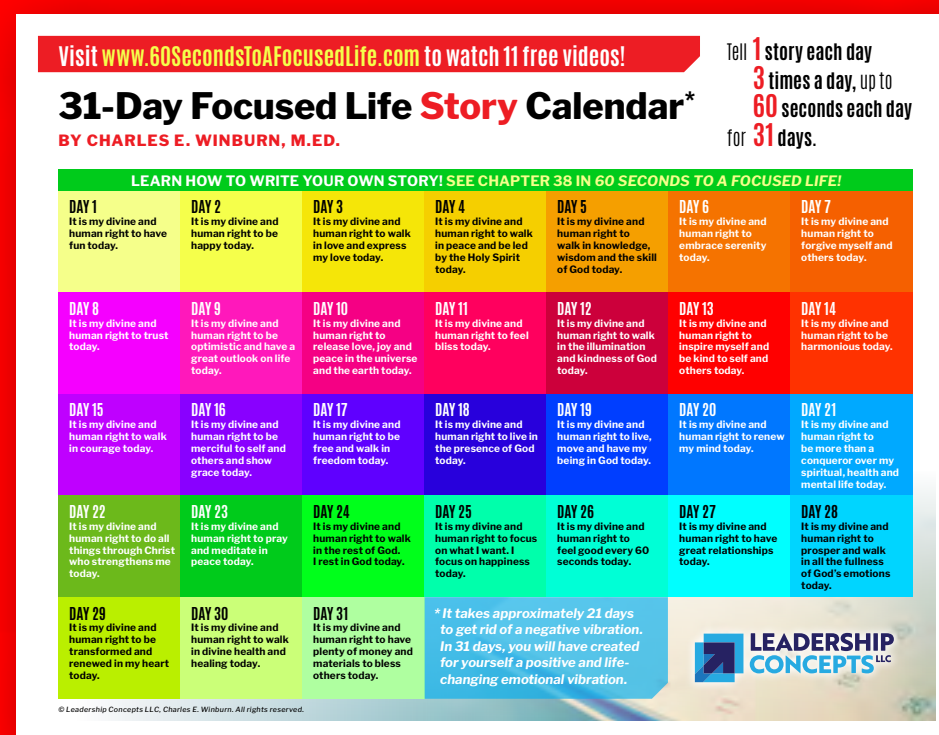
**“Be not confirmed to this world,
but be transformed by the
renewing of your mind” (Romans
12:2)**

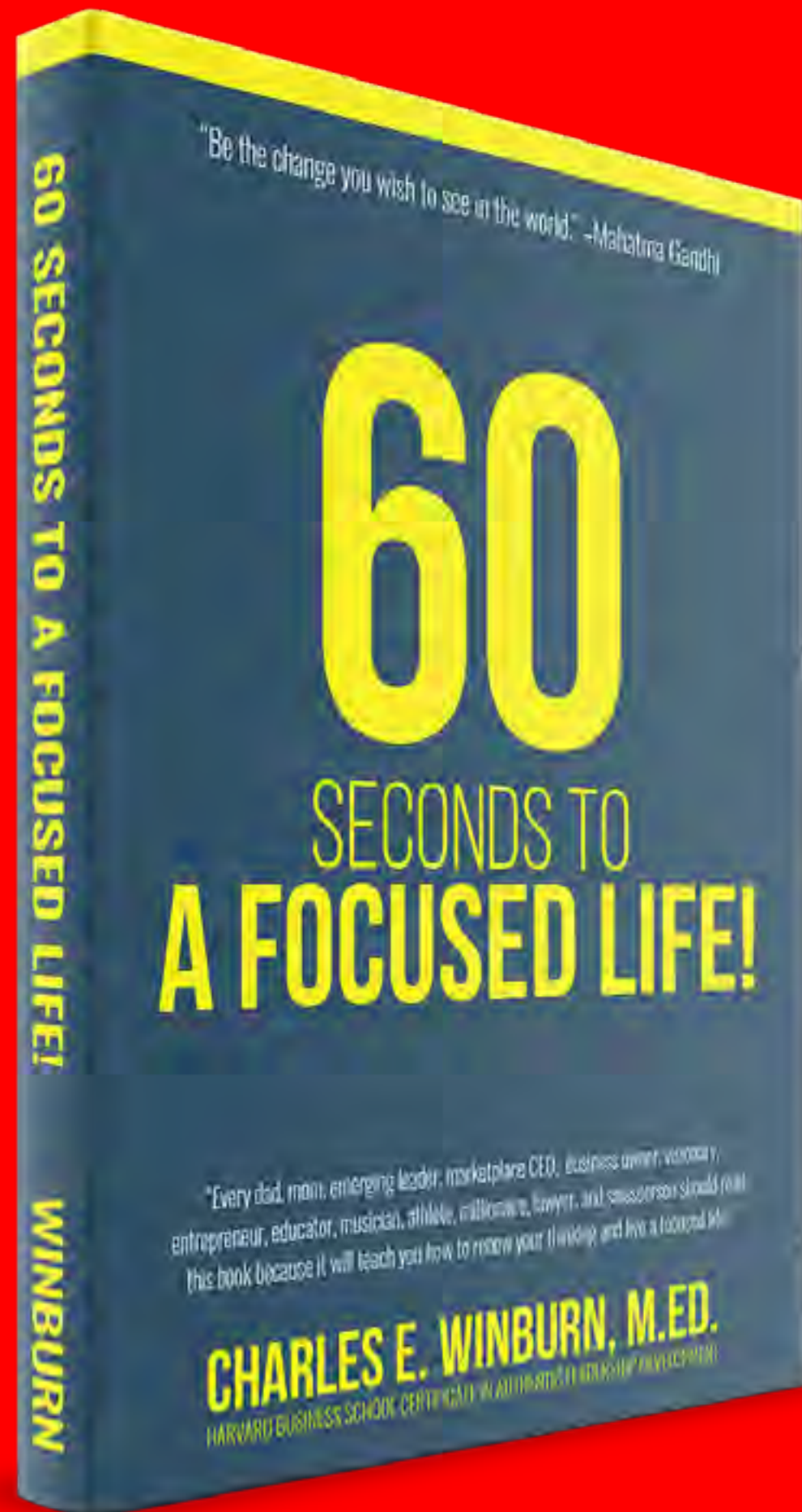
**Use the power of “I am that I
am” each day. (Exodus 3:14)**

2. Step 2 — Be emotionally happy:
Before you launch any plan,
cultivate a sense of emotional
happiness. Joy is a powerful
fuel for momentum.

3. Step 3 — Raise or elevate your vibration: Train your emotions to walk in love, joy, and peace. Practice a 60-second emotional reset every hour. Name the feeling.

4. Step 4 — Read *30-Day Focused Life Story Calendar* by Charlie Winburn. Use the calendar to guide daily focus, reflection, and momentum.





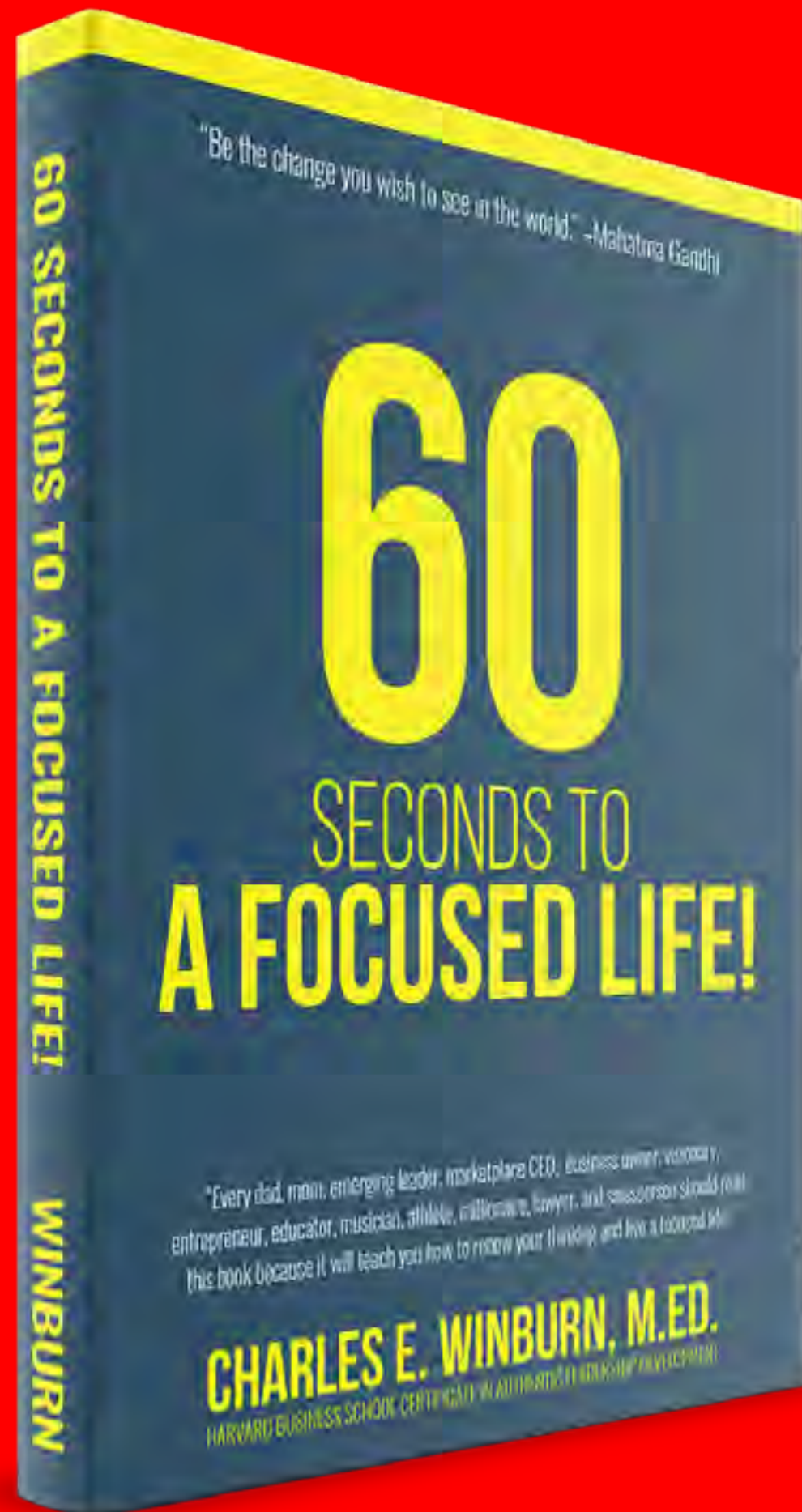
5. Step 5 — Read the book *60 Seconds to a Focused Life!* by Charlie Winburn

6. Step 6 — Decide to resolve internal trauma: Acknowledge past hurts without letting them define you. “I will not allow past pain to dictate my present or future decisions.”

7. Step 7 — Erase negative memories; press toward the high calling in Christ: Ask for God's help to release the weight of painful memories. Practice forgiving others and yourself, even when you don't feel like it. Press forward with a clear vision. What high calling are you pursuing in 2026?

8. Step 8 — Give zero attention to what you don't want: Replace negative focus with a deliberate redirect: immediately think or say what you want instead.

- 9. Step 9 — Stop faking life; start thinking life:** Renew your mind each day (Romans, 12:2). Replace “fake it till you make it” with “think life into reality.” Spend intentional time daily envisioning your desired reality.



10. Step 10 — Recognize contrast for clarity: Read the book *60 Seconds to a Focused Life!* by Charlie Winburn. Use contrast as feedback: what will you change tomorrow to minimize the unwanted and maximize the desired?

11. Step 11 — Make peace with yourself and your enemies and disagreements: Toward peace, practice forgiveness and civil dialogue. Set boundaries where necessary, but keep your heart free from ongoing bitterness. Pray or meditate for peace in every relationship where you've faced conflict.

12. Step 12 — Daily Scripture, prayer, and meditation:

Dedicate a consistent time for scripture reading, prayer, and quiet meditation. Let the Word guide your decisions, calibrate your heart, and renew your mind. End the day with a short reflection: what did you learn, how did you grow, and who did you bless?



2026: YOUR MOMENTUM YEAR!

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76

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