



MASTERMIND CLASS & CLINIC 2026

E-BOOK AND TOOLKIT

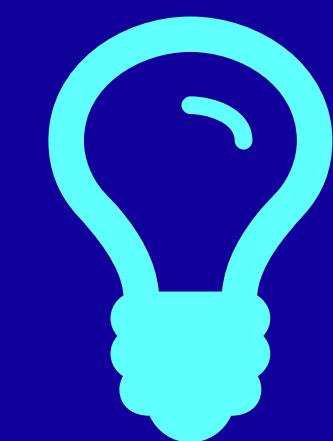
Master Life Coach
Charlie Winburn

Coach Chuck Futel

Coach Dan Ray

25 STEPS TO STARTING OVER IN 2026

By Charles E. Winburn, M.Ed.



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A FRESH START IN 2026

By Charles E. Winburn, M.Ed.



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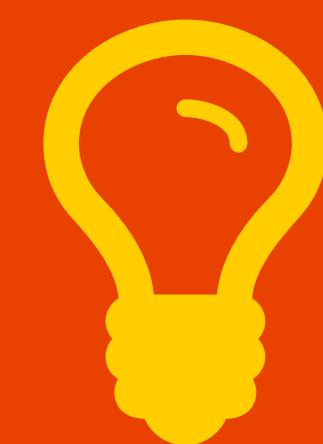
Coach Chuck Futel



Coach Dan Ray

A RENEWED START IN 2026

By Charles E. Winburn, M.Ed.



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REBOOTING IN 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

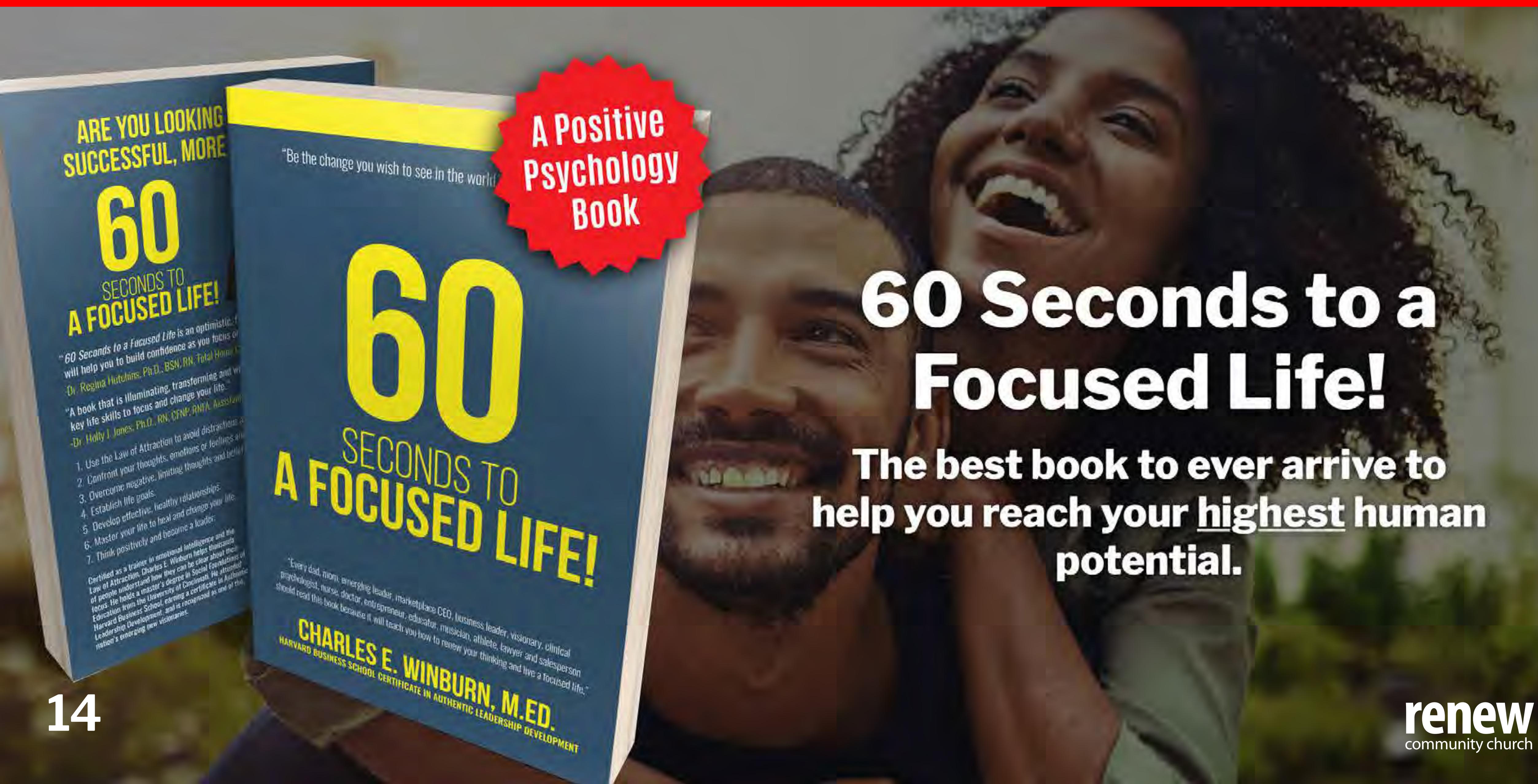
National Domestic Violence Hotline

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.**

**Behold, I will do a new thing; now it
shall spring forth; shall ye not know
it? I will even make a way in the
wilderness, and rivers in the desert.**

Isaiah 43:19

**Remember ye not the former
things, neither consider the things
of old. Behold, I will do a new
thing...**

Isaiah 43:18-19

**For behold, I create new heavens
and a new earth: and the former
shall not be remembered, nor come
into mind.**

Isaiah 65:17

**But be ye glad and rejoice for ever
in that which I create: for, behold,
I create Jerusalem a joy, and her
people a joy.**

Isaiah 65:18

**Behold, the days come, saith
the Lord, that I will make a new
covenant with the house of Israel,
and with the house of Judah.**

Jeremiah 31:31

**And I will give them one heart, and I
will put a new spirit within you; and
I will take the stony heart out of
their flesh...**

Ezekiel 11:19

**A new heart also will I give you, and
a new spirit will I put within you...**

Ezekiel 36:26

Neither do men put new wine into old bottles...

Matthew 9:17

**Therefore if any man be in Christ,
he is a new creature: old things are
passed away; behold, all things are
become new.**

2 Corinthians 5:17

**And be renewed in the spirit of your
mind; And that ye put on the new
man, which after God is created in
righteousness and true holiness.**

Ephesians 4:23-24

And I saw a new heaven and a new earth: for the first heaven and the first earth were passed away...

Revelation 21:1

25 steps to starting over with view toward a fresh start in life

AI Research

- 1. Step 1 – Resolve untreated childhood trauma in your life before you move forward:
Address past wounds to free energy for growth and reduce reactivity.**

2. Step 2 – Confront your negative beliefs: Identify and challenge beliefs that limit your potential.

3. Step 3 – Stop your limited beliefs: Replace self-imposed limits with empowering alternatives.

4. **Step 4 – Raise your positive vibrations or emotions: Cultivate joy, gratitude, and moments of flow to elevate your state.**

5. Step 5 – Forget your negative past by cleaning up your memory: Process or release lingering negative associations to reset emotional tone.

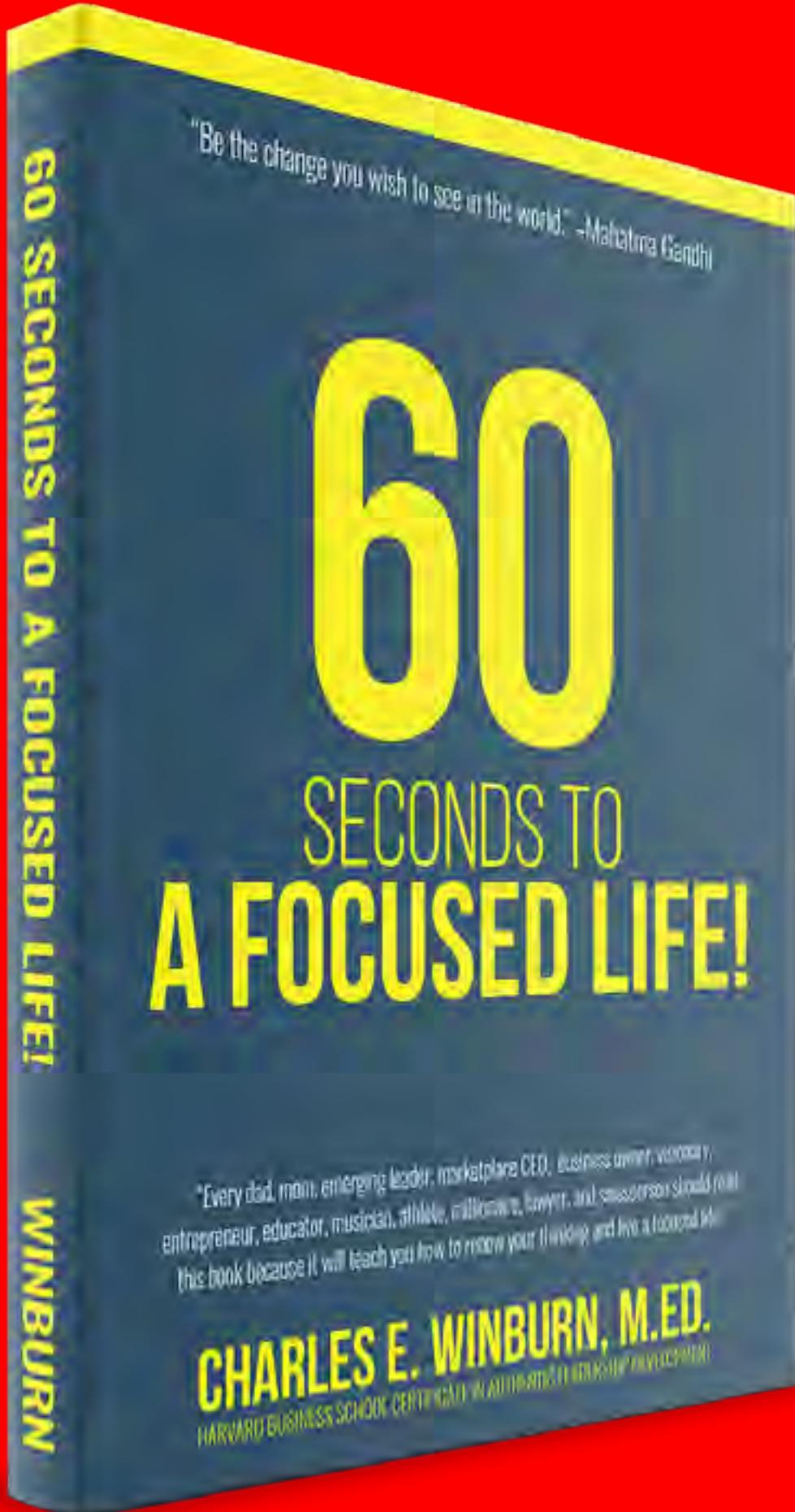
6. Step 6 – Reprogram your subconscious mind with view toward creating a positive generating life: Use repetition, visualization, meditation, prayer, and reading your Bible.

**7. Step 7 – Forgive yourself:
Release self-blame to free
momentum and compassion
toward growth.**

**8. Step 8 – Forgive others:
Release resentment to reduce
emotional burden and restore
energy.**

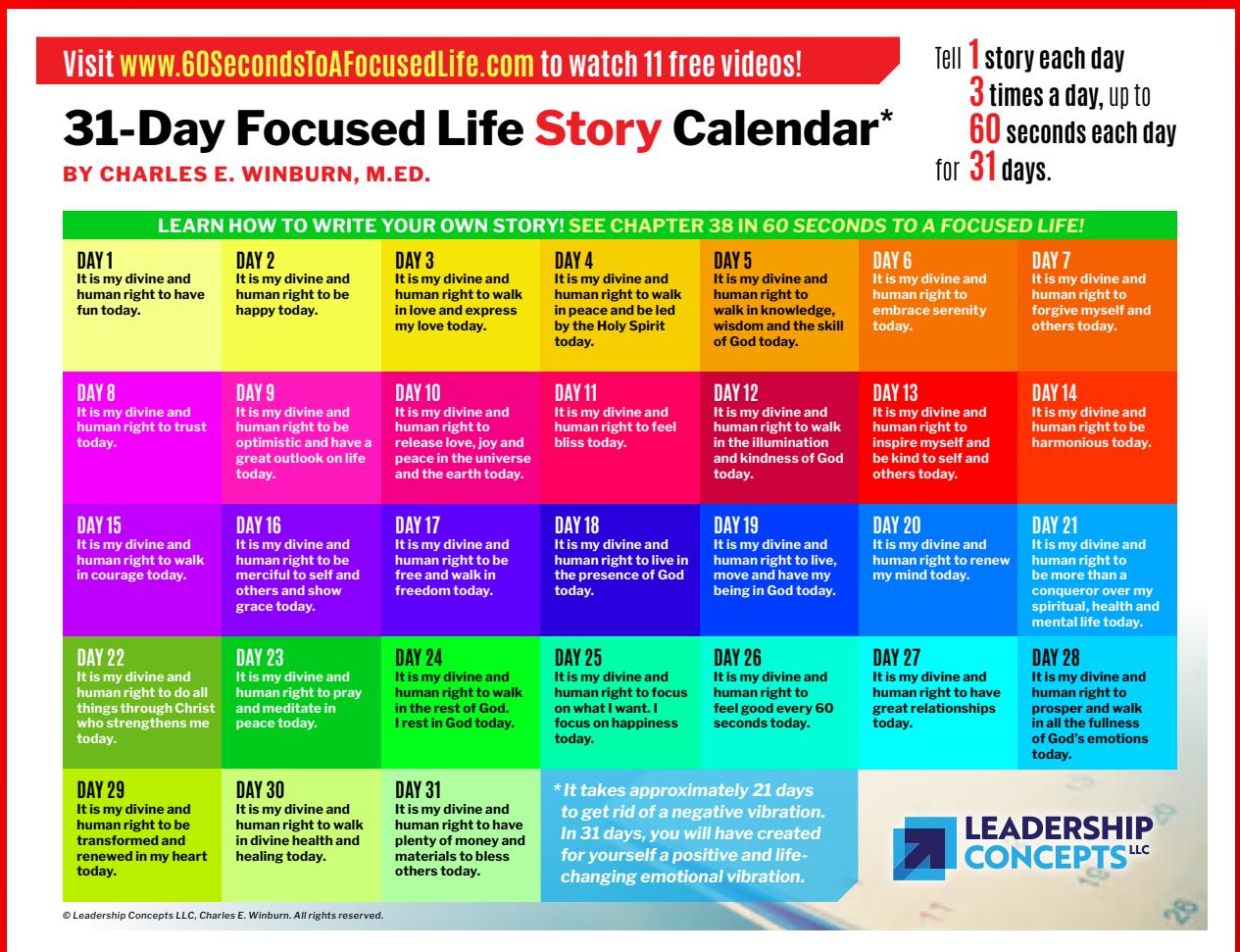
**9. Step 9 – Focus on what you
really, really want in life: Clarify
core desires to guide choices
and actions.**

10. Step 10 – Give zero attention to what you don't want: Redirect focus away from fear or avoidance toward constructive, desired outcomes.



11. Step 11 – Read Coach Charlie Winburn's book *60 Seconds to a Focused Life!* and purchase one for a friend: Leverage guidance and share a resource that reinforces focus skills.

12. Step 12 – Obtain a copy of Coach Winburn's 31-Day *Focused Life Story Calendar* by downloading it at **60SecondsToAFocusedLife.com** Use a structured, time-bound plan to build consistency.



13. Step 13 – Write out a seven-year life plan, addressing your goals for your spiritual life, health life, mental life, financial life, relationship life, and business life: Create a long-range roadmap spanning key life domains.

14. Step 14 – Conduct physical exercise 5 to 7 days a week, 30 minutes a day: Establish a sustainable movement habit for health and mood.

15. Step 15 – Create a healthier diet for yourself by reducing inflammation, oxidative stress, and toxicity in your body: Optimize nutrition to support vitality and resilience.

16. Step 16 – Upgrade your vitamins and minerals to reduce inflammation, oxidative stress, and toxicity in your body: Fill nutritional gaps to support overall functioning.

17. Step 17 – Practice cuddling for 5 to 15 minutes per day with a significant other or your marriage partner: Strengthen connection, oxytocin release, and emotional well-being.

18. Step 18 – Set clear, measurable micro-goals each week: Break big ambitions into small, specific targets you can achieve within 7 days. This creates momentum and provides frequent wins to reinforce progress.

19. Step 19 – Build a daily morning routine that anchors your day:
Create a simple sequence (e.g., hydration, 5-minute journal, 10 minutes of reading/learning, quick stretch or workout) to start each day with focus and consistency.

20. Step 20 – Establish a reliable sleep habit: Aim for 7–9 hours per night, consistent bed and wake times, and a calming pre-sleep routine to improve mood, cognition, and recovery.

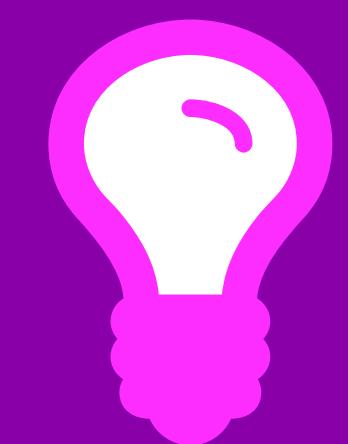
21. Step 21 – Practice daily gratitude and positive reframing: List 3 things you’re grateful for and reframe challenges as learning opportunities to shift your mindset toward resilience and abundance.

**22. Step 22 – Implement a boundary and digital detox plan:
Designate tech-free times, limit social media exposure, and set healthy boundaries with work, friends, and family to protect your energy and attention.**

23. Step 23 – Cultivate supportive relationships and accountability: Surround yourself with people who uplift you. Create an accountability buddy system or join groups with shared goals to increase commitment.

24. Step 24 — Develop a learning habit and continuous growth plan: Dedicate time weekly to learning new skills, reading, or taking courses relevant to your goals. Track progress and apply what you learn.

25. Step 25 — Practice financial clarity and budgeting: Create a simple monthly budget, track expenses, save a portion of income, and set short-term financial goals to reduce stress and increase freedom.



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LAUNCHING ANEW IN 2026

By Charles E. Winburn, M.Ed.