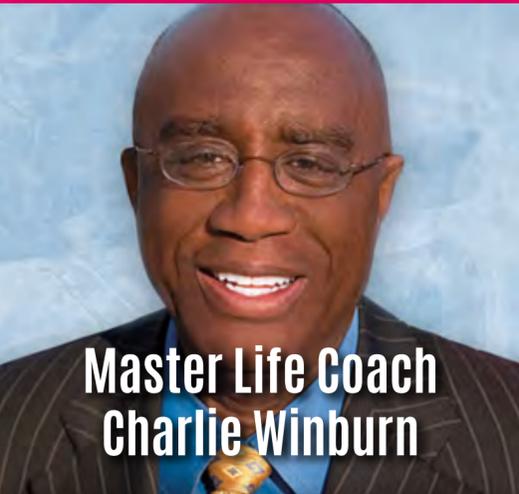




MASTERMIND CLASS & CLINIC 2026
E-BOOK AND TOOLKIT



**Master Life Coach
Charlie Winburn**



Coach Chuck Futel



Coach Dan Ray

**TRANSFORM
DESPERATION
INTO HOPE
AND ACTION!**

By Charles E. Winburn, M.Ed.



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DESPERATION WILL MAKE YOU EMOTIONALLY UNHAPPY!

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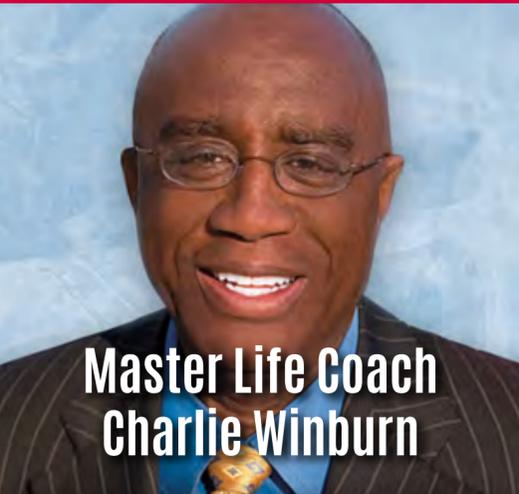
Coach Dan Ray

ARE YOU LIVING A LIFE OF **DESPERATION?** LEARN HOW TO CALM DOWN AND LIVE IN PEACE!

By Charles E. Winburn, M.Ed.



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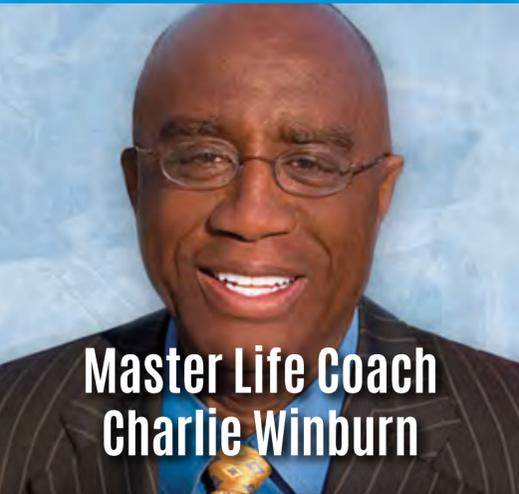
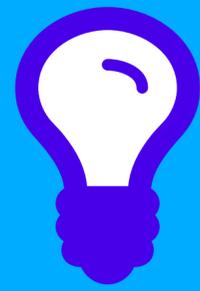
Coach Chuck Futel



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DESPERATE TO RECEIVE THE LOVE OF OTHERS? LEARN HOW TO STOP DESPERATION!

By Charles E. Winburn, M.Ed.



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DESPERATION MIGHT INCREASE:

BLOOD PRESSURE!
ANXIETY!

DEPRESSION!
STRESS!

INFLAMMATION!
UNHAPPINESS!

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30 STEPS IN OVERCOMING DESPERATION IN YOUR LIFE!

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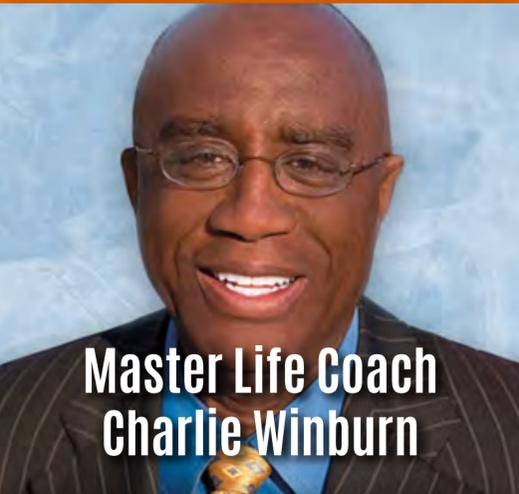
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DESPERATE TO RECEIVE APPROVAL OF OTHERS? LEARN HOW TO STOP DESPERATION!

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DESPERATION!

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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

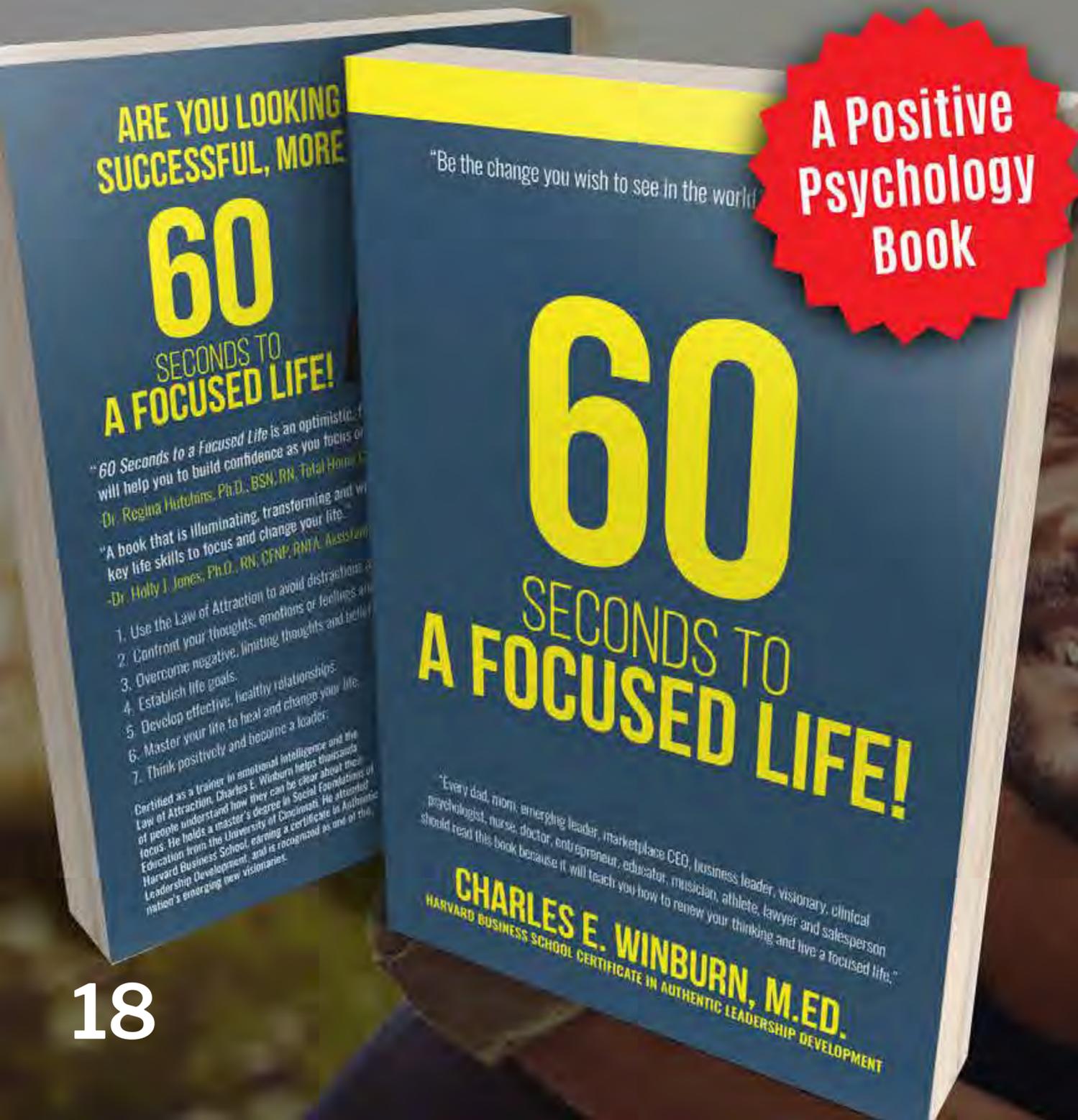
National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

www.thehotline.org

Visit today: 60SecondsToAFocusedLife.com



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

**The Lord is nigh unto them that are
of a broken heart, and saveth such
as be of a contrite spirit.**

Psalm 34:18

**Commit thy way unto the Lord;
trust also in him; and he shall bring
it to pass.**

Psalm 37:5

**God is our refuge and strength, a
very present help in trouble.**

Psalm 46:1

**Cast thy burden upon the Lord, and
he shall sustain thee: he shall never
suffer the righteous to be moved.**

Psalm 55:22

**From the end of the earth will I
cry unto thee, when my heart is
overwhelmed: lead me to the rock
that is higher than I.**

Psalm 61:2

**My soul, wait thou only upon God:
for my expectation is from him.
Trust in him at all times, ye people;
pour out your heart before him:
God is a refuge for us. Selah.**

Psalm 62:5-8

**Trust in him at all times, ye people;
pour out your heart before him:
God is a refuge for us. Selah.**

Psalm 62:8

**He that dwelleth in the secret place
of the most High shall abide under
the shadow of the Almighty. I will
say of the Lord, He is my refuge and
my fortress: my God; in him will I
trust.**

Psalm 91:1-2

**Fear thou not; for I am with thee:
be not dismayed; for I am thy God: I
will strengthen thee; yea, I will help
thee; yea, I will uphold thee with
the right hand of my righteousness.**

Isaiah 41:10

When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee.

Isaiah 43:2

Blessed is the man that trusteth in the Lord, and whose hope the Lord is. For he shall be as a tree planted by the waters, and that spreadeth out her roots by the river, and shall not see when heat cometh, but her leaf shall be green.

Jeremiah 17:7-8

Do not worry about your life... Seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

Matthew 6:25-34

**Come unto me, all ye that labor
and are heavy laden, and I will give
you rest. Take my yoke upon you,
and learn of me; for I am meek and
lowly in heart: and ye shall find rest
unto your souls.**

Matthew 11:28-30

**Peace I leave with you, my peace
I give unto you: not as the world
giveth, give I unto you. Let not your
heart be troubled, neither let it be
afraid.**

John 14:27

And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

Romans 8:28

Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.

Romans 15:13

Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God.

2 Corinthians 1:3-4

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Philippians 4:6-7

**But my God shall supply all your
need according to his riches in
glory by Christ Jesus.**

Philippians 4:19

**Humble yourselves therefore under
the mighty hand of God, that he
may exalt you in due time: Casting
all your care upon him; for he
careth for you.**

1 Peter 5:6-7

What is desperation?

AI Research

- 1. Acute urgency born from unmet needs and unhealed hurts and unresolved issues:** A heightened sense that basic needs (security, money, food, safety, connection) are at immediate risk, leading to frantic, single-minded behavior aimed at quick relief.

- 2. Overwhelming fear of loss or failure. The fear of failure:**
A storm of anxiety centered on losing something valued (job, relationships, status, health) that drives impulsive decisions or risky choices in an attempt to prevent that loss.

- 3. Extreme discouragement paired with urgency: A state where pessimism about the future collides with a pressing push to change the current situation, often resulting in tunnel vision and impatience.**

- 4. Irrational or impulsive problem-solving:** When normal deliberation is dulled by stress, leading to snap judgments, risky bets, or actions driven more by emotion than reason.

- 5. Despair with a coping deficit:**
A moment or ongoing period of intense distress where usual coping strategies feel inadequate, making the person feel trapped and motivated to seek any quick fix.

How does desperation stress you out?

AI Research

- 1. Erosion of collaboration:**
When everyone is vying to win, people may hoard information, withhold help, or avoid teamwork, reducing overall productivity and creativity.

2. Stress and burnout: Persistent competition creates constant pressure, leading to anxiety, sleep problems, and long-term health issues.

- 3. Damaged relationships:**
Rivalries can turn colleagues, friends, or family members into enemies, harming trust and support networks.

- 4. Unethical behavior incentives:**
The “win at all costs” mindset can encourage cheating, manipulation, or cutting corners to outperform others.

- 5. Inequitable outcomes:**
Competitive systems often disproportionately reward those with advantages (money, status, access), widening social and economic gaps.

- 6. Dismissal of collaboration's value:** Important contributions from teamwork and shared knowledge may be undervalued if individual triumph is the sole metric of success.

- 7. Mental health impact:**
Constant comparison to others can fuel low self-esteem, imposter syndrome, and depressive symptoms.

- 8. Risk-taking for edge:** To gain a small advantage, individuals may take reckless or unethical risks that harm themselves or others.

9. Reduction of intrinsic motivation: External competition can shift focus from genuine learning and mastery to external rewards, killing intrinsic interest.

10. Culture of fear: Fear of falling behind can create a blame culture where mistakes are punished rather than used as learning opportunities.

11. Sabotage and retaliation:
Competitive environments may foster petty schemes, undermining others' work to gain advantage.

12. Talent misallocation:

People may pivot toward visible “wins” rather than long-term, meaningful contributions that require patience and collaboration.

13. Deterioration of trust:
Persistent comparison can erode trust among peers, supervisors, and teams, hindering information sharing.

14. Reduced diversity of thought:
When the emphasis is on beating others, dissenting or creative ideas that could threaten the top spot may be suppressed.

15. Focus on short-term gains:
Short-range wins may be favored over sustainable, long-term progress and innovation.

16. Reduced inclusivity:
Competitive cultures may exclude those who are not already “ahead,” decreasing diversity and inclusion.

17. Negative impact on morale:
Visible rankings and public comparisons can demotivate large parts of a workforce or community.

18. Inefficient resource use:
Time and energy spent
outperforming others can be
wasted on status games rather
than productive work.

19. Escalation and conflict:
Competitions can lead to escalating cycles of retaliation, escalating costs, and strained alliances.

20. Societal repercussions:
In broader society, excessive competition can exacerbate inequality, erode social safety nets, and foster stigmatization of failure.

**How does desperation negatively
impact every area of your life?**

AI Research

1. Health

**How desperation shows up:
Urgent, impulsive health
decisions; chasing quick fixes or
extreme diets; ignoring medical
advice to seek rapid relief.**

Indicators: Frequent self-diagnosis, pressure to try every new supplement or treatment, skipping appointments due to fear or urgency.

Healthy response: Consult trusted healthcare professionals; prioritize evidence-based steps; pace changes to align with medical guidance; build a realistic plan with gradual goals.

2. Mental health

How desperation shows up: Acute anxiety, panic, or depressive symptoms driving desperate attempts to escape distress; compulsive self-soothing or self-harm risk behaviors.

Indicators: Insistence on immediate relief, black-and-white thinking, avoidance of professional help due to fear of stigma or cost.

Healthy response: Seek professional support (therapist, counselor, crisis line); practice grounding techniques; set small, achievable coping strategies; build a support network.

3. Financial

How desperation shows up: Drastic spending, risky investments, or taking on unsustainable debt to avert perceived imminent ruin.

Indicators: Last-minute loans, gambling or high-risk schemes, ignoring long-term consequences for short-term relief.

Healthy response: Create a budget and safety net; seek financial counseling; explore gradual debt reduction plans; avoid impulsive financial decisions.

4. Relationships (co/creating trauma bonds with other others)

**How desperation shows up:
Clinginess, coercive behavior, or
impulsive dumping of emotions
to force closeness or resolution.**

Indicators: Repeated, urgent attempts to repair or end relationships; fear of abandonment driving extreme actions.

Healthy response: Set boundaries; communicate needs clearly; give space and time for both sides; consider couples or individual counseling if needed.

5. **Marriage**

**How desperation shows up:
Feeling the marriage is failing
and acting impulsively (affairs,
ultimatums, ultimatum-driven
decisions) to “save” it or end it
quickly.**

**Indicators: Frequent crises,
rapid shifts between idealization
and devaluation, avoidance of
deeper conversations.**

Healthy response: Engage in structured, calm conversations; attend marriage counseling; identify non-negotiables and shared goals; work on rebuilding trust and communication.

6. Business

**How desperation shows up:
Short-sighted cash grabs, risky
pivots, or cutting corners to
survive; overpromising to win
clients or investors.**

Indicators: Pressure to hit impossible targets, ignoring due diligence, sacrificing ethics for speed.

Healthy response: Reassess strategic plan; seek mentorship or advisory input; implement risk management; communicate transparently with stakeholders.

7. Family

**How desperation shows up:
Scorched-earth reactions
to family stress; impulsive
decisions about caregiving,
housing, or responsibilities.**

Indicators: Sudden changes in caregiving roles, coercive control, or withdrawal to avoid pain.

Healthy response: Prioritize open family dialogue; enlist mediators or family therapy; set shared responsibilities with clear timelines; practice self-care to stay present for others.

30 practical ways to reduce desperation and cultivate calmness and peace

AI Research

- 1. Focus on what you truly want in life:** Clarify your core values and long-term goals. Write a concise personal mission statement.

- 2. Give zero attention to what you do not want:** Notice negative thoughts without engaging; label them and redirect. Create a mental filter: “Is this useful or harmful right now?”

- 3. Create a seven-year life plan (health, mental health, financial, relationships, business, marriage, family): Break into yearly milestones and quarterly checkpoints.: Schedule transparent, realistic goals with measurable metrics.**

- 4. Establish a daily morning routine:** Include hydration, a short movement practice, and a 5-minute breathing exercise.

**5. Practice daily breathwork:
Inhale and exhale meditation**

- 6. Implement a weekly review:**
Reflect on wins, lessons, and adjustments every week; adjust next week's plan accordingly.

- 7. Prioritize sleep hygiene: Set a consistent bedtime, limiter of screens 60–90 minutes before bed, and a calming pre-sleep ritual.**

- 8. Limit information overload:**
Designate specific times to check news and social media; avoid perpetual scrolling.

- 9. Declutter your physical space:**
Do a 10-minute daily tidy-up; a cleaner environment reduces mental noise.

10. Practice mindful moments: Use micro-moments of mindfulness (2–3 minutes) throughout the day to reset.

11. Develop a stress-reduction toolkit: Include journaling, music, nature walks, or a quick stretch routine.

12. Build a support network:
Schedule regular connection
with trusted friends, mentors,
or a therapist.

13. Practice gratitude: Keep a 3-item daily gratitude log; look for positives even in small moments.

14. Set boundaries: Learn to say no; protect time for what aligns with your goals.

15. Create a personal ritual for uncertainty: When feeling overwhelmed, have a 3-step process: pause, breathe, decide.

16. Focus on healthy coping strategies: Replace avoidance with constructive actions: problem-solving, task batching, or seeking help.

17. Manage expectations:
Distinguish between aspirational goals and plausible timelines; avoid magical thinking.

18. Break big goals into tiny tasks:
Use the “two-pizza rule” for
task scope: can two pizzas feed
it? If not, break further.

19. Schedule “quiet time”: Block daily horizon time to reflect, read, or simply do nothing.

20. Practice self-compassion:
**Speak to yourself like you would
to a friend; acknowledge effort
and progress.**

21. Engage in regular physical activity: Choose activities you enjoy; consistency beats intensity over time.

22. Eat for steadier mood: Favor balanced meals with protein, fiber, and healthy fats; limit excessive sugar.

23. Limit stimulants that spike anxiety: Moderate caffeine; observe how it affects you and adjust accordingly.

24. Learn a quick reframe: When stressed, reframe: “What is the simplest next step I can take?”

25. Use progressive relaxation techniques: Try progressive muscle relaxation or guided imagery to ease tension.

26. Practice forgiveness: Let go of grudges or unresolved resentments that drain energy.

27. Create financial steadiness:
Build a simple budget, automate savings, and set small, achievable financial milestones.

28. Schedule time for meaningful work: Block deep-work periods; protect them from interruptions.

29. Cultivate hobbies and play:
Dedicate regular time to
activities that bring joy and
relief from pressure.

30. Monitor progress with a peace metric: Track calmness levels daily (e.g., 1–10); notice patterns and adjust routines to raise the average.



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MARRIAGE?
RELATIONSHIPS?
DATING?

SEX?
POWER?
MONEY?

LOVE?
ATTENTION?
VALIDATION?

WHAT ARE YOU DESPERATE FOR?
STOP DESPERATION!

By Charles E. Winburn, M.Ed.