



# MASTERMIND CLASS & CLINIC 2026 E-BOOK AND TOOLKIT



Master Life Coach  
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

# ALL THINGS ARE POSSIBLE!

By Charles E. Winburn, M.Ed.



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Master Life Coach  
Charlie Winburn



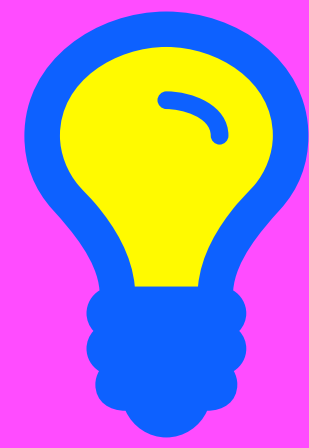
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**ALL THINGS ARE POSSIBLE  
TO THEM THAT BELIEVE!  
IN THIS SUNDAY'S MASTERMIND CLASS!**

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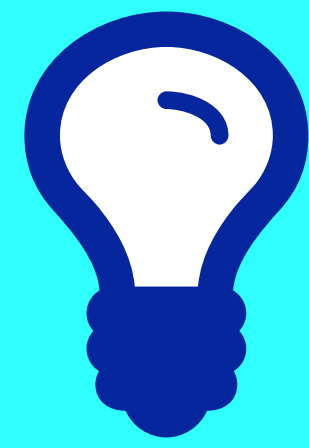
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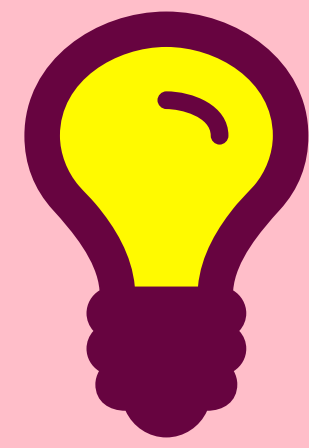
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**TURN YOUR IMPOSSIBLE  
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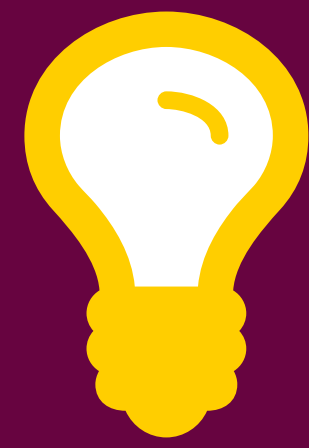
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# REMEMBER, IT'S POSSIBLE FOR YOU!

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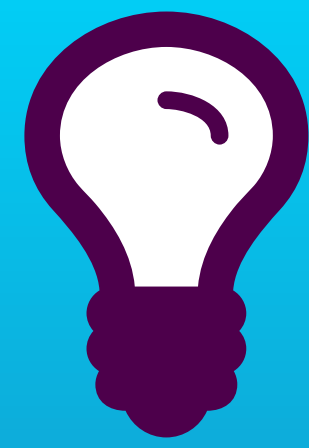
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AND YOUR FAMILY!

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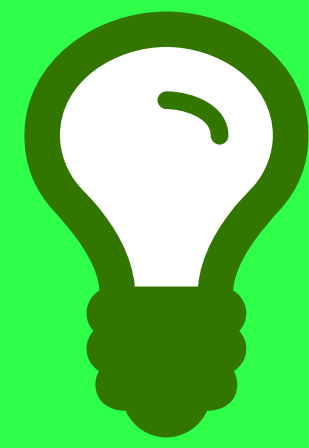
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# REMEMBER, IT'S YOUR TURN FOR POSSIBILITIES!

By Charles E. Winburn, M.Ed.



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# 25 WAYS TO BUILD A POSSIBILITY ATTITUDE SO YOU CAN WIN!

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)**

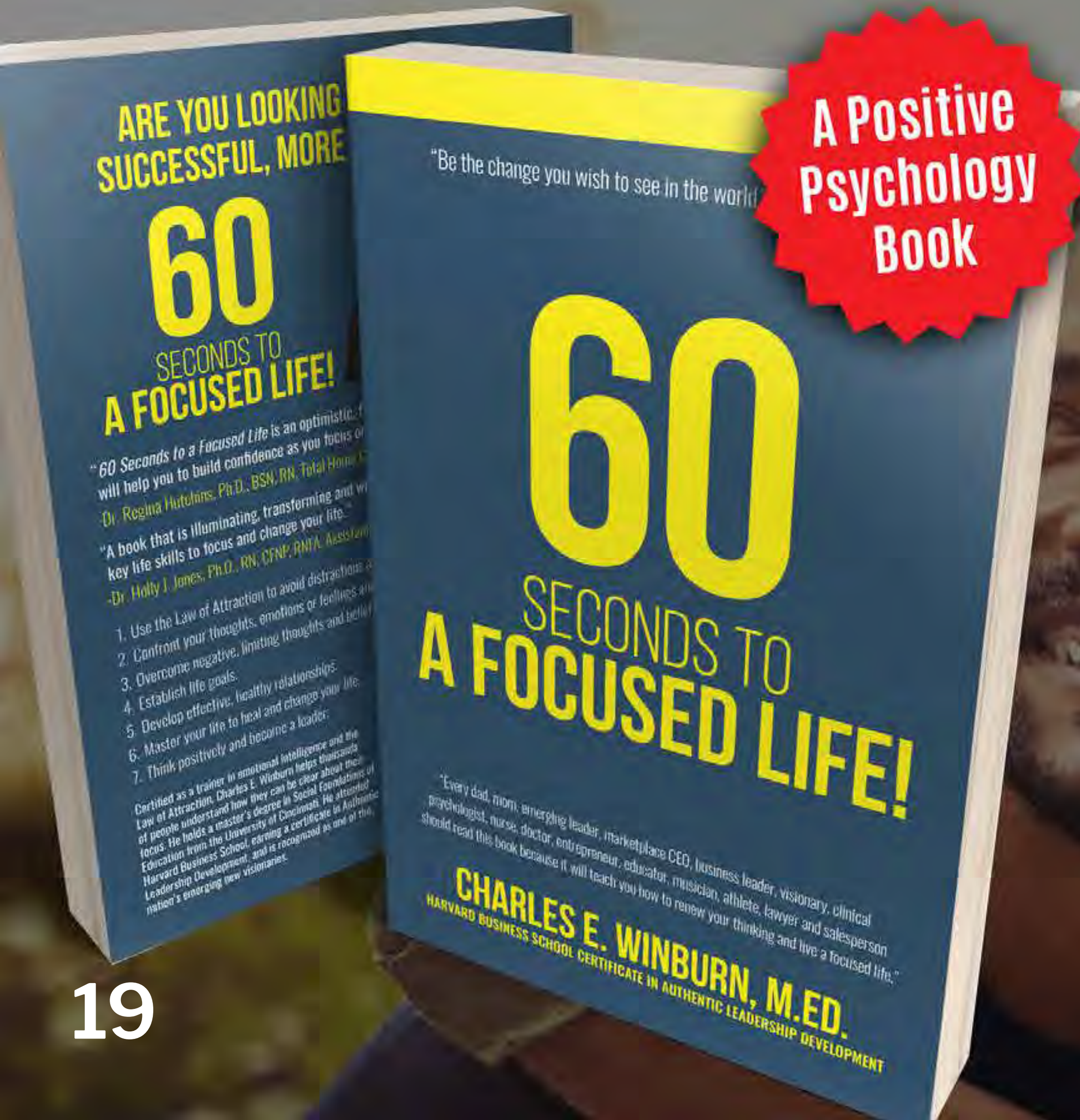
# **National Domestic Violence Hotline**

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

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

**[www.thehotline.org](http://www.thehotline.org)**

Visit today: [60SecondsToAFocusedLife.com](http://60SecondsToAFocusedLife.com)



**60 Seconds to a Focused Life!**  
The best book to ever arrive to help you reach your highest human potential.

**But Jesus beheld them, and said unto them, With men this is impossible; but with God all things are possible.**

***Matthew 19:26***

**For with God nothing shall be  
impossible.**

***Luke 1:37***

**And Jesus looking upon them saith,  
With men it is impossible, but  
not with God: for with God all  
things are possible.**

***Mark 10:27***

**And he said, The things which  
are impossible with men are  
possible with God.**

***Luke 18:27***

**That your faith should not stand  
in the wisdom of men, but in the  
power of God.**

***1 Corinthians 2:5***

**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***

**I can do all things through Christ  
which strengtheneth me.**

***Philippians 4:13***

**Not that we are sufficient of  
ourselves to think any thing as  
of ourselves; but our sufficiency  
is of God.**

***2 Corinthians 3:5***

**And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us: And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him.**

***1 John 5:14-15***

**But thou shalt remember the Lord thy God: for it is he that giveth thee power to get wealth, that he may establish his covenant which he sware unto thy fathers, as it is this day.**

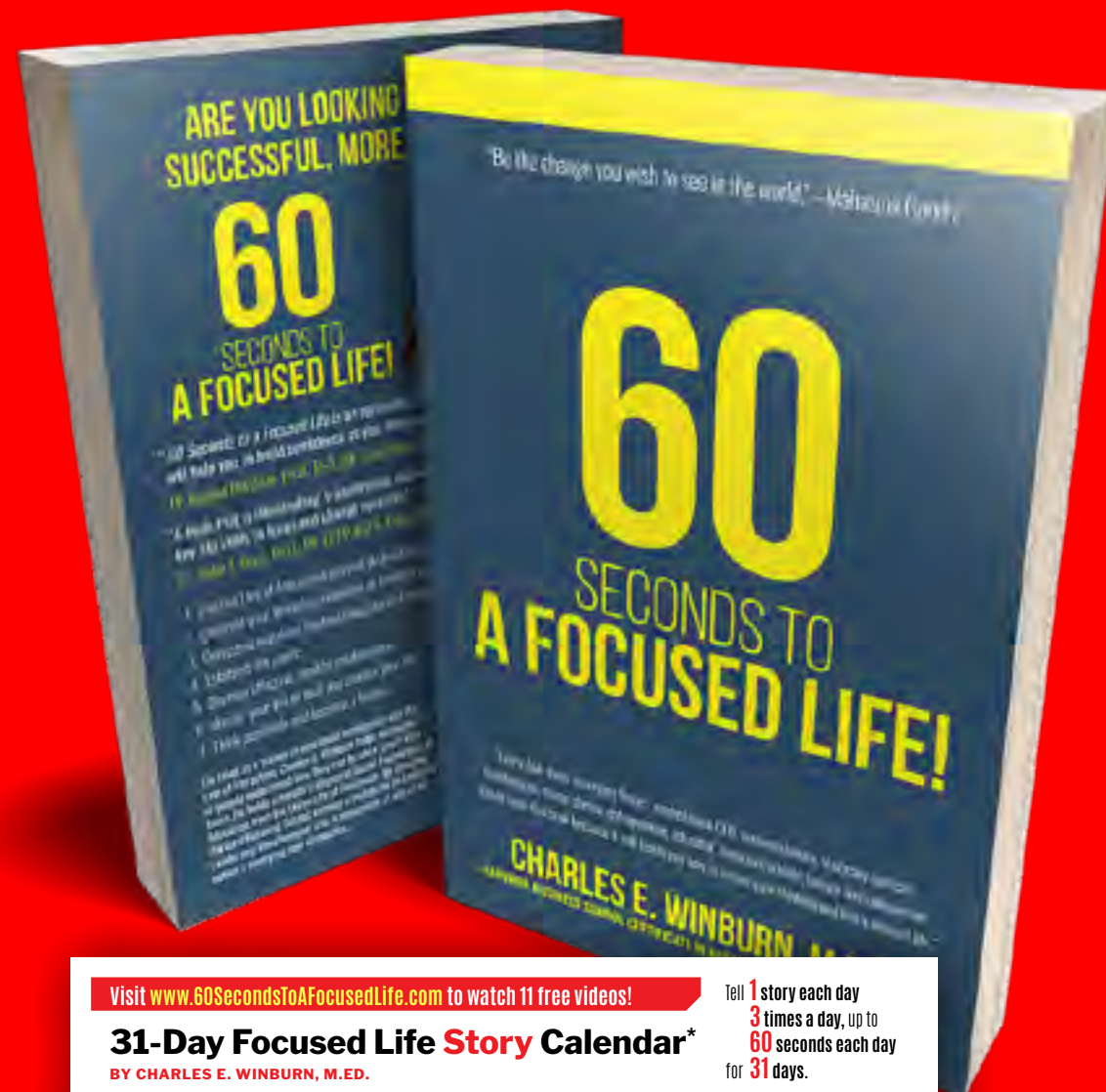
***Deuteronomy 8:18***

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

***Philippians 4:19***

**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***



# Things that seem to be impossible with mankind

## AI Research

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LEADERSHIP CONCEPTS LLC

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- 1. Spiritual decline:** This refers to a perceived loss of faith, purpose, or sense of meaning within a spiritual framework.

**Factors often involved: life-altering grief, trauma, exposure to conflicting beliefs, social isolation, or lack of supportive community.**

**Why it's challenging: beliefs are deeply personal and culturally conditioned; shifts can feel destabilizing.**

**Constructive angles: explore open, nonjudgmental dialogue with a trusted mentor or counselor; engage in reflective practices (journaling, meditation, nature); seek communities that respect diverse paths.**

**2. Health decline:** A sudden or progressive deterioration in physical well-being.

**Factors often involved: chronic disease onset, aging, lifestyle patterns, limited access to care, genetics.**

**Why it's challenging: medical conditions can be unpredictable; lifestyle changes require sustained effort and support.**

**Constructive angles:  
proactive prevention and early  
screening; multidisciplinary  
care (physicians, dietitians,  
therapists); gradual, measurable  
goals; social support for  
adherence.**

**3. Mental struggle: Persistent distress, anxiety, depression, or other mental health difficulties.**

**Factors often involved: biology, stress, trauma history, sleep quality, social pressures, stigma.**

**Why it's challenging: symptoms can be insidious, and stigma may keep people from seeking help.**

**Constructive angles:  
professional evaluation and  
evidence-based treatments  
(therapy, medication if needed);  
coping skill development  
(mindfulness, grounding);  
building a supportive network.**

**4. Financial struggle:** Recurrent or severe difficulty managing money, debt, or securing stable income.

**Factors often involved: job market shifts, medical costs, debt cycles, insufficient financial literacy, unforeseen emergencies.**

**Why it's challenging: financial systems can be complex; small changes may take time to translate into stability.**

**Constructive angles: budget and debt management plans; financial counseling; income diversification or retraining; emergency savings as a long-term goal.**

**5. Relationship challenges:  
Difficulties in maintaining  
healthy, satisfying connections  
with others.**

**Factors often involved:  
communication gaps, unmet  
needs, incompatibilities, past  
trauma, trust issues.**

**Why it's challenging:  
relationships require mutual  
effort and compatible  
neurodiversity; patterns can  
repeat.**

**Constructive angles: couple or individual therapy; proactive communication routines; setting boundaries; investing in shared activities and empathy.**

**6. Family problems: Conflicts or dysfunction within family systems (differences, parenting tensions, estrangement).**

**Factors often involved:  
personality dynamics, history of  
conflict, unresolved grievances,  
cultural or value shifts.**

**Why it's challenging: families  
are long-standing ecosystems;  
change can threaten belonging.**

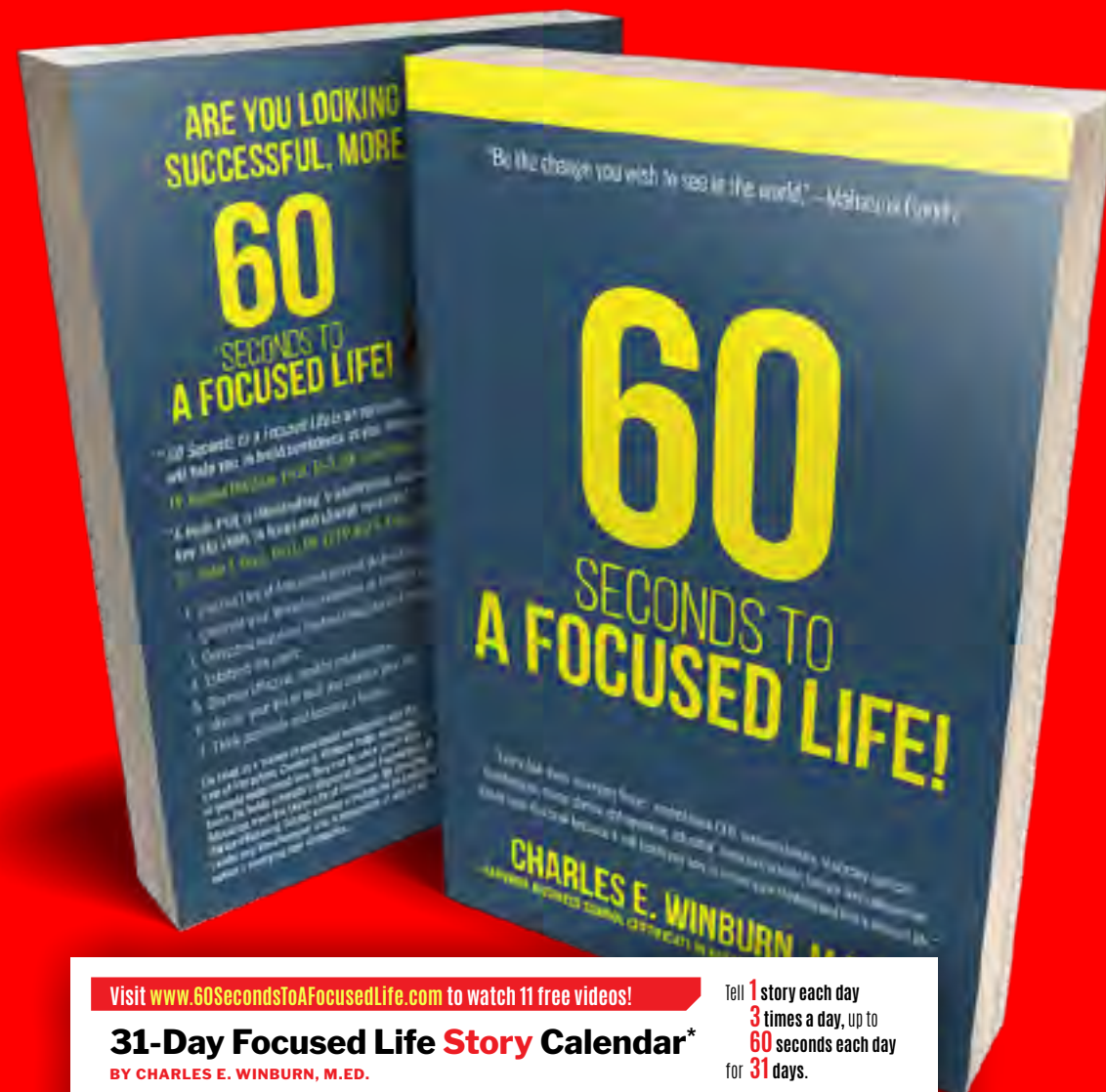
**Constructive angles: family therapy or mediation; clear boundaries; individual support for processing emotions; gradual reconciliation goals where safe.**

**7. Marriage challenges: Struggles specific to marital dynamics (trust, intimacy, roles, evolving identities).**

**Factors often involved:  
communication wear, unmet  
expectations, life stage  
changes, external stressors  
(caregiving, finances).**

**Why it's challenging: marriage  
is a contract of partnership  
that relies on both parties'  
willingness to grow.**

**Constructive angles: targeted marriage counseling; revisiting shared goals and values; redefining roles in a collaborative way; creating rituals that rebuild closeness.**



# 8 major challenges of life that seem impossible to overcome

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- 1. Unresolved childhood trauma:** Early experiences of abuse, neglect, or instability can shape neural pathways, stress responses, and beliefs about self-worth. If left unprocessed, these patterns can reemerge in relationships, work, and health.

**Contributing factors:  
disrupted attachment, coping  
mechanisms learned in  
childhood, avoidance of painful  
memories, lack of safe support.**

**Why it's challenging: trauma is  
stored in physiological systems  
(hormonal, autonomic), not just  
memory; healing often requires  
a gradual, multimodal approach.**

**Constructive angles: evidence-based therapies (EMDR, trauma-focused CBT, somatic therapies); safe, trusted support networks; paced exposure to memories; self-regulation practices (breathing, grounding).**

**2. Negative beliefs:** Core beliefs like “I’m not worthy,” “I’m always a failure,” or “the world is dangerous” can drive behavior and limit potential.

**Contributing factors:  
conditioning from childhood,  
social feedback, cognitive  
biases, repetitive rumination.**

**Why it's challenging: beliefs  
guide perception; changing them  
requires repeated experiences  
that disconfirm them.**

**Constructive angles: cognitive restructuring in therapy, affirmations backed by small wins, journaling to surface and test assumptions, supportive coaching or mentoring.**

**3. Negative emotions: Chronic experiences of anger, fear, sadness, or shame can become a default emotional state, impairing function and resilience.**

**Contributing factors:  
dysregulated stress response,  
unresolved events, learned  
suppression.**

**Why it's challenging: emotions  
are signals; ignoring or  
suppressing them can backfire,  
while healthy processing takes  
practice.**

**Constructive angles: emotion regulation skills (labeling, breathing, acceptance), mindfulness-based practices, identifying triggers and patterns, seeking therapy or peer support.**

4. **Negative memories:** Recurrent, intrusive, or distressing memories (not limited to PTSD) can intrude on present life and create avoidance.

**Contributing factors: traumatic exposure, rumination, lack of coping strategies.**

**Why it's challenging: memories are part of identity and learning; detaching from them without processing can be unstable.**

**Constructive angles: memory re-consolidation approaches in therapy, techniques to reduce rumination, gradual exposure under guidance, supportive narrative reframing.**

**5. Inflammation:** Chronic, low-grade inflammation is linked to many health problems, including autoimmune, metabolic, and mood disorders.

**Contributing factors: stress, obesity, poor sleep, infections, environmental toxins, dietary patterns.**

**Why it's challenging: inflammation is a systemic response with many triggers; addressing it requires lifestyle and medical management.**

**Constructive angles: anti-inflammatory lifestyle (balanced diet, regular activity, adequate sleep), medical evaluation for underlying conditions, stress reduction, targeted supplements if appropriate under supervision.**

**6. Oxidative stress:** Imbalance between free radicals and antioxidants can damage cells and contribute to aging and disease.

**Contributing factors: poor diet, pollution, smoking, chronic illness, excessive exercise without recovery.**

**Why it's challenging: oxidative damage accumulates over time and interacts with other risk factors.**

**Constructive angles:  
antioxidant-rich foods (fruits,  
vegetables, nuts), regular  
moderate exercise, avoid  
chronic toxin exposure,  
adequate sleep, medical  
guidance if you have specific  
conditions.**

**7. Toxicity:** Exposure to environmental toxins (heavy metals, chemicals, air/water pollutants) can impair health.

**Contributing factors:  
occupational exposure,  
contaminated food/water,  
lifestyle choices (smoking),  
cumulative burden.**

**Why it's challenging: toxins can  
have long latency and subtle  
symptoms; reduction often  
requires systemic changes.**

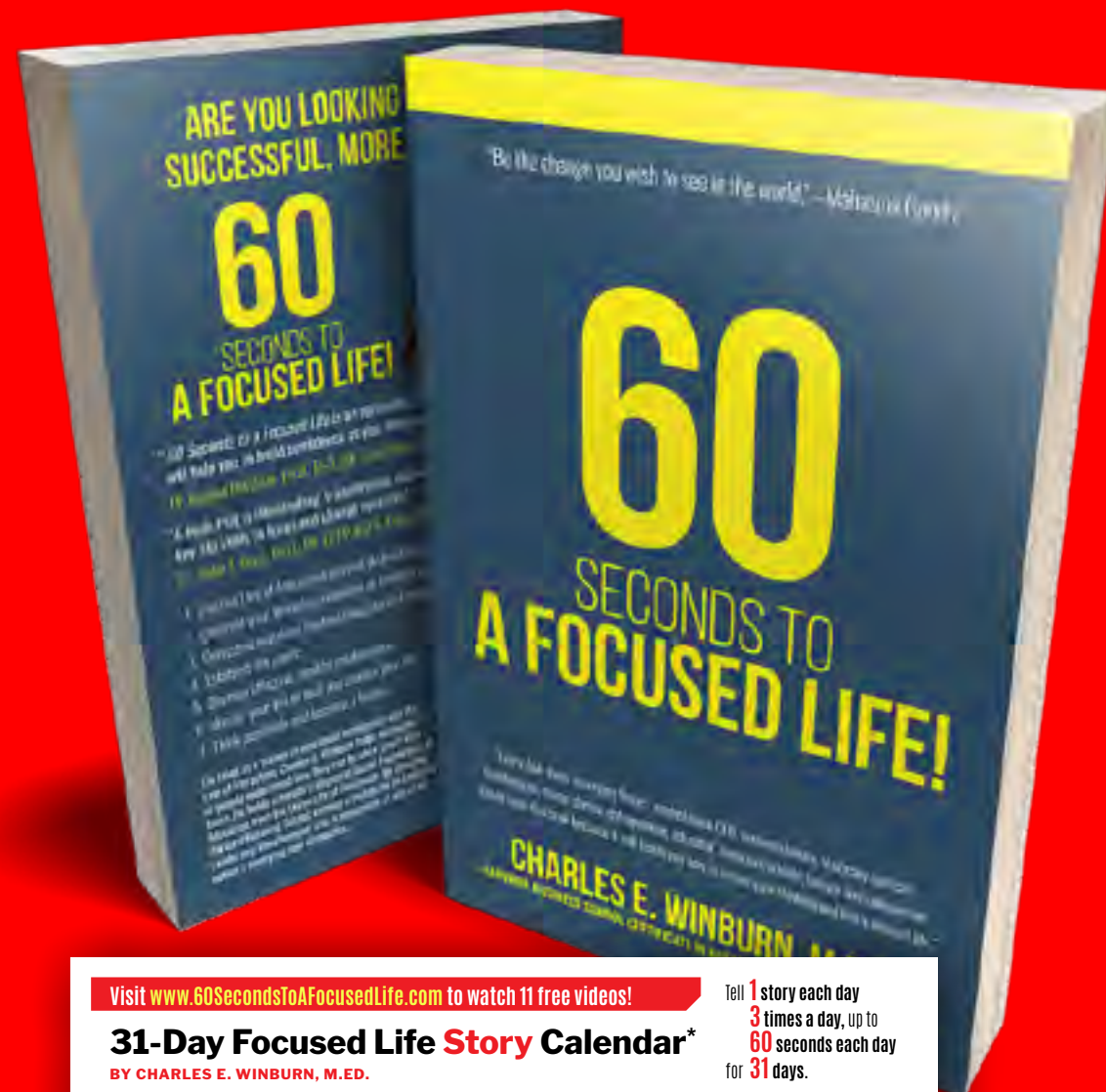
**Constructive angles: minimize exposure where possible, detox strategies under medical supervision, hydration and liver-supportive practices, regular screening for relevant toxins.**

**8. Sickneses and various diseases: Chronic illnesses and complex diseases (cardiovascular, metabolic, neurodegenerative, autoimmune) pose ongoing management challenges.**

**Contributing factors: genetics, lifestyle, age, access to care, adherence to treatments.**

**Why it's challenging: many diseases are multi-factorial with no single "cure"; management focuses on control and quality of life.**

**Constructive angles:  
multidisciplinary care teams,  
personalized treatment plans,  
early detection and prevention  
strategies, patient education,  
supportive networks.**



# 25 power steps to build your possibility attitude

*AI Research*

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- 1. Focus on what you really want in life:** Clarify your top desires, write them down, and review them daily to align actions with true goals.

- 2. Give zero attention to what you don't want:** Redirect attention from fear or negativity to possibilities, so energy isn't drained by complaints or doubts.

- 3. Change negative beliefs into life-generating beliefs: Identify one limiting thought, reframe it with a positive, evidence-based alternative, and rehearse it regularly.**

- 4. Eradicate all your limiting beliefs:** Map your core beliefs, challenge each with data and personal wins, replace with empowering equivalents, and test through small experiments.

- 5. Raise your emotional vibrations each day so you can feel good each day: Start with a mood-boosting routine (music, connection, gratitude) for 5–15 minutes and build consistency.**

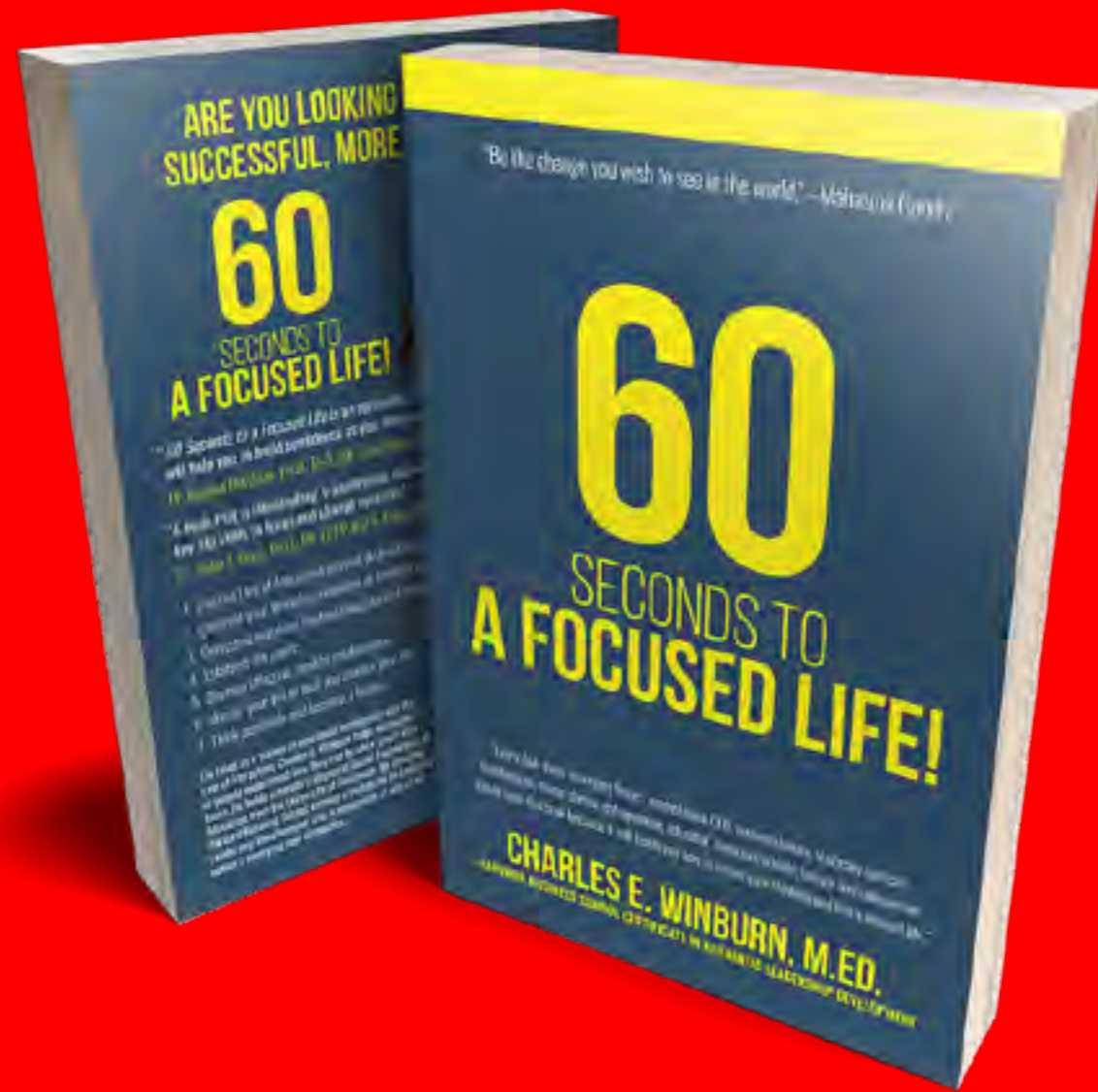
- 6. Cleanse your memory by letting go of past unmet needs, healed hurts, and unresolved issues: Practice forgiveness, write a healing letter (unsent), and perform a symbolic release ritual to free mental energy.**

- 7. Resolve all childhood trauma issues:** Seek evidence-based approaches (therapy, somatic practices, journaling) and build a support network to process and integrate early experiences.

- 8. Exercise seven days a week for 30 minutes a day: Create a sustainable habit: mix cardio, strength, and mobility; schedule it like a vital appointment.**

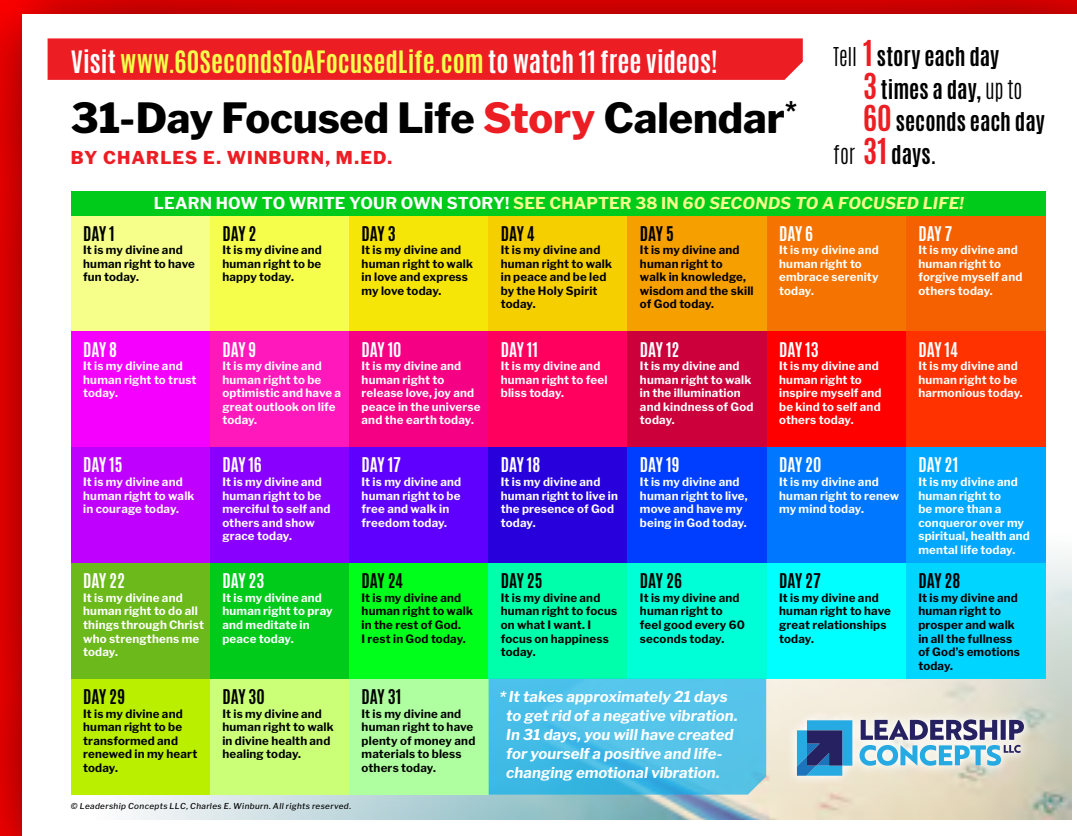
- 9. Develop a plan to reduce inflammation, oxidative stress, and toxicity in brain and body: Adopt an anti-inflammatory lifestyle: whole foods, hydration, sleep hygiene, stress management, and regular screening.**

**10. Develop a 7, 14, or 21-year plan for spiritual life, health, mental health, financial life, and relationship life: Draft long-range visions for each area, define milestones, and set yearly check-ins to course-correct.**



**11. Read the book *60 Seconds to a Focused Life* by Charlie Winburn, M.Ed.: Use the concepts to train quick-focus habits: micro-actions, prioritization, and deliberate practice.**

**12. Visit the website [60secondsToAFocusedLife.com](http://60secondsToAFocusedLife.com) and download the free 31-Day Focused Life Story Calendar by Charles Winburn, M.Ed.: Utilize the calendar to build daily focus routines and track progress over a month.**



**13. Listen to Renew Community Church (Sunday morning), mastermind class, and clinic (11:45 AM EST) on Facebook and YouTube: Engage with community teachings and group coaching for accountability and shared learning.**

**14. Create a daily 5-minute gratitude practice: List 3–5 things you're grateful for to shift perspective and elevate mood.**

**15. Build a personal mission statement:** Condense your purpose, values, and top priorities into a clear sentence you can live by daily.

**16. Set weekly micro-goals aligned with your big dreams: Break large ambitions into small, achievable targets with clear metrics.**

**17. Track habits with a simple system:** Use a calendar or app to log consistency, providing visual motivation and accountability.

**18. Practice daily visualization of desired outcomes: Spend a few minutes imagining vivid scenes of success to prime your brain for action.**

**19. Invest in continuous learning and skill-building:** Dedicate time to books, courses, or mentors that push you toward your possibilities life.

**20. Cultivate resilient routines for tough days: Prepare a go-to set of coping strategies (breathing, movement, supportive messages) to stay on track.**

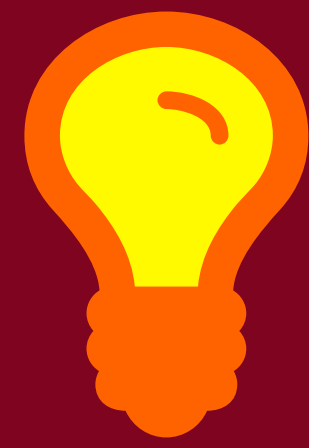
**21. Nurture strong relationships with intention:** Schedule quality time, active listening, and constructive feedback to deepen connections.

**22. Prioritize sleep and recovery as non-negotiable foundations: Create a consistent sleep window, wind-down ritual, and recovery practices to support vitality.**

**23. Practice proactive health monitoring:** Schedule regular check-ups, screenings, and mindful self-assessments to catch issues early.

**24. Create an inflammation- and toxin-reduction kitchen and environment: Stock anti-inflammatory foods, limit processed items, and reduce environmental toxins where feasible.**

**25. Build a personal accountability system:** partner with a friend or coach, share weekly progress, and celebrate wins to sustain momentum.



Master Life Coach  
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

# IT'S POSSIBLE!

By Charles E. Winburn, M.Ed.