



# MASTERMIND CLASS & CLINIC 2026 E-BOOK AND TOOLKIT



Master Life Coach  
Charlie Winburn



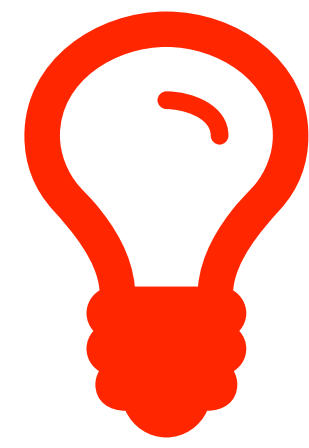
Coach Chuck Futel



Coach Dan Ray

# STOP THE VIOLENCE IN YOUR LIFE!

By Charles E. Winburn, M.Ed.



**MASTERMIND CLASS & CLINIC 2026**



**Master Life Coach  
Charlie Winburn**



**Coach Chuck Futel**



**Coach Dan Ray**

**STOP THE  
VIOLENCE OF  
YOUR HEART!  
FIND PEACE!**



winburn.com



MASTERMIND CLASS & CLINIC 2026



Master Life Coach  
Charlie Winburn



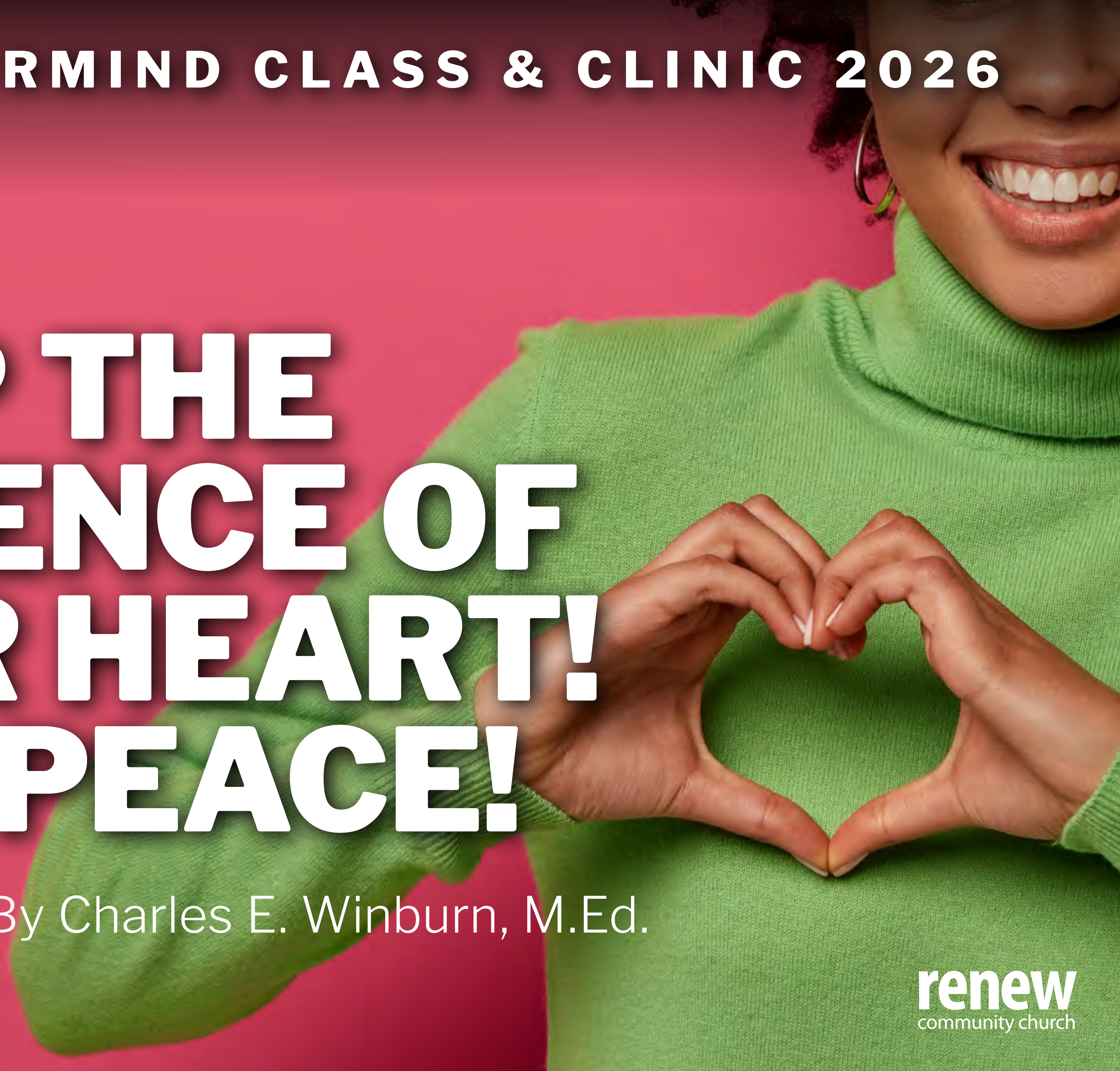
Coach Chuck Futel



Coach Dan Ray

# STOP THE VIOLENCE OF YOUR HEART! FIND PEACE!

By Charles E. Winburn, M.Ed.





# MASTERMIND CLASS & CLINIC 2026



Master Life Coach  
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

# FIND PEACE! STOP THE WAR IN YOUR BRAIN!

By Charles E. Winburn, M.Ed.



Master Life Coach  
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

# VIOLENCE: WHEN WILL YOU STOP IT IN YOUR LIFE?

By Charles E. Winburn, M.Ed.



MASTERMIND CLASS & CLINIC 2026



Master Life Coach  
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

# CONFRONT THE VIOLENCE OF YOUR HEART! FIND PEACE!

By Charles E. Winburn, M.Ed.





MASTERMIND CLASS & CLINIC 2026



Master Life Coach  
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

# CONFRONT THE VIOLENCE OF YOUR HEART! FIND PEACE!

By Charles E. Winburn, M.Ed.



**MASTERMIND CLASS & CLINIC 2026**



**Master Life Coach  
Charlie Winburn**



**Coach Chuck Futel**



**Coach Dan Ray**

# WHY ARE THERE SO MANY VIOLENT PEOPLE?

By Charles E. Winburn, M.Ed.



MASTERMIND CLASS & CLINIC 2026



Master Life Coach  
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

# ADDRESS THE VIOLENCE OF YOUR HEART! FIND PEACE!

By Charles E. Winburn, M.Ed.





# MASTERMIND CLASS & CLINIC 2026



Master Life Coach  
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

# ADDRESS THE VIOLENCE OF YOUR HEART! FIND PEACE!



By Charles E. Winburn, M.Ed.



MASTERMIND CLASS & CLINIC 2026<sup>o</sup>



Master Life Coach  
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

# STOP THE WAR IN YOUR HEAD! FIND PEACE!

By Charles E. Winburn, M.Ed.



MASTERMIND CLASS & CLINIC 2026



Master Life Coach  
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

# LEARN HOW TO STOP THE VIOLENCE IN YOUR HEART! FIND PEACE!

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)**

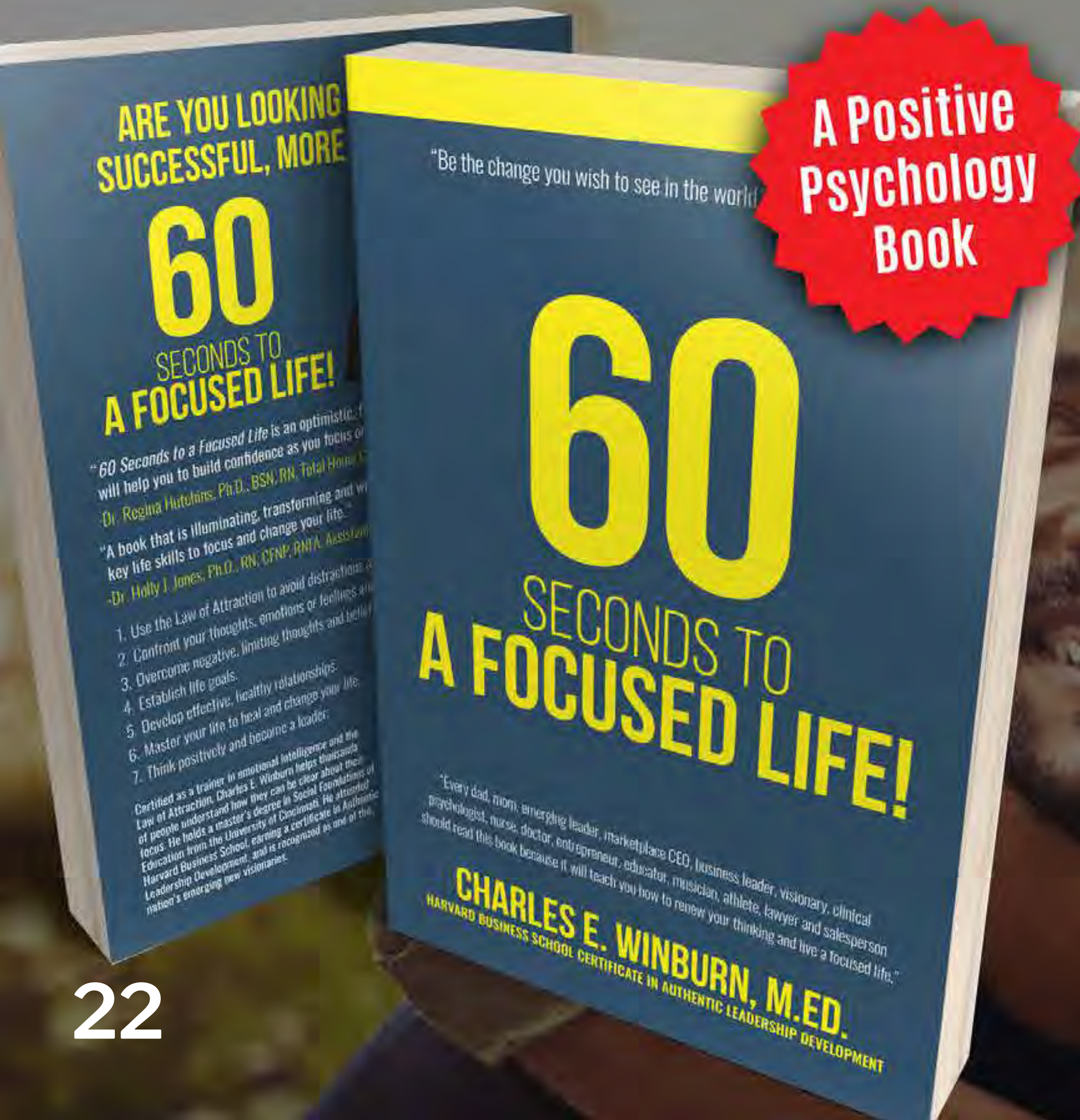
# **National Domestic Violence Hotline**

**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.

**I will both lay me down in peace,  
and sleep for thou, Lord, only  
makest me dwell in safety.**

***Psalm 4:8***

**The Lord will give strength unto  
his people; the Lord will bless his  
people with peace.**

***Psalm 29:11***

**Depart from evil, and do good;  
seek peace, and pursue it.**

***Psalm 34:14***

**Mark the perfect man, and  
behold the upright for the end  
of that man is peace.**

***Psalm 37:37***

**Be still, and know that I am God.  
I will be exalted among the  
heathen, I will be exalted in  
the earth.**

***Psalm 46:10***

**Thou wilt keep him in perfect  
peace, whose mind is stayed on  
thee because he trusteth in thee.**

***Isaiah 26:3***

**And the work of righteousness  
shall be peace; and the effect  
of righteousness quietness  
and assurance for ever.**

***Isaiah 32:17***

**For ye shall go out with joy, and be  
led forth with peace the mountains  
and the hills shall break forth  
before you into singing, and all  
the trees of the field shall clap  
their hands.**

***Isaiah 55:12***

**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***

**These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation but be of good cheer; I have overcome the world.**

***John 16:33***

**Therefore being justified by faith,  
we have peace with God through  
our Lord Jesus Christ.**

***Romans 5:1***

**For to be carnally-minded is death;  
but to be spiritually-minded is  
life and peace.**

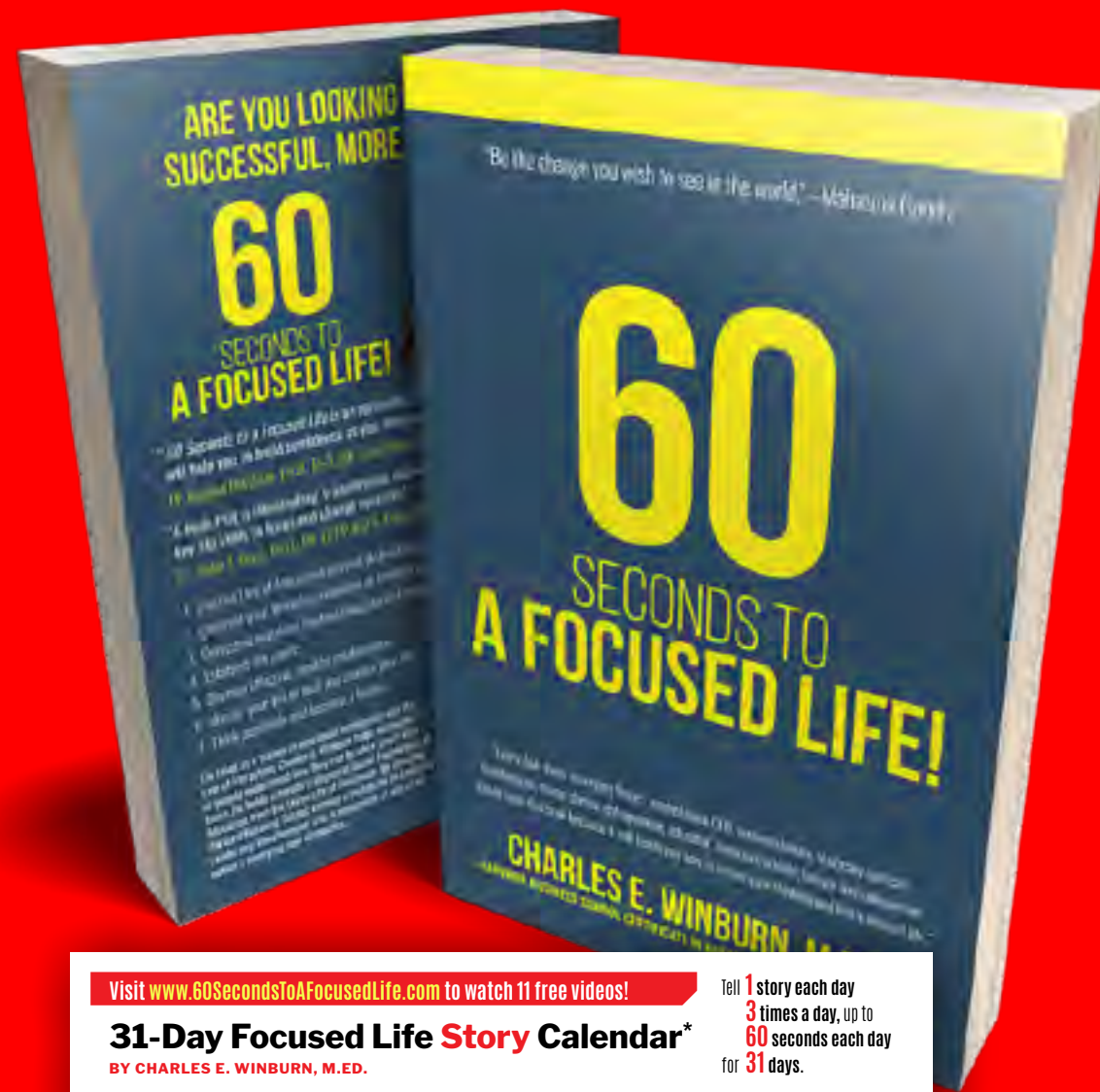
***Romans 8:6***

**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***

**And let the peace of God rule  
in your hearts, to the which also  
ye are called in one body; and  
be ye thankful.**

***Colossians 3:15***



# Scriptures that encourage believers to avoid violence

## AI Research

Visit [www.60SecondsToAFocusedLife.com](http://www.60SecondsToAFocusedLife.com) to watch 11 free videos!

**31-Day Focused Life Story Calendar\***  
BY CHARLES E. WINBURN, M.ED.

Tell 1 story each day  
3 times a day, up to  
60 seconds each day  
for 31 days.

LEARN HOW TO WRITE YOUR OWN STORY! SEE CHAPTER 38 IN 60 SECONDS TO A FOCUSED LIFE!

<b>DAY 1</b> It is my divine and human right to have fun today.	<b>DAY 2</b> It is my divine and human right to be happy today.	<b>DAY 3</b> It is my divine and human right to love and express my love today.	<b>DAY 4</b> It is my divine and human right to walk in peace and to feel the Holy Spirit today.	<b>DAY 5</b> It is my divine and human right to walk in wisdom and the will of God today.	<b>DAY 6</b> It is my divine and human right to enjoy peace and serenity today.	<b>DAY 7</b> It is my divine and human right to give myself and others today.
<b>DAY 8</b> It is my divine and human right to love today.	<b>DAY 9</b> It is my divine and human right to be joyful and to give great thanks on the throne today.	<b>DAY 10</b> It is my divine and human right to be peaceful and to be at peace with the Lord and the world today.	<b>DAY 11</b> It is my divine and human right to be safe today.	<b>DAY 12</b> It is my divine and human right to walk in the love and kindness of God today.	<b>DAY 13</b> It is my divine and human right to be kind to self and others today.	<b>DAY 14</b> It is my divine and human right to be harmonious today.
<b>DAY 15</b> It is my divine and human right to walk in peace today.	<b>DAY 16</b> It is my divine and human right to be honest and to be honest with others and myself today.	<b>DAY 17</b> It is my divine and human right to be in the presence of God today.	<b>DAY 18</b> It is my divine and human right to be in the presence of God today.	<b>DAY 19</b> It is my divine and human right to be in the presence of God today.	<b>DAY 20</b> It is my divine and human right to renew my mind today.	<b>DAY 21</b> It is my divine and human right to be more than a consumer over my spiritual health and mental life today.
<b>DAY 22</b> It is my divine and human right to do all things through Christ who strengthens me today.	<b>DAY 23</b> It is my divine and human right to pray in the name of Jesus Christ in God today.	<b>DAY 24</b> It is my divine and human right to walk in the will of God today.	<b>DAY 25</b> It is my divine and human right to focus on what I want I focus on happiness today.	<b>DAY 26</b> It is my divine and human right to feel good every 60 seconds today.	<b>DAY 27</b> It is my divine and human right to have great relationships today.	<b>DAY 28</b> It is my divine and human right to prosper and walk in all the fullness of God's promises today.
<b>DAY 29</b> It is my divine and human right to be transformed and renewed in my heart today.	<b>DAY 30</b> It is my divine and human right to walk in divine health and healing today.	<b>DAY 31</b> It is my divine and human right to have plenty of money and materials to bless others today.	*It takes approximately 21 days to get rid of a negative vibration. In 31 days, you will have created for yourself a positive and life-changing emotional vibration.			

LEADERSHIP CONCEPTS LLC

60SecondsToAFocusedLife.com

**Blessed are the peacemakers  
for they shall be called the  
children of God.**

***Matthew 5:9***

**Ye have heard that it hath been said, An eye for an eye, and a tooth for a tooth. But I say unto you, That ye resist not evil but whosoever shall smite thee on thy right cheek, turn to him the other also.**

***Matthew 5:38-39***

**Recompense to no man evil for evil.  
Provide things honest in the sight  
of all men. If it be possible, as much  
as lieth in you, live peaceably with  
all men. Dearly beloved, avenge  
not yourselves, but rather give  
place unto wrath for it is written,  
Vengeance is mine; I will repay,  
saith the Lord.**

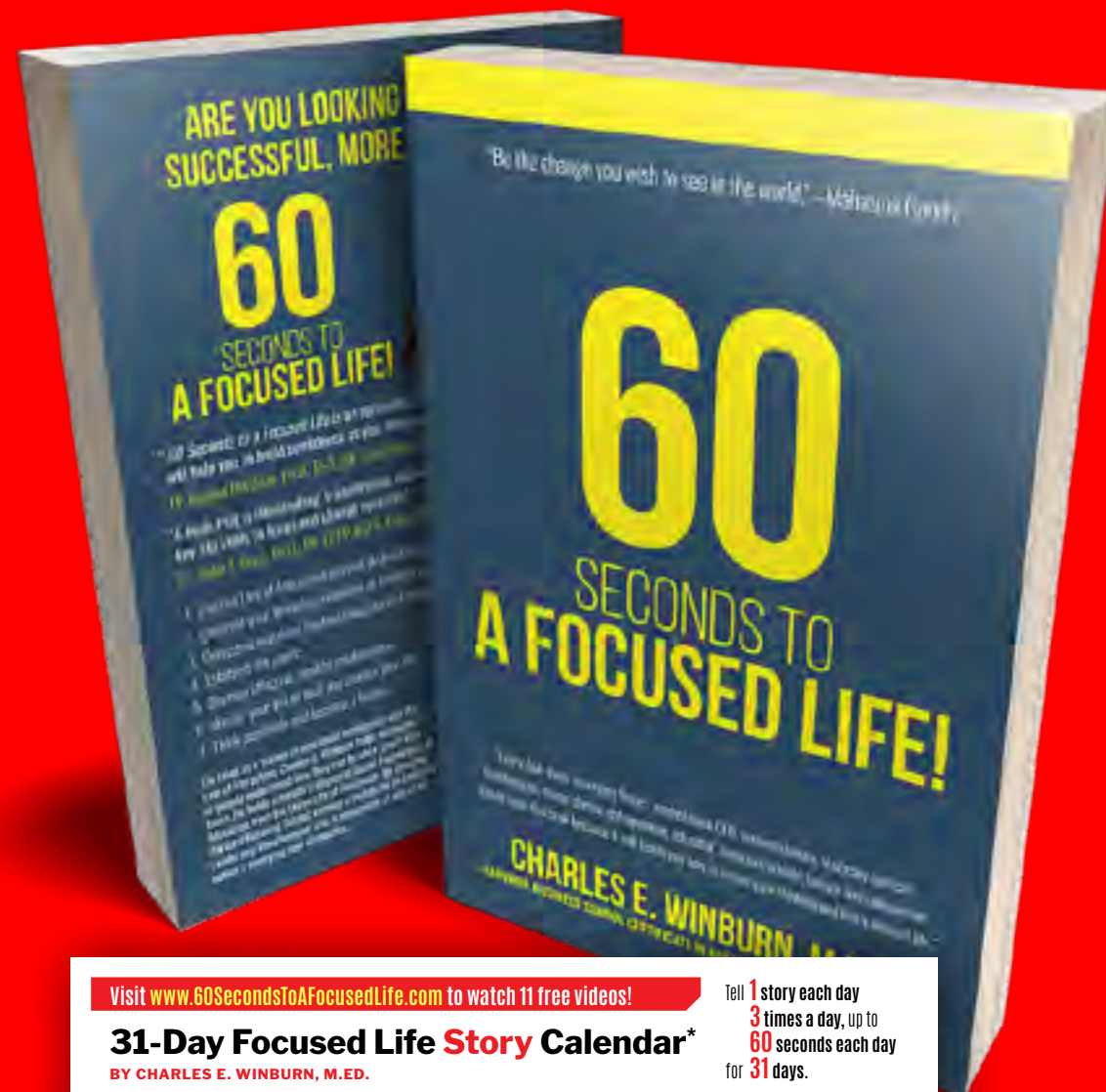
***Romans 12:17-19***

**Let us therefore follow after the  
things which make for peace,  
and things wherewith one may  
edify another.**

***Romans 14:19***

**See that none render evil for evil  
unto any man; but ever follow  
that which is good, both among  
yourselves, and to all men.**

***1 Thessalonians 5:15***



# 25 signs of potentially violent people

## AI Research

Visit [www.60SecondsToAFocusedLife.com](http://www.60SecondsToAFocusedLife.com) to watch 11 free videos!

**31-Day Focused Life Story Calendar\***  
BY CHARLES E. WINBURN, M.ED.

Tell 1 story each day  
3 times a day, up to  
60 seconds each day  
for 31 days.

LEARN HOW TO WRITE YOUR OWN STORY! SEE CHAPTER 38 IN 60 SECONDS TO A FOCUSED LIFE!

<b>DAY 1</b> It is my divine and human right to have fun today.	<b>DAY 2</b> It is my divine and human right to be happy today.	<b>DAY 3</b> It is my divine and human right to love and express my love today.	<b>DAY 4</b> It is my divine and human right to walk in peace and to feel by the Holy Spirit today.	<b>DAY 5</b> It is my divine and human right to walk with wisdom and the will of God today.	<b>DAY 6</b> It is my divine and human right to experience serenity today.	<b>DAY 7</b> It is my divine and human right to be free myself and others today.
<b>DAY 8</b> It is my divine and human right to love today.	<b>DAY 9</b> It is my divine and human right to be joyful and to have great outbreaks on the inside.	<b>DAY 10</b> It is my divine and human right to be at peace and to be in the arms and love of God today.	<b>DAY 11</b> It is my divine and human right to feel safe today.	<b>DAY 12</b> It is my divine and human right to walk in the illumination and kindness of God today.	<b>DAY 13</b> It is my divine and human right to be kind to self and others today.	<b>DAY 14</b> It is my divine and human right to be harmonious today.
<b>DAY 15</b> It is my divine and human right to walk in peace today.	<b>DAY 16</b> It is my divine and human right to be honest to self and others and to be obedient today.	<b>DAY 17</b> It is my divine and human right to be in the presence of God today.	<b>DAY 18</b> It is my divine and human right to live in the presence of God today.	<b>DAY 19</b> It is my divine and human right to love, love and love my being in God today.	<b>DAY 20</b> It is my divine and human right to renew my mind today.	<b>DAY 21</b> It is my divine and human right to be more than a consumer over my spiritual, health and mental life today.
<b>DAY 22</b> It is my divine and human right to do all things through Christ who strengthens me today.	<b>DAY 23</b> It is my divine and human right to pray and meditate in peace today.	<b>DAY 24</b> It is my divine and human right to walk in the will of God today.	<b>DAY 25</b> It is my divine and human right to focus on what I want I focus on happiness today.	<b>DAY 26</b> It is my divine and human right to feel good every 60 seconds today.	<b>DAY 27</b> It is my divine and human right to have great relationships today.	<b>DAY 28</b> It is my divine and human right to prosper and walk in all the fullness of God's promises today.
<b>DAY 29</b> It is my divine and human right to be transformed and renewed in my heart today.	<b>DAY 30</b> It is my divine and human right to walk in divine health and healing today.	<b>DAY 31</b> It is my divine and human right to have material things bless others today.	*It takes approximately 21 days to get rid of a negative vibration. In 31 days, you will have created for yourself a positive and life-changing emotional vibration.			

LEADERSHIP CONCEPTS LLC

60SecondsToAFocusedLife.com

- 1. History of aggression or violence:** Repeated physical fights, threats, or intimidation in the past often correlates with future risk, especially if events escalate or are untreated.

**2. Escalating anger:** Quick to lose temper, irritability, or mounting rage can precede impulsive or harmful acts.

**3. Threatening behaviors: Direct or indirect threats, menacing language, or implicit warnings indicating intent to harm.**

- 4. Delusional or paranoid thinking:** Beliefs that others are out to harm them or that they are under constant surveillance, which can fuel defensive or violent actions.

- 5. Social isolation or withdrawal:**  
**Limited social connections can reduce external checks and support that help de-escalate conflicts.**

**6. Substance misuse:** Heavy or problematic use of alcohol or drugs is linked to impaired judgment and increased aggression.

**7. Access to weapons: Possession of firearms or other lethal weapons raises the potential severity of harm.**

- 8. History of domestic conflict:**  
**Prior abusive behavior toward partners or family members signals potential risk to others in close proximity.**

- 9. Intense jealousy or possessiveness: Obsessive control or fear of losing someone can trigger coercive or violent acts.**

**10. Impulsivity:** Acting without considering consequences, which can lead to sudden, harmful actions.

**11. Lack of empathy: Difficulty understanding or caring about others' feelings or suffering, increasing harm risk.**

**12. Belief in using violence as problem-solving:** View that aggression is an acceptable or effective means to achieve goals.

**13. Victimization narratives:**  
**Perceiving themselves as  
persecuted or wronged, which  
can justify retaliation.**

**14. Poor impulse control under stress: Struggles with regulating emotions when stressed or provoked.**

**15. History of legal problems: Prior arrests or court orders can indicate ongoing risk factors or learned behaviors.**

**16. Coercive or controlling behavior:** Attempts to dominate others through intimidation, surveillance, or manipulation.

**17. Rapid shifts in mood: Extreme mood swings can signal underlying mental health or substance issues that affect behavior.**

**18. Hypervigilance or suspicion:**  
**Constant suspicion of others'**  
**intentions can provoke**  
**defensive aggression.**

**19. Threats to self or others in crisis plans: Statements about self-harm or harming others during crises can be warning signs needing immediate attention.**

**20. Social or financial stressors:**  
**Acute stress from job loss, debt, or relationship breakdown can increase risk if coping skills are weak.**

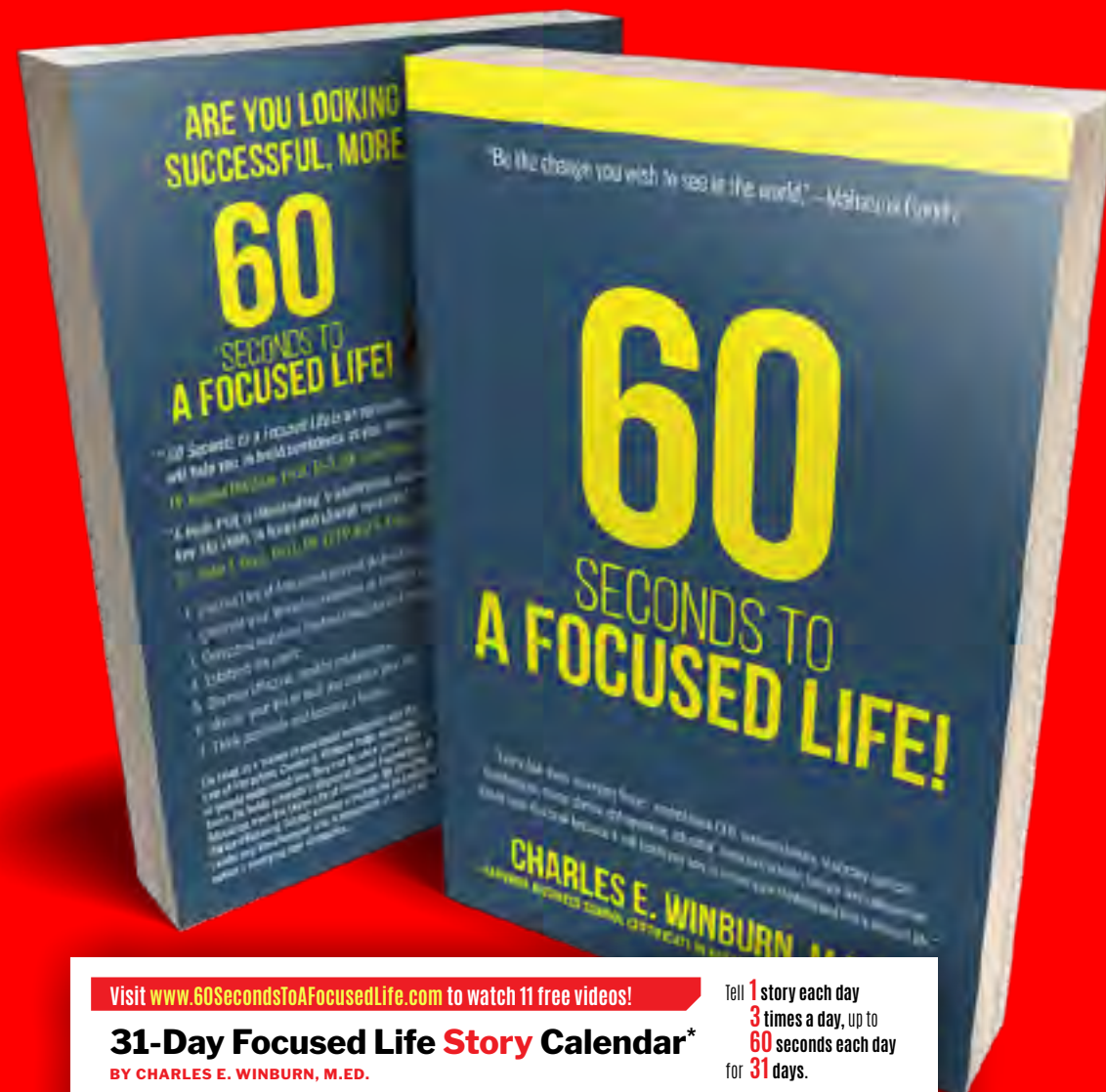
**21. History of cruelty to animals or property damage: Early behavioral red flags that sometimes precede other violent acts.**

**22. Entitlement mindset: Belief that they deserve special treatment or that rules don't apply to them, fueling disrespect or aggression.**

**23. Repeated noncompliance with safety or boundary rules: Ignoring safety protocols or boundaries, indicating disregard for others' well-being.**

**24. Fascination with violence or violent media: Obsessive interest in violent content can desensitize or normalize harm.**

**25. Unpredictability:** Sudden, seemingly random shifts in behavior can make risk harder to anticipate and respond to.



# Root causes of violence

## AI Research

Visit [www.60SecondsToAFocusedLife.com](http://www.60SecondsToAFocusedLife.com) to watch 11 free videos!

**31-Day Focused Life Story Calendar\***  
BY CHARLES E. WINBURN, M.D.

Tell 1 story each day  
3 times a day, up to  
60 seconds each day  
for 31 days.

LEARN HOW TO WRITE YOUR OWN STORY! SEE CHAPTER 38 IN 60 SECONDS TO A FOCUSED LIFE!

<b>DAY 1</b> It is my divine and human right to have fun today.	<b>DAY 2</b> It is my divine and human right to be happy today.	<b>DAY 3</b> It is my divine and human right to love, believe and express my love today.	<b>DAY 4</b> It is my divine and human right to walk in peace and to feel in peace and to feel by the Holy Spirit today.	<b>DAY 5</b> It is my divine and human right to walk in wisdom and the will of God today.	<b>DAY 6</b> It is my divine and human right to enjoy peace and serenity today.	<b>DAY 7</b> It is my divine and human right to give myself and others today.
<b>DAY 8</b> It is my divine and human right to love today.	<b>DAY 9</b> It is my divine and human right to be joyful and to give great thanks on the throne today.	<b>DAY 10</b> It is my divine and human right to be peaceful and to be at peace with the Lord and the world today.	<b>DAY 11</b> It is my divine and human right to be safe today.	<b>DAY 12</b> It is my divine and human right to walk in the wisdom and kindness of God today.	<b>DAY 13</b> It is my divine and human right to be kind to self and others today.	<b>DAY 14</b> It is my divine and human right to be harmonious today.
<b>DAY 15</b> It is my divine and human right to walk in peace today.	<b>DAY 16</b> It is my divine and human right to be peaceful and to be at peace with the Lord and the world today.	<b>DAY 17</b> It is my divine and human right to be peaceful and to be at peace with the Lord and the world today.	<b>DAY 18</b> It is my divine and human right to be in the presence of God today.	<b>DAY 19</b> It is my divine and human right to be in the presence of God today.	<b>DAY 20</b> It is my divine and human right to renew my mind today.	<b>DAY 21</b> It is my divine and human right to be more than a consumer over my spiritual health and mental life today.
<b>DAY 22</b> It is my divine and human right to do all things through Christ who strengthens me today.	<b>DAY 23</b> It is my divine and human right to pray and meditate in peace today.	<b>DAY 24</b> It is my divine and human right to walk in the will of God today.	<b>DAY 25</b> It is my divine and human right to focus on what I want I focus on happiness today.	<b>DAY 26</b> It is my divine and human right to feel good every 60 seconds today.	<b>DAY 27</b> It is my divine and human right to have great relationships today.	<b>DAY 28</b> It is my divine and human right to prosper and walk in all the fullness of God's promises today.
<b>DAY 29</b> It is my divine and human right to be transformed and renewed in my heart today.	<b>DAY 30</b> It is my divine and human right to walk in divine health and healing today.	<b>DAY 31</b> It is my divine and human right to have plenty of money and materials to bless others today.	<b>* It takes approximately 21 days to get rid of a negative vibration. In 31 days, you will have created for yourself a positive and life-changing emotional vibration.</b>			

LEADERSHIP CONCEPTS LLC

60SecondsToAFocusedLife.com

- 1. Neurological Dysregulation (amygdala–prefrontal cortex imbalance):** dysregulated fear and impulsivity processing can heighten reactive aggression when the prefrontal control over the amygdala is weakened.

**2. Hormonal Influences (testosterone and cortisol interactions):** higher testosterone linked to increased aggression in some contexts, especially when combined with stress-related cortisol responses.

- 3. Neurotransmitter Imbalances (serotonin, dopamine):**  
low serotonin function is associated with impulsivity and aggression; dopamine pathways can amplify reward-seeking and risk-taking.

- 4. Chronic Stress and Allostatic Load:** prolonged stress alters brain circuits and hormonal systems, increasing irritability and propensity for violence.

- 5. Early Adversity and Trauma (ACE exposure):** childhood abuse or neglect disrupts development and elevates later aggression risk, partly via altered stress responses and coping strategies.

- 6. Substance Use Disorders:**  
alcohol and certain drugs lower inhibition, impair judgment, and increase risk-taking, facilitating violent acts.

- 7. Mental Health Disorders (notably cluster B traits, psychosis in some cases):** some conditions can contribute to violence risk, especially when untreated, accompanied by impulsivity or persecutory delusions; however, most people with mental illness are not violent.

- 8. Intellectual and Developmental Differences (frontal lobe impairments): executive function deficits can reduce planning and impulse control, increasing violent responses in provocative situations.**

**9. Sleep Deprivation:** lack of sleep impairs judgment, emotion regulation, and reaction times, raising aggression risk.

**10. Pain and Discomfort:** chronic pain can increase irritability and defensive aggression as a maladaptive coping mechanism.

**11. Economic Inequality and Resource Scarcity:** perceived injustice and competition for scarce resources can fuel violent acts, especially in high-stress environments.

**12. Social Learning and Modeling:**  
exposure to violence in family,  
peers, or media can normalize  
aggression and teach violent  
responses as effective means to  
solve problems.

**13. Peer Pressure and Group Conformity:** in group contexts, individuals may engage in violence to maintain status, avoid ostracism, or gain acceptance.

**14. Proximate Triggers (perceived threat, humiliation):** sudden threats or embarrassing insults can provoke escalated aggression, particularly in high-reactivity individuals.

**15. Cognitive Distortions  
(righteousness, entitlement):  
biased beliefs that justify harm  
toward others can lower moral  
constraints against violence.**

**16. Attachment Insecurity:** insecure attachment patterns can lead to difficulty managing emotions and aggression in close relationships.

**17. Gender Socialization and Expectations:** social norms around masculinity may encourage dominance and aggressive responses in some cultures.

**18. Community Violence Exposure:**  
living in high-violence  
neighborhoods correlates with  
heightened hypervigilance,  
desensitization, and retaliatory  
violence.

**19. Access to Weapons:** availability of lethal means can raise the likelihood that conflicts escalate to violence.

**20. Economic and Educational Disparities:** lower educational attainment correlates with fewer constructive coping options and higher stress, potentially increasing violence risk.

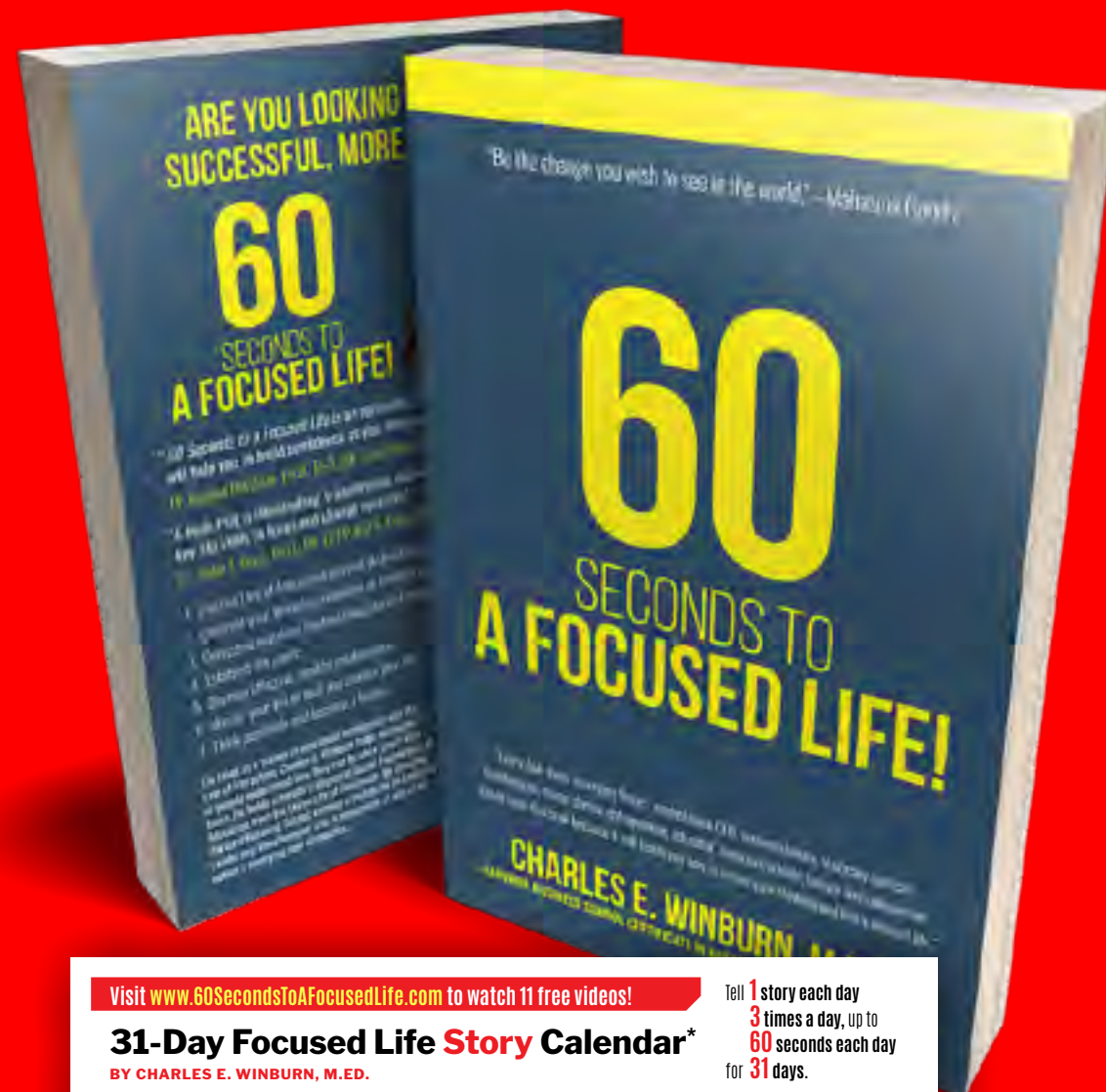
**21. Substance Accessibility and Policy Context:** environments with lax regulation and easy access to drugs or alcohol can elevate violence rates.

**22. Criminal Justice Interactions and Stigmatization:** punitive environments can perpetuate cycles of violence by entrenching marginalization and reducing opportunities for prosocial development.

**23. Cultural Norms and Historical Trauma:** collective memories and norms around honor, retaliation, or revenge can perpetuate violence across generations.

**24. Health Disparities and Chronic Illness:** poor health and disability can exacerbate stress and reduce social integration, contributing to violent outcomes in some contexts.

**25. Environmental Stressors**  
**(crowding, noise, heat):** adverse physical environments can raise arousal levels and irritability, increasing the likelihood



# Healing violence in your heart

## AI Research

Visit [www.60SecondsToAFocusedLife.com](http://www.60SecondsToAFocusedLife.com) to watch 11 free videos!

**31-Day Focused Life Story Calendar\***  
BY CHARLES E. WINBURN, M.D.

Tell 1 story each day  
3 times a day, up to  
60 seconds each day  
for 31 days.

LEARN HOW TO WRITE YOUR OWN STORY! SEE CHAPTER 38 IN 60 SECONDS TO A FOCUSED LIFE!

<b>DAY 1</b> It is my divine and human right to have fun today.	<b>DAY 2</b> It is my divine and human right to be happy today.	<b>DAY 3</b> It is my divine and human right to love and express my love today.	<b>DAY 4</b> It is my divine and human right to walk in peace and to feel by the Holy Spirit today.	<b>DAY 5</b> It is my divine and human right to walk in wisdom and the will of God today.	<b>DAY 6</b> It is my divine and human right to experience serenity today.	<b>DAY 7</b> It is my divine and human right to give myself and others today.
<b>DAY 8</b> It is my divine and human right to love today.	<b>DAY 9</b> It is my divine and human right to be joyful and to give great thanks on the throne today.	<b>DAY 10</b> It is my divine and human right to be peaceful and to be at peace with the universe and the earth today.	<b>DAY 11</b> It is my divine and human right to be safe today.	<b>DAY 12</b> It is my divine and human right to walk in the illumination and kindness of God today.	<b>DAY 13</b> It is my divine and human right to be kind today.	<b>DAY 14</b> It is my divine and human right to be harmonious today.
<b>DAY 15</b> It is my divine and human right to walk in grace today.	<b>DAY 16</b> It is my divine and human right to be merciful to all and to be a blessing to all today.	<b>DAY 17</b> It is my divine and human right to be obedient and to be obedient today.	<b>DAY 18</b> It is my divine and human right to be in the presence of God today.	<b>DAY 19</b> It is my divine and human right to be in the presence of God today.	<b>DAY 20</b> It is my divine and human right to renew my mind today.	<b>DAY 21</b> It is my divine and human right to be more than a consumer over my spiritual health and mental life today.
<b>DAY 22</b> It is my divine and human right to do all things through Christ who strengthens me today.	<b>DAY 23</b> It is my divine and human right to pray and meditate in peace today.	<b>DAY 24</b> It is my divine and human right to walk in the will of God today.	<b>DAY 25</b> It is my divine and human right to focus on what I want I focus on happiness today.	<b>DAY 26</b> It is my divine and human right to feel good every 60 seconds today.	<b>DAY 27</b> It is my divine and human right to have great relationships today.	<b>DAY 28</b> It is my divine and human right to prosper and walk in all the fullness of God's promises today.
<b>DAY 29</b> It is my divine and human right to be transformed and renewed in my heart today.	<b>DAY 30</b> It is my divine and human right to walk in divine health and healing today.	<b>DAY 31</b> It is my divine and human right to have plenty of money and materials to bless others today.	*It takes approximately 21 days to get rid of a negative vibration. In 31 days, you will have created for yourself a positive and life-changing emotional vibration.			

LEADERSHIP CONCEPTS LLC

60SecondsToAFocusedLife.com

# **1. Seek God's safe presence**

- **Focus on Scripture that speaks of God as Our Refuge (Psalm 46:1) and the Good Shepherd (John 10:11).**
- **Create a simple daily rhythm of prayer or quiet time to invite healing.**

## **2. Name the pain honestly**

- Journal or talk with a trusted person about what happened and how it has affected you.**
- Acknowledge fear, anger, sorrow, guilt, or numbness without judgment.**

### **3. Bring it to Jesus in prayer**

- **Express wounds, wounds, and needs openly to Him (Psalm 62:8; Matthew 11:28-30).**
- **Ask for softening of hard places and for restoration of hope.**

## **4. Practice forgiveness where possible**

- Recognize forgiveness as a process, not a one-time event (Colossians 3:13; Mark 11:25).**
- Pray for the strength to forgive, including forgiving yourself and those who harmed you.**

## **5. Seek safe, supportive community**

- Connect with a faith community, support group, or counselor who respects your boundaries.**
- Build relationships that reflect grace, truth, and accountability.**

## **6. Guard your heart with boundaries**

- Establish healthy boundaries to protect yourself from re-traumatization.**
- Communicate needs clearly and enforce limits with others.**

## **7. Learn and apply coping skills**

- Deep breathing, grounding exercises, and mindfulness to reduce flashbacks or panic.**
- Grounding prompts: name 5 things you see, 4 you hear, 3 you feel.**

## 8. **Replace lies with truth**

- **Identify lies (e.g., “I’m worthless,” “I’m to blame”) and replace with biblical truths (e.g., you are fearfully and wonderfully made; Psalm 139; you are loved and redeemed in Christ).**
- **Write a short “truth statement” for daily recitation.**

## **9. Embrace psalms of lament and trust**

- Read or recite Psalms that name pain and plead for help (e.g., Psalms 3, 6, 42, 77).**
- Allow honest lament to coexist with trust in God's sovereignty.**

## **10. Practice experiential mercy toward self**

- Treat yourself with the kindness you would offer a friend in pain.**
- Gentle self-care: rest, nutrition, sleep, and medical or mental health care as needed.**

## **11. Engage in restorative acts of service**

- **Serve others in small, sustainable ways to regain a sense of agency and purpose.**
- **Acts of mercy can heal wounds by redirecting focus toward others.**

## **12. Seek professional healing where needed**

- **Consider trauma-informed therapy (e.g., EMDR, CBT, or somatic approaches) with a licensed clinician.**
- **If you're in danger, contact authorities and seek safety as a top priority.**

## **13. Practice confession and accountability**

- **If appropriate, share burdens with a trusted spiritual mentor or counselor.**
- **Honest accountability helps prevent isolation and rumination.**

## **14. Revisit spiritual disciplines regularly**

- **Scripture meditation, worship, and communal prayer can anchor you during upheaval.**
- **Build a simple, sustainable routine rather than a heavy, overwhelming regimen.**

## **15. Cultivate gratitude rituals**

- **Start a simple gratitude list focusing on small, meaningful moments each day.**
- **Gratitude can shift focus away from pain and toward healing.**

## **16. Process trauma with creative outlets**

- **Write, draw, music, or photography to express what words can't fully capture.**
- **Artistic expression can release emotions safely and meaningfully.**

## **17. Reframe the narrative of safety and identity**

- Remind yourself that violence does not define you; your identity in Christ remains secure.**
- Create affirmations that emphasize worth, resilience, and belonging.**

## **18. Develop a physical healing routine**

- **Gentle exercise, stretching, or yoga can reduce tension and improve mood.**
- **Prioritize sleep hygiene and regular meals to support brain health.**

## **19. Build a personal mercy roadmap**

- **List practical steps you'll take when triggered (e.g., contact a friend, call a counselor, go for a walk).**
- **Practice in advance so you're prepared during difficult moments.**

## **20. Learn about forgiveness as a process, not a burden**

- **Understand that forgiving does not erase pain or require forgetting, but frees you to move forward.**
- **Jesus' forgiveness model (Luke 23:34) shows mercy amid pain; imitate practical mercy in your own healing journey.**

## **21. Restore trust gradually**

- **Rebuild trust in others at a pace that honors your healing.**
- **Start with small, reliable steps and people who have earned your safety.**

## **22. Pray for justice and mercy to meet you**

- **Pray for systemic peace, personal safety, and healing without bitterness toward others.**
- **Seek God's justice and mercy to shape how you respond to the past.**

## **23. Celebrate small wins**

- **Acknowledge every moment of peace, resilience, or courage you show.**
- **Create a simple victory log to remind yourself of progress.**

## **24. Practice ongoing spiritual disciplines**

- Regular Bible study, worship, and community involvement help sustain long-term healing.**
- Allow time for silence and listening for God's voice amid pain.**

## **25. Extend grace outward if and when ready**

- As hearts heal, consider ways to advocate for others who suffer violence.**
- Use your experience to uplift and protect others, transforming pain into compassion.**



MASTERMIND CLASS & CLINIC 2026



Master Life Coach  
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

# LEARN HOW TO STOP THE VIOLENCE IN YOUR HEART! FIND PEACE!



By Charles E. Winburn, M.Ed.