



MASTERMIND CLASS & CLINIC 2026 E-BOOK AND TOOLKIT



Master Life Coach
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

FEEL GOOD ABOUT YOU! DON'T DEPEND ON OTHERS FOR EMOTIONAL HAPPINESS!

By Charles E. Winburn, M.Ed.



MASTERMIND CLASS & CLINIC 2026



Master Life Coach
Charlie Winburn



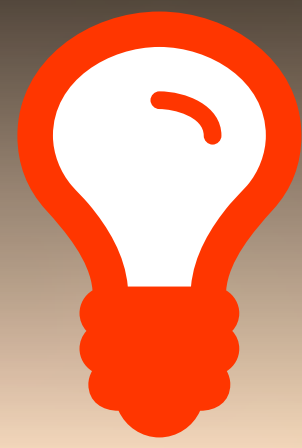
Coach Chuck Futel



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BUILD YOUR VERY OWN EMOTIONAL SECURITY AND EMOTIONAL HAPPINESS!

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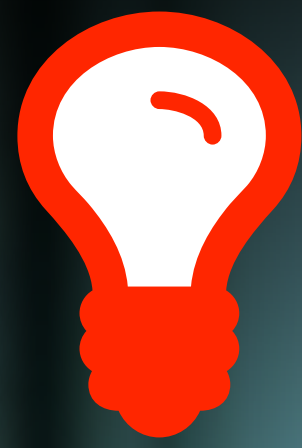


Coach Dan Ray

OVERCOME YOUR EMOTIONAL INSECURITIES!

FIND EMOTIONAL SECURITY FOR YOURSELF!

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STOP DEPENDING ON OTHERS FOR YOUR EMOTIONAL SECURITY AND HAPPINESS!

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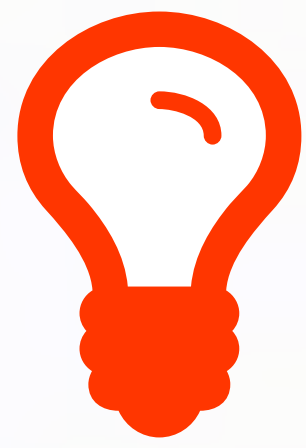
Coach Dan Ray

ADMIT THEY DON'T LIKE YOU ANYMORE!

FIND YOUR VERY OWN SECURITY AND HAPPINESS IN YOU!

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STOP TRYING TO GET YOUR SIGNIFICANT OTHER TO MAKE YOU EMOTIONALLY HAPPY OR SECURE!

FIND EMOTIONAL HAPPINESS FOR YOURSELF
THIS SUNDAY!

By Charles E. Winburn, M.Ed.





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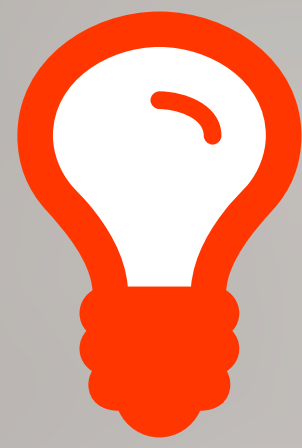
Coach Dan Ray

STOP TRYING TO GET PEOPLE TO LIKE YOU —LIKE YOURSELF!

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LET GO OF SEEKING OTHERS' APPROVAL AND VALIDATION! FIND HAPPINESS AND SECURITY FOR YOU!

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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

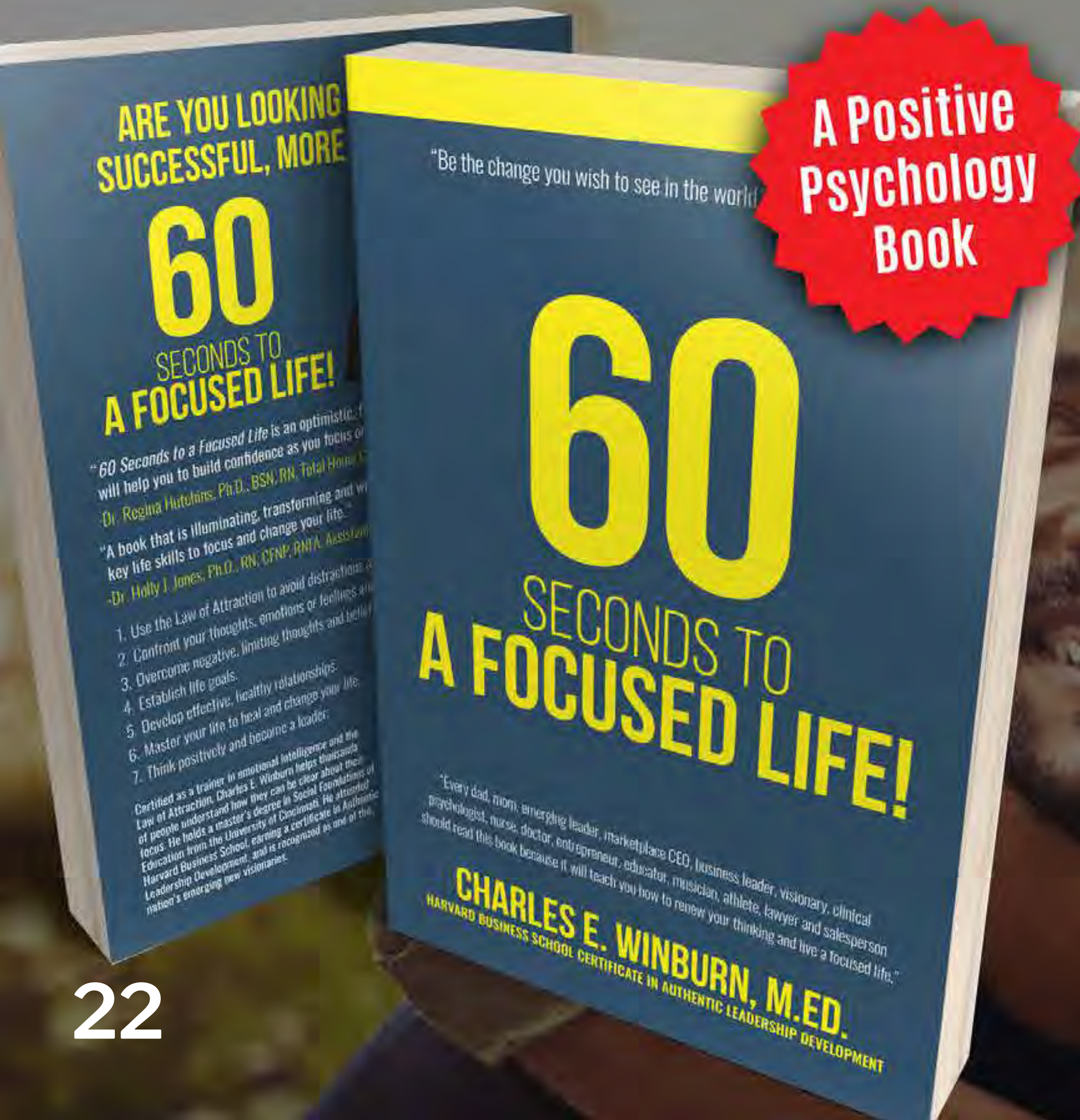
National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

www.thehotline.org

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

**Delight yourself also in the Lord;
and he shall give thee the
desires of thine heart.**

Psalm 37:4

**But the fruit of the Spirit is
love, joy, peace, longsuffering,
gentleness, goodness, faith,
meekness, temperance: against
such there is no law.**

Galatians 5:22-23

Rejoice in the Lord always: and again I say, Rejoice. Commands a continual gladness rooted in relationship with Christ.

Philippians 4:4

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

Rejoice evermore. Pray without ceasing. In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

1 Thessalonians 5:16-18

**Thou wilt shew me the path of life:
in thy presence is fullness of joy; at
thy right hand there are pleasures
for evermore.**

Psalm 16:11

These things have I spoken unto you, that my joy might remain in you, and that your joy might be full.

John 15:11

**The Lord hath done great things
for us; whereof we are glad.**

Psalm 126:3

**Rejoicing in hope; patient in
tribulation; continuing instant
in prayer.**

Romans 12:12

Then he said unto them, Go your way, eat the fat, and drink the sweet, and send portions unto them for whom nothing is prepared: for this day is holy unto our Lord: neither be ye sorry; for the joy of the Lord is your strength.

Nehemiah 8:10

The Lord is my strength and my shield; my heart trusted in him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise him.

Psalm 28:7

**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

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

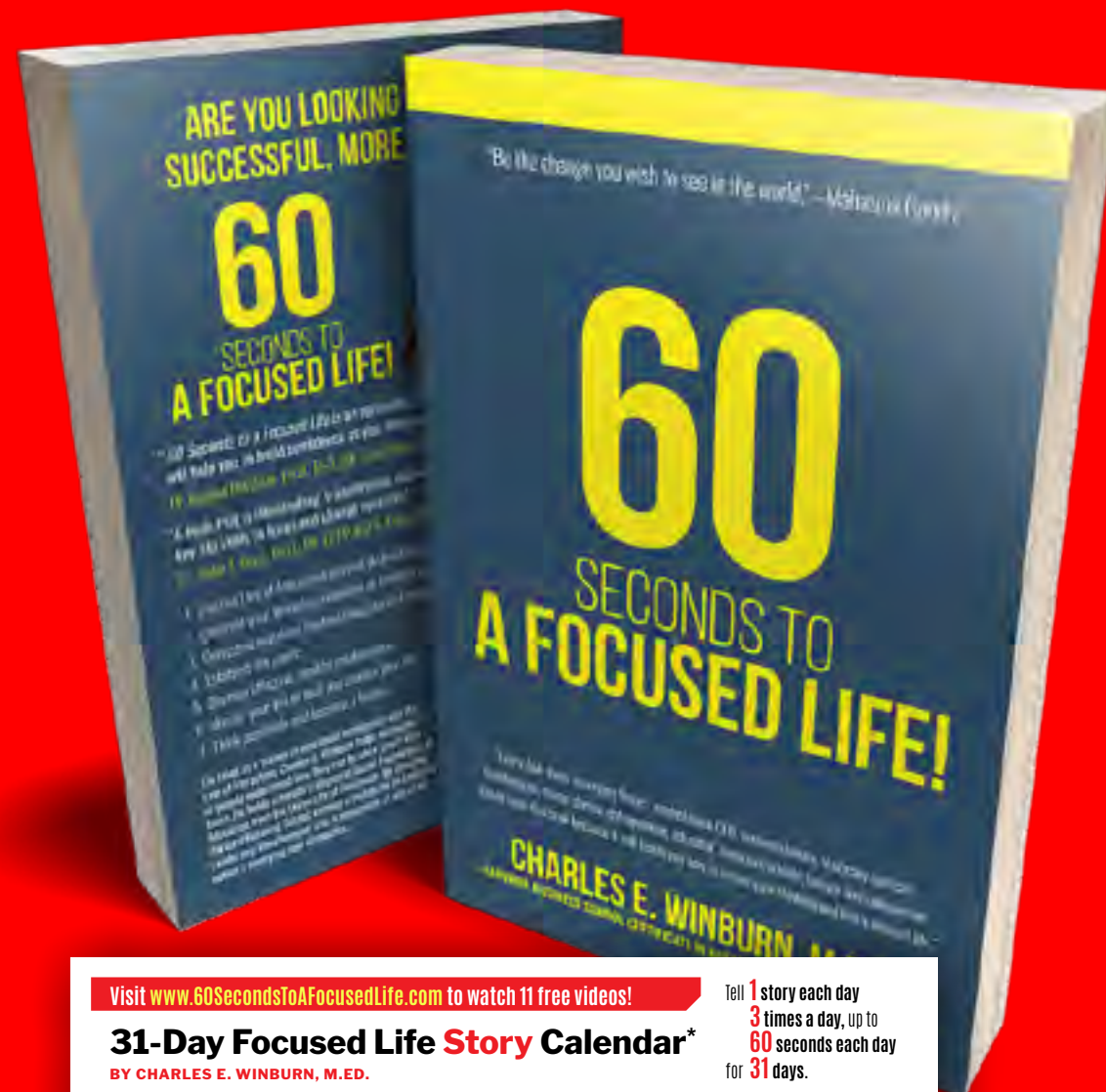
Colossians 3:15-16

**My brethren, count it all joy when
ye fall into divers temptations;
knowing this, that the trying of
your faith worketh patience.**

James 1:2-3

**Every man according as he
purposeth in his heart, so let
him give; not grudgingly, or of
necessity: for God loveth a
cheerful giver.**

2 Corinthians 9:7



25 reasons why many people are emotionally unhappy or emotionally insecure

AI Research

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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!

DAY 1 It is my divine and human right to have fun today.	DAY 2 It is my divine and human right to be happy today.	DAY 3 It is my divine and human right to love and express my love today.	DAY 4 It is my divine and human right to walk in peace and to feel by the Holy Spirit today.	DAY 5 It is my divine and human right to walk with wisdom and the will of God today.	DAY 6 It is my divine and human right to experience serenity today.	DAY 7 It is my divine and human right to give myself and others today.
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LEADERSHIP CONCEPTS LLC

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- 1. Chronic stress and overload:**
When daily demands exceed coping capacity, emotional reserve depletes, leading to irritability, anxiety, and a sense of overwhelm. Over time, this becomes a baseline mood.

- 2. Poor sleep quality or insufficient sleep: Sleep is critical for emotional regulation. Consistent sleep deprivation impairs prefrontal control, heightens reactivity, and lowers resilience to stress.**

- 3. Negative thinking patterns:**
Automatic thoughts like catastrophizing or self-criticism create a feedback loop that reinforces unhappiness and insecurity, even in neutral situations.

- 4. Lack of authentic connection:**
Superficial relationships or social isolation deprive people of validation, empathy, and secure attachment experiences essential for emotional health.

- 5. Unresolved past trauma:**
Trauma can color current perceptions and reactions, producing hypervigilance, avoidance, or inappropriate self-blame.

- 6. Chronic comparison and social media influence: Constant comparison to others' curated lives inflates self-doubt and feelings of inadequacy, eroding self-worth.**

- 7. Low self-esteem and self-worth:** If one's sense of value is contingent on external approval, emotional insecurity can become pervasive.

- 8. Unclear personal boundaries:**
Poor boundaries allow others to overstep, leading to resentment, burnout, and a diminished sense of safety.

- 9. Fear of rejection or failure:**
Anticipated negative outcomes can inhibit risk-taking, reduce life satisfaction, and reinforce insecurity.

10. Inadequate coping skills:
Without healthy strategies (e.g., mindfulness, problem-solving, emotion labeling), distress spills over into mood and behavior.

11. Chronic worry and rumination:
Repetitive, lingering focus on potential problems sustains anxiety and drains emotional energy.

12. Depression or mood disorders:
**Clinical conditions alter mood
baselines, energy, and interest
in activities, contributing to
enduring unhappiness.**

13. Anxiety disorders or heightened arousal: Excessive fear or vigilance keeps the nervous system in a state of readiness, exhausting emotional resources.

14. Unhealthy coping mechanisms:
Substance use, avoidance,
or compulsive behaviors may
provide short-term relief but
worsen long-term emotional
health.

15. Unfulfilling or misaligned life purpose: A sense that life lacks meaning or direction can lead to emptiness and insecurity about one's path.

16. Chronic pain or health issues:
Ongoing physical discomfort can color mood, reduce activity, and increase emotional fragility.

**17. Financial stress or insecurity:
Money concerns create
persistent worry, eroding
confidence and emotional
safety.**

18. Relationship conflict or instability: Frequent disputes, inconsistent support, or unhealthy dynamics undermine trust and emotional security.

19. Lack of routine and structure:
Absence of predictable patterns can create chaos, reducing a sense of control over one's emotions.

20. Poor emotional literacy:
**Difficulty identifying, labeling,
and expressing emotions
hinders processing and
resolving feelings.**

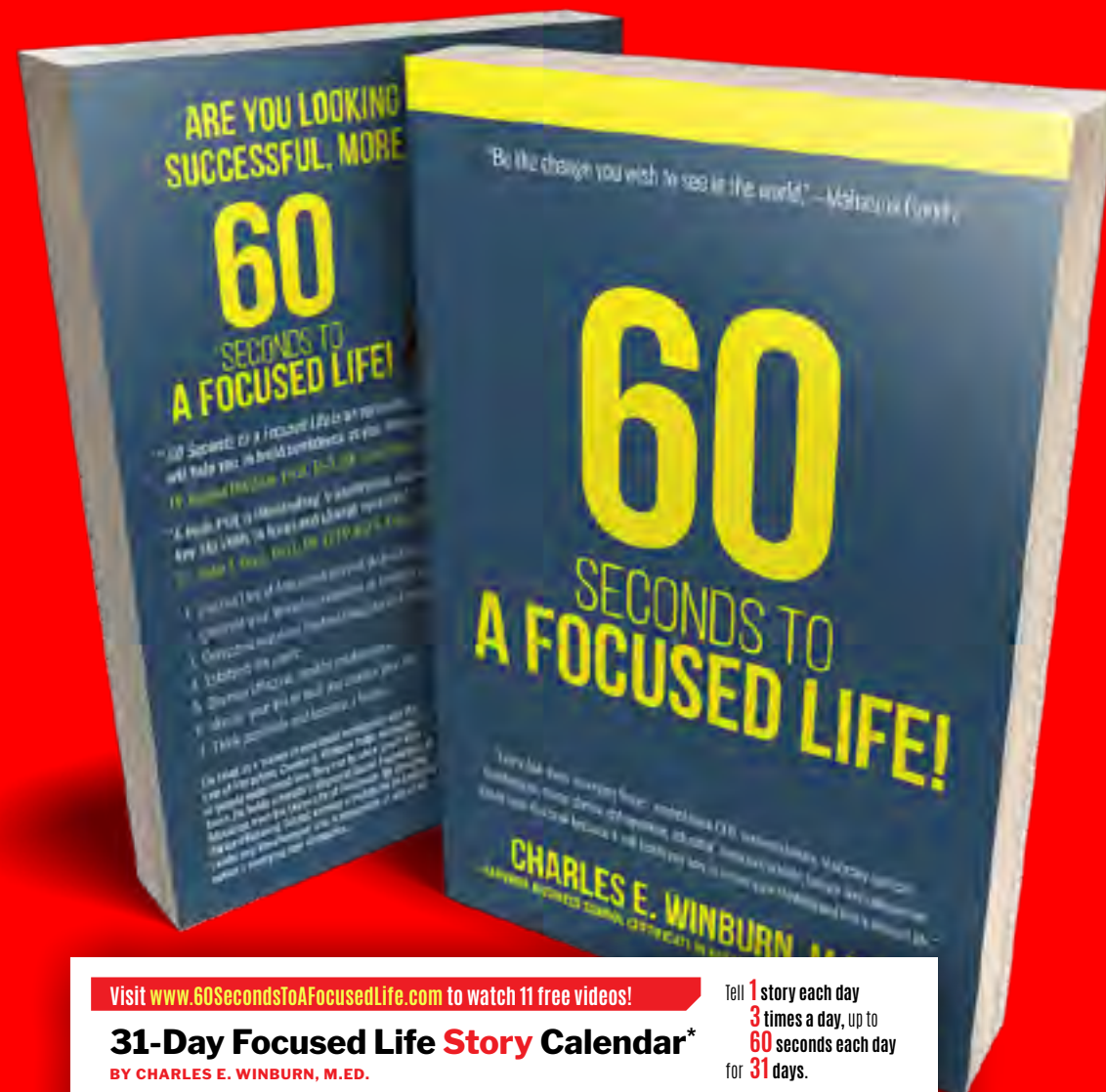
21. Unmet attachment needs in childhood: Early experiences of neglect or inconsistency can shape adult confidence in relationships and self-worth.

22. Perfectionism and all-or-nothing thinking: The pressure to be flawless leads to fear of failures, self-criticism, and fear of judgment.

23. Inadequate physical activity: Regular movement boosts mood-regulating neurotransmitters; inactivity can worsen mood symptoms and energy.

24. Substance use and withdrawal cycles: Substances can temporarily blunt emotions but often worsen mood stability and drive insecurity over time.

25. Limited access to mental health resources: Stigma, cost, or availability barriers reduce opportunities for support, delaying relief and reinforcing negative patterns.



30 practical ways to build emotional happiness and emotional security

AI Research

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1. Practice daily gratitude

- **Start or end each day by listing 3-5 things you're grateful for.**
- **Gratitude shifts attention from lack to abundance, reinforcing positive emotions and resilience.**
- **Keep a simple journal or a notes app entry to track your progress over time.**

2. Develop a regular meditation or mindfulness routine

- Set aside 5–20 minutes daily for breath awareness, body scan, or a loving-kindness practice.**
- Mindfulness reduces reactivity, enhances self-awareness, and steadies emotions.**
- Use guided apps or in-person classes to stay consistent.**

3. Build a personal spiritual practice (regardless of tradition)

- Create a ritual that aligns with your beliefs or values (prayer, contemplation, nature time, sacred reading).**
- Spiritual grounding provides meaning, connection, and a sense of safety.**
- Return to this practice during stress to recalibrate.**

- ## **4. Establish healthy boundaries**
- Identify situations, people, or topics that trigger insecurity or unhappiness.**
 - Clear boundaries protect your energy and reinforce self-respect.**
 - Practice assertive, kind communication to maintain those boundaries.**

5. Cultivate a supportive social circle

- Surround yourself with people who encourage growth, kindness, and honesty.**
- Social connection boosts mood, reduces loneliness, and provides secure attachment cues.**
- Nurture a few deep relationships rather than many shallow ones.**

6. Learn to manage worries with practical planning

- Break overwhelming concerns into concrete steps or small experiments.**
- Create tomorrow's to-do list with achievable targets.**
- Action reduces anxiety by restoring a sense of control.**

7. Practice self-compassion

- **Speak to yourself with the same kindness you'd offer a friend.**
- **Acknowledge mistakes without harsh self-judgment.**
- **Self-compassion builds resilience and long-term emotional security.**

8. Develop emotional literacy

- **Name your emotions accurately (e.g., frustration, longing, joy, sadness).**
- **Journal feelings and note triggers to identify patterns.**
- **Emotional vocabulary improves communication and self-understanding.**

9. Prioritize physical health for emotional stability

- Sleep 7–9 hours, eat balanced meals, and engage in regular movement.**
- Physical well-being directly influences mood and energy.**
- Small, consistent healthy habits compound over time.**

10. Practice active coping skills

- **Use strategies like deep breathing, progressive muscle relaxation, or grounding techniques.**
- **These tools help you respond calmly during stress instead of reacting impulsively.**
- **Practice them in low-stakes moments to build automatic use.**

11. Set meaningful goals with a clear path

- **Define values-based goals (short-term and long-term) with measurable milestones.**
- **Progress toward meaningful aims boosts motivation and happiness.**
- **Review and adjust goals as life evolves to stay aligned.**

12. Create a daily meaning ritual

- **Begin or end each day with a brief moment of intention and reflection.**
- **A simple ritual anchors memory, reduces rumination, and increases consistency.**
- **Include gratitude, breath, and a reaffirmation of your values.**

13. Practice forgiveness (of self and others)

- Acknowledge hurt, choose to release the burden, and set healthy boundaries to prevent repeat harm.**
- Forgiveness lightens emotional load, freeing energy for growth.**
- It's a process; start with small steps and seek support if needed.**

14. Nurture hopeful, future-oriented thinking

- **Visualize positive outcomes and what you'll do to achieve them.**
- **Hope builds resilience and reduces fear-based thoughts.**
- **Balance hope with practical planning to stay grounded.**

15. Engage in regular acts of service or giving

- **Volunteer, help a friend, or share time and resources.**
- **Prosocial behavior increases happiness, belonging, and purpose.**
- **You don't need grandeur; small, consistent contributions matter.**

16. Practice positive self-talk and reframing

- **Catch negative narratives and reframe them with evidence and compassionate language.**
- **Reframing reduces cognitive distortions and improves mood.**
- **Pair with affirmations that reflect your values and strengths.**

17. Develop a routine of self-care that fits your life

- **Schedule regular, enjoyable activities (hobbies, nature time, baths, music).**
- **Self-care replenishes emotional reserves and reduces burnout.**
- **Treat it as non-negotiable, not a luxury.**

18. Cultivate secure attachment habits in relationships

- **Seek consistency, reliability, and honest communication with loved ones.**
- **Secure attachments provide emotional safety and trust.**
- **Practice listening, validating feelings, and healthy conflict resolution.**

19. Embrace rhythms of rest and play

- **Include both rest days and joyful activities in your weekly schedule.**
- **Balance prevents chronic stress and fosters daily happiness.**
- **Playfulness can rewire stress responses and improve mood.**

20. Learn to say no and protect your time

- **Prioritize commitments aligned with your values; decline what drains you.**
- **Time autonomy strengthens identity and reduces resentment.**
- **Practice polite yet firm refusals to maintain boundaries.**

21. Create a personal narrative of growth

- **Reframe life challenges as opportunities for learning and resilience.**
- **A growth mindset enhances adaptability and reduces fear of failure.**
- **Document lessons learned to reinforce progress.**

22. Practice gratitude-in-action

- **Express thanks to others and perform small acts of appreciation.**
- **Gratitude expressed outwardly builds social bonds and increases happiness.**
- **Make it a quick daily habit: one thank-you note or kind gesture.**

23. Seek professional support when needed

- **Consider therapy, coaching, or counseling to explore underlying issues.**
- **Professional guidance can accelerate emotional security and happiness.**
- **It's a strength to ask for help and pursue growth.**

24. Develop a journaling habit for inner clarity

- **Free-write or use prompts to explore emotions, goals, and values.**
- **Journaling increases self-awareness and reduces rumination.**
- **Review periodically to observe progress and patterns.**

25. Practice breathwork for quick emotional regulation

- **Try 4-7-8 or box breathing to calm the nervous system.**
- **Breathwork can reduce anxiety and ground you during stress.**
- **Use during anticipation, sleep issues, or before tense conversations.**

26. Limit exposure to chronic negativity

- **Reduce time with consistently pessimistic media or people who drain you.**
- **Protects mood, improves energy, and supports emotional security.**
- **Replace with uplifting, constructive inputs and uplifting routines.**

27. Build a personal meaning statement

- **Create a short, guiding sentence that reflects your values and purpose.**
- **Read it daily to stay aligned during tough times.**
- **It serves as a compass when decisions feel emotionally heavy.**

28. Practice healthy coping with past hurts

- **Acknowledge wounds, learn from them, and gradually release lingering pain.**
- **Avoid re-traumatizing triggers; seek closure where possible.**
- **Processing the past supports present happiness and security.**

29. Develop a simple, supportive routine for mornings and evenings

- **Morning: hydration, movement, intention setting.**
- **Evening: wind-down ritual, digital curfew, reflection.**
- **Consistency reduces chaos and stabilizes emotions.**

30. Celebrate progress, not perfection

- **Acknowledge small wins and improvements along the journey.**
- **Celebrating progress reinforces motivation and self-worth.**
- **Use a wall of moments or a success journal to visualize growth.**



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