



MASTERMIND CLASS & CLINIC 2026
E-BOOK AND TOOLKIT



**Master Life Coach
Charlie Winburn**



Coach Chuck Futel

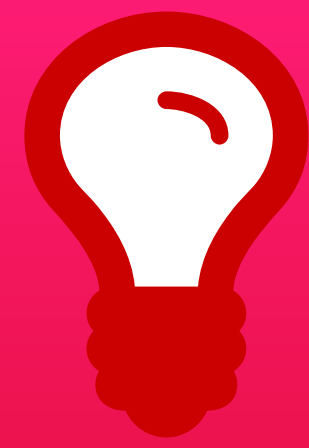


Coach Dan Ray

OVERCOME RESISTANCE!

SO YOU CAN CHANGE YOUR LIFE!

By Charles E. Winburn, M.Ed.



MASTERMIND CLASS & CLINIC 2026



Master Life Coach
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

RESISTANCE!

By Charles E. Winburn, M.Ed.



Master Life Coach
Charlie Winburn



Coach Chuck Futel

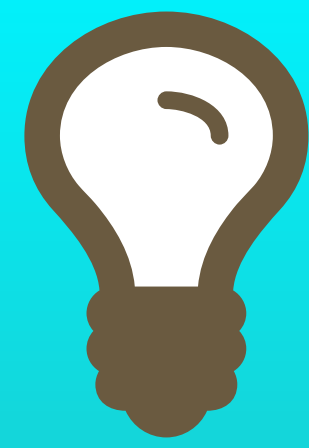


Coach Dan Ray

WHAT'S HOLDING UP YOUR SUCCESSES?

ANSWER: YOUR RESISTANCE TO IT!

By Charles E. Winburn, M.Ed.



Master Life Coach
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

RESISTANCE TO CHANGE IS HOLDING UP YOUR LIFE! LEARN HOW TO OVERCOME RESISTANCE!

By Charles E. Winburn, M.Ed.



MASTERMIND CLASS & CLINIC 2026



Master Life Coach
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

LEARN WHY RESISTANCE IS HOLDING UP YOUR MONEY AND HEALTH!

By Charles E. Winburn, M.Ed.



Master Life Coach
Charlie Winburn



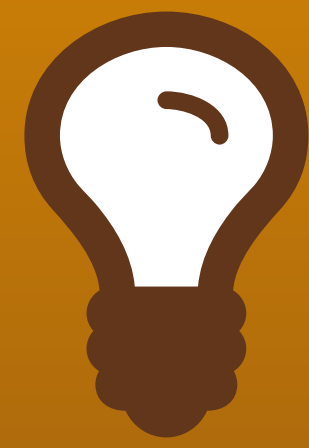
Coach Chuck Futel



Coach Dan Ray

LEARN WHY RESISTANCE KEEPS YOU FROM ATTRACTING THE RIGHT MAN OR WOMAN!

By Charles E. Winburn, M.Ed.



Master Life Coach
Charlie Winburn



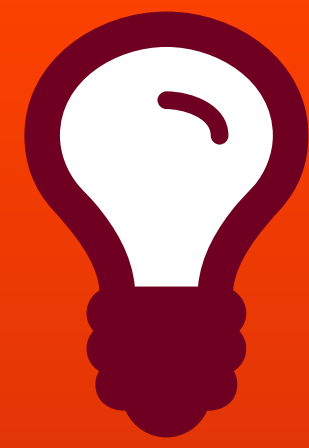
Coach Chuck Futel



Coach Dan Ray

FIND THE RIGHT MAN OR WOMAN BY STOPPING THE RESISTANCE TO IT!

By Charles E. Winburn, M.Ed.



Master Life Coach
Charlie Winburn



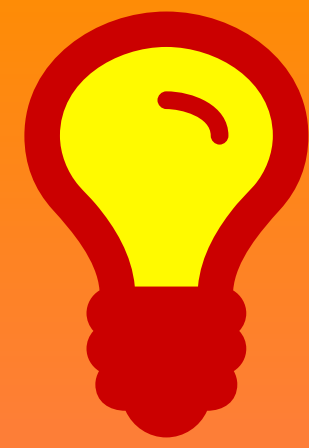
Coach Chuck Futel



Coach Dan Ray

RESISTANCE: HOW TO STOP IT!

By Charles E. Winburn, M.Ed.



MASTERMIND CLASS & CLINIC 2026



Master Life Coach
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

RESISTANCE!

PART 2

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

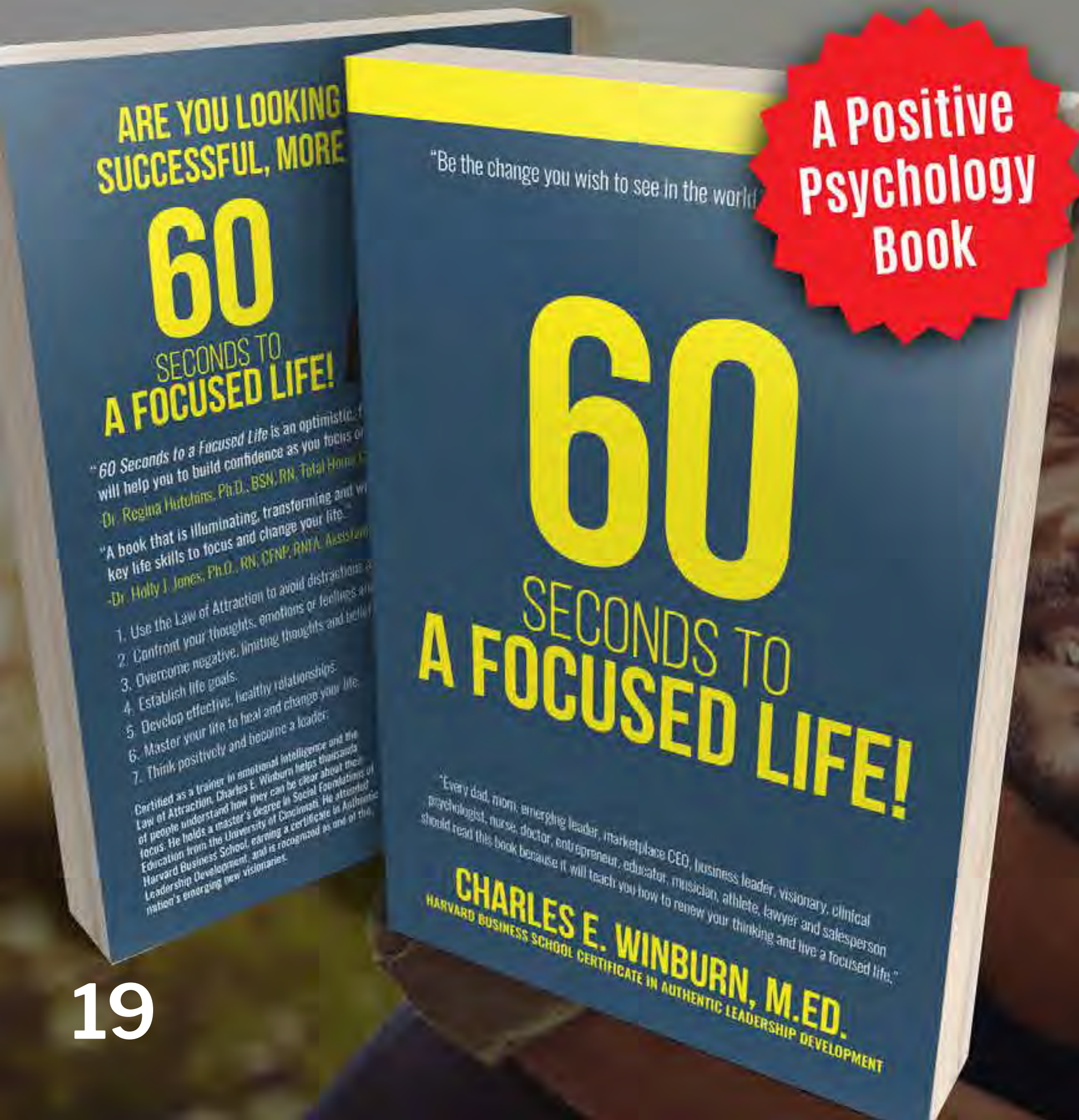
National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

www.thehotline.org

Visit today: 60SecondsToAFocusedLife.com



A Positive Psychology Book

60 Seconds to a Focused Life!

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

**And let us not be weary in well
doing: for in due season we shall
reap, if we faint not.**

Galatians 6:9

**Blessed is the man that endureth
temptation: for when he is tried,
he shall receive the crown of life,
which the Lord hath promised to
them that love him.**

James 1:12

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

Romans 12:12

Wherefore seeing we also are encompassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, Looking unto Jesus the author and finisher of our faith; who for the joy that was set before

**him endured the cross, despising
the shame, and is set down at the
right hand of the throne of God.**

Hebrews 12:1-2

**Therefore, my beloved brethren,
be ye steadfast, unmoveable, always
abounding in the work of the Lord,
forasmuch as ye know that your
labour is not in vain in the Lord.**

1 Corinthians 15:58

**Strengthened with all might,
according to his glorious power,
unto all patience and long-suffering
with joyfulness;**

Colossians 1:11

I have fought a good fight, I have finished [my] course, I have kept the faith: Henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous judge, shall give me at that day: and not to me only, but unto all them also that love his appearing.

2 Timothy 4:7-8

Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus.

Philippians 3:13-14

We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed;

2 Corinthians 4:8-9

**But if we hope for that we see not,
then do we with patience wait for it.**

Romans 8:25

**Be of good courage, and he shall
strengthen your heart, all ye that
hope in the Lord.**

Psalm 31:24

**Commit thy way unto the Lord;
trust also in him; and he shall bring
it to pass. And he shall bring forth
thy righteousness as the light, and
thy judgment as the noonday.**

Psalm 37:5-6

**Behold, we count them happy
which endure. Ye have heard of the
patience of Job, and have seen the
end of the Lord; that the Lord is
very pitiful, and of tender mercy.**

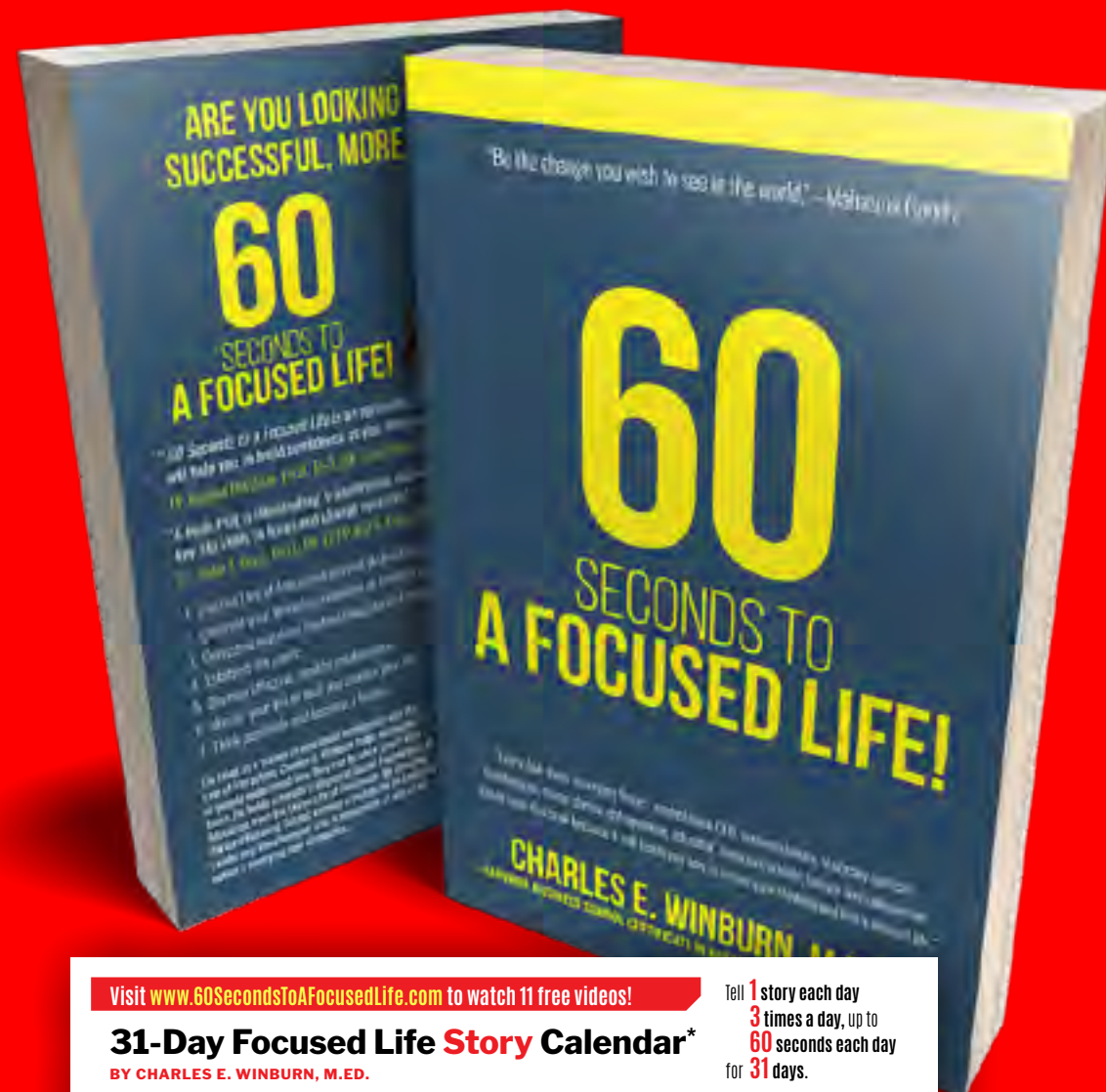
James 5:11

Wherein ye greatly rejoice, though now for a season, if need be, ye are in heaviness through manifold temptations: That the trial of your faith, being much more precious than of gold that perisheth, though it be tried with fire, might be found unto praise and honour and glory at the appearing of Jesus Christ.

1 Peter 1:6-7

**Watch, stand fast in the faith, quit
you like men, be strong. Let all your
things be done with charity.**

1 Corinthians 16:13-14



What is resistance? What does it mean to resist?

AI Research

Visit www.60SecondsToAFocusedLife.com to watch 11 free videos!

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

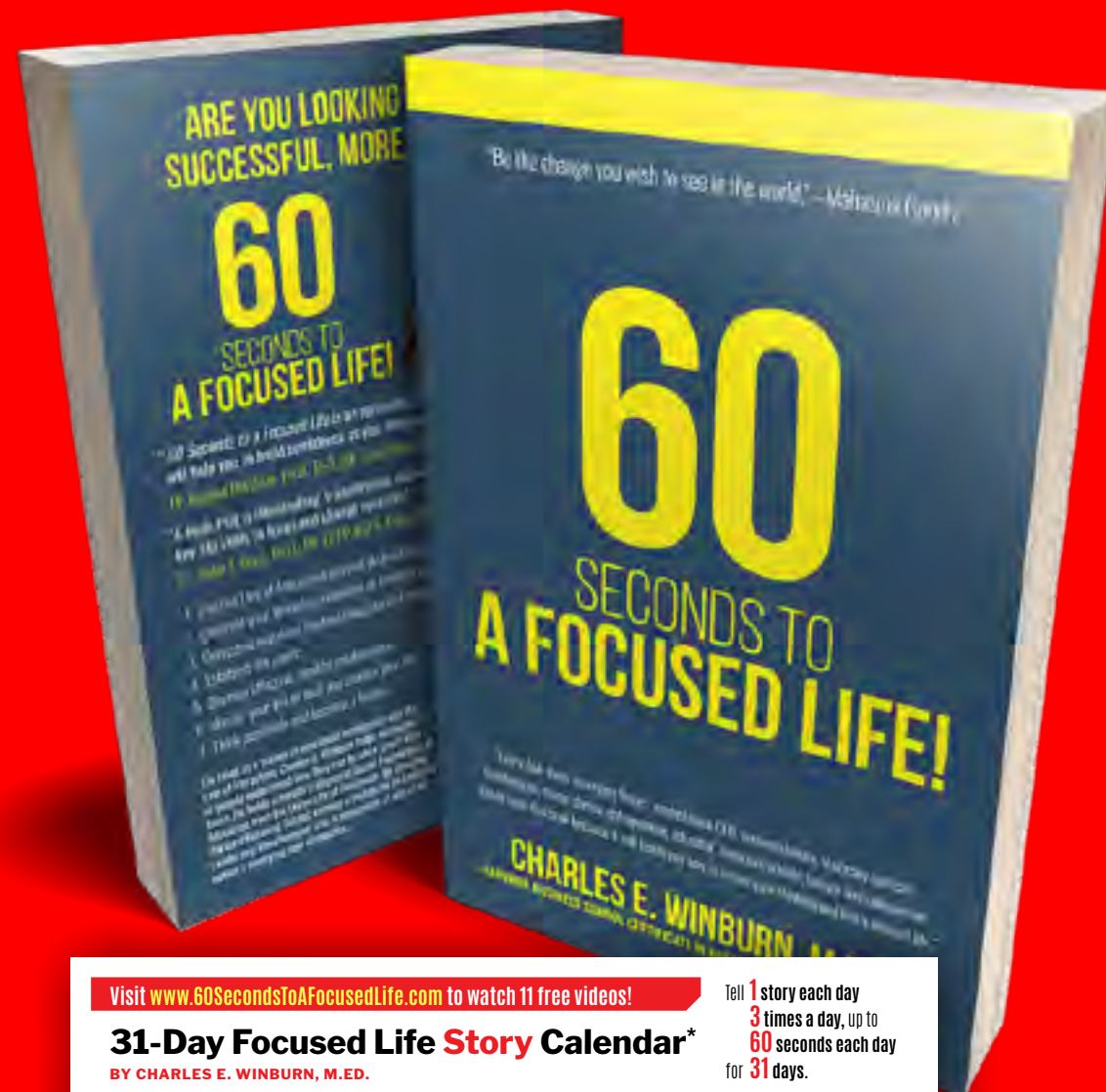
Tell 1 story each day
3 times a day, up to
60 seconds each day
for 31 days.

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

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 enjoy peace and serenity today.	DAY 7 It is my divine and human right to give myself and others today.
DAY 8 It is my divine and human right to love today.	DAY 9 It is my divine and human right to be joyful and to have great outlook on life today.	DAY 10 It is my divine and human right to be peaceful and to have peace in the work and in the home today.	DAY 11 It is my divine and human right to be safe today.	DAY 12 It is my divine and human right to walk in the wisdom and kindness of God today.	DAY 13 It is my divine and human right to be kind to self and others today.	DAY 14 It is my divine and human right to be harmonious today.
DAY 15 It is my divine and human right to walk in peace today.	DAY 16 It is my divine and human right to be honest and to be obedient and obedient today.	DAY 17 It is my divine and human right to be obedient and obedient today.	DAY 18 It is my divine and human right to be in the presence of God today.	DAY 19 It is my divine and human right to be in the presence of God today.	DAY 20 It is my divine and human right to renew my mind today.	DAY 21 It is my divine and human right to be more than a consumer over my spiritual health and mental life today.
DAY 22 It is my divine and human right to do all things through Christ who strengthens me today.	DAY 23 It is my divine and human right to pray and meditate in peace today.	DAY 24 It is my divine and human right to walk in the will of God today.	DAY 25 It is my divine and human right to focus on what I want I focus on happiness today.	DAY 26 It is my divine and human right to feel good every 60 seconds today.	DAY 27 It is my divine and human right to have great relationships today.	DAY 28 It is my divine and human right to prosper and walk in all the fullness of God's promises today.
DAY 29 It is my divine and human right to be transformed and renewed in my heart today.	DAY 30 It is my divine and human right to walk in divine health and healing today.	DAY 31 It is my divine and human right to have material 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



70 things that people resist in life

AI Research

Visit 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!

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 skill of God today.	DAY 6 It is my divine and human right to enjoy peace and serenity today.	DAY 7 It is my divine and human right to give myself and others today.
DAY 8 It is my divine and human right to love today.	DAY 9 It is my divine and human right to be joyful and to give great thanks on the throne today.	DAY 10 It is my divine and human right to be peaceful and to have peace in the work and in the world today.	DAY 11 It is my divine and human right to be safe today.	DAY 12 It is my divine and human right to walk in the wisdom and kindness of God today.	DAY 13 It is my divine and human right to be kind to self and others today.	DAY 14 It is my divine and human right to be harmonious today.
DAY 15 It is my divine and human right to walk in peace today.	DAY 16 It is my divine and human right to be peaceful and to be at peace with others and myself today.	DAY 17 It is my divine and human right to be peaceful and to be at peace with others and myself today.	DAY 18 It is my divine and human right to be in the presence of God today.	DAY 19 It is my divine and human right to be in the presence of God today.	DAY 20 It is my divine and human right to renew my mind today.	DAY 21 It is my divine and human right to be more than a consumer over my spiritual, health and mental life today.
DAY 22 It is my divine and human right to do all things through Christ who strengthens me today.	DAY 23 It is my divine and human right to pray and meditate in peace today.	DAY 24 It is my divine and human right to walk in the will of God today.	DAY 25 It is my divine and human right to focus on what I want I focus on happiness today.	DAY 26 It is my divine and human right to feel good every 60 seconds today.	DAY 27 It is my divine and human right to have great relationships today.	DAY 28 It is my divine and human right to prosper and walk in all the fullness of God's promises today.
DAY 29 It is my divine and human right to be transformed and renewed in my heart today.	DAY 30 It is my divine and human right to walk in divine health and healing today.	DAY 31 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. Money: People resist losing money or managing it**
- 2. People: Difficult relationships, conflicts, or dependence**
- 3. Places: Moving, travel, or changing environments**
- 4. Things: Clutter, possessions, or material commitments**

- 5. Friends: Changing social circles or disappointments**
- 6. Politicians: Distrust, criticisms, or accountability**
- 7. Politics: Debates, polarization, or power dynamics**
- 8. Sex: Desire, performance, or intimacy challenges**

- 9. Forgiveness: Letting go of hurt or resentment**
- 10. Significant others: Commitment, expectations, or independence**
- 11. Husbands: Roles, responsibilities, or autonomy**
- 12. Wives: Expectations, equality, or communication**

- 13. Business: Risk, competition, or failure**
- 14. College: Debt, stress, or admissions pressure**
- 15. Change: Comfort zones and routine**
- 16. Failure: Fear of embarrassment or loss**

17. Responsibility: Accountability and consequences

18. Time: Deadlines, aging, or urgency

19. Health: Illness, injury, or wellness routines

20. Sleep: Sleep quality, habits, or insomnia

21. Diet: Dietary changes or cravings

22. Exercise: Motivation or discipline

23. Authority: Rules, guidelines, or hierarchy

24. Technology: Learning curves or overuse

**25. Weather: Weather resistance
or planning around conditions**

**26. Aging: Irreversibility and life
stages**

**27. Death: Fear, acceptance, or
legacy**

**28. Silence: Communication
avoidance or awkwardness**

29. Confrontation: Conflict or confrontation anxiety

30. Jealousy: Insecurity or comparison

31. Criticism: Ego protection or defensiveness

32. Rejection: Self-worth concerns or fear of dismissal

33. Loneliness: Connection and belonging

34. Responsibility to others: Sacrifice or neglect concerns

35. Public speaking: Nervousness or scrutiny

36. Failure to act: Procrastination or indecision

37. Legal issues: Compliance, consequences, or risk

38. Dependency: Reliance on others or systems

39. Risk: Uncertainty and potential loss

40. Privacy: Boundaries and exposure

41. Reputation: Scrutiny and judgment

42. Critique: Self-doubt or defensiveness

43. Change in identity: Personal reinvention or labeling

44. Spiritual beliefs: Doubt or conflict with others

- 45. Career pivots: Uncertainty or skill gaps**
- 46. Parenthood: Responsibility and lifestyle shifts**
- 47. Pets: Care, costs, or loss**
- 48. Commute/travel time: Time sink or stress**
- 49. Social media: Time-wasting or negativity**

**50. Environmental impact:
Sustainability choices or
activism**

**51. Personal growth: Discomfort of
growth spurts**

**52. Helplessness: Powerlessness in
situations**

53. Trust: Betrayal concerns or risk

- 54. Equality and fairness:
Perceived injustices or bias**
- 55. Creativity: Blocks or fear of
failure**
- 56. Financial literacy:
Understanding money concepts**
- 57. Sleep hygiene: Consistency and
routines**

58. Boundaries: Setting and enforcing limits

59. Cultural norms: Pressure to conform

60. Independence: Self-reliance vs help-needed

61. Gratitude: Cultivating or recognizing it

62. Forging new friendships: Social risk and vulnerability

63. Creativity under pressure: Maintaining originality

64. Negotiation: Compromise and terms

65. Consent: Clear communication and boundaries

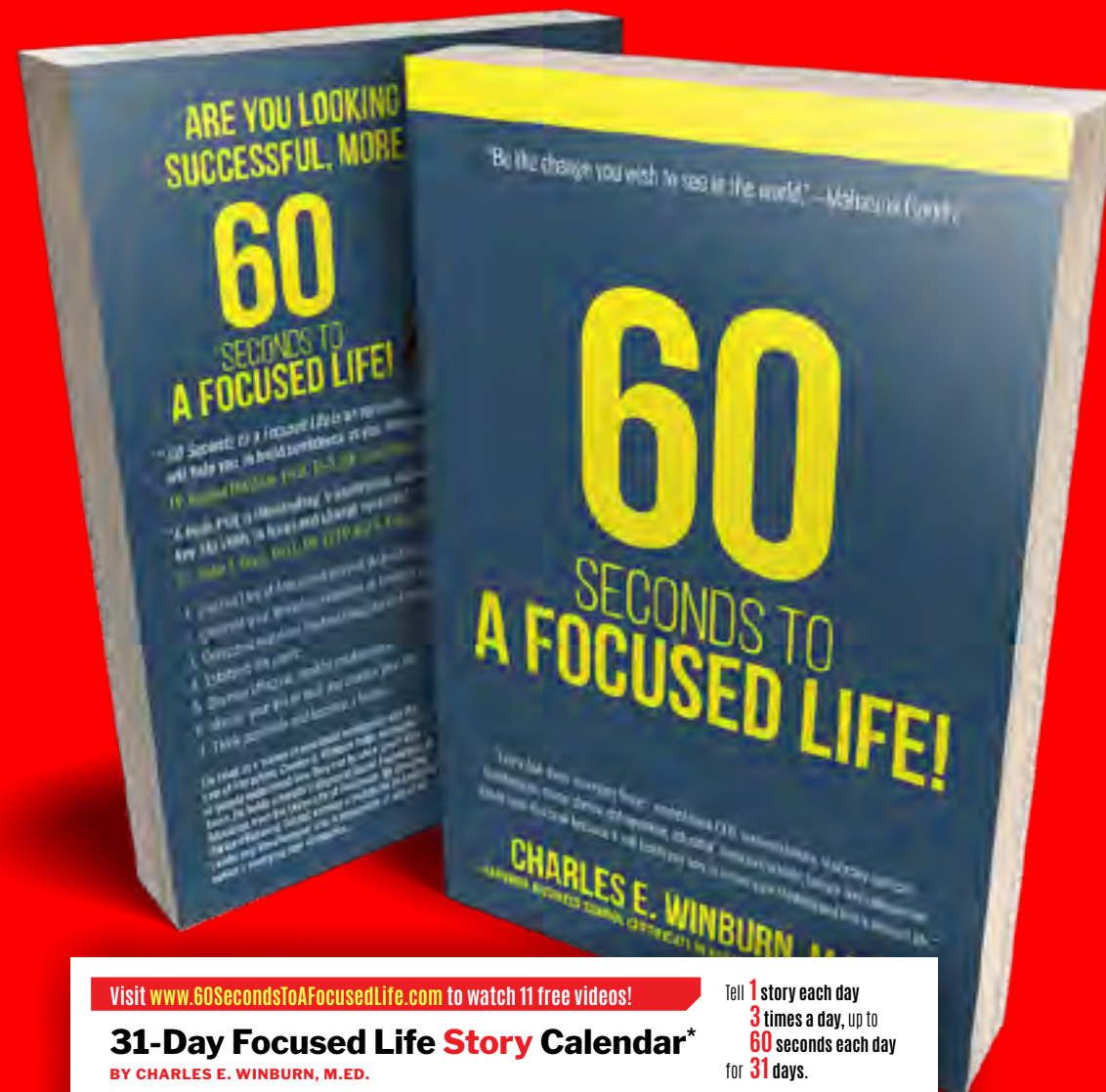
66. Healthcare access: Insurance, cost, logistics

67. Language barriers: Communication challenges

68. Knowledge gaps: Learning curve and humility

69. Environmental change: Climate adaptation

70. Public perception: How others see you



Some root causes behind resistance!

AI Research

Visit www.60SecondsToAFocusedLife.com to watch 11 free videos!

31-Day Focused Life Story Calendar* Tell 1 story each day 3 times a day, up to 60 seconds each day for 31 days.

BY CHARLES E. WINBURN, M.ED.

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 the Holy Spirit today.	DAY 5 It is my divine and human right to walk with wisdom and the skill of God today.	DAY 6 It is my divine and human right to enjoy peace and serenity today.	DAY 7 It is my divine and human right to give myself and others today.
DAY 8 It is my divine and human right to love today.	DAY 9 It is my divine and human right to be joyful and to give great thanks on the throne today.	DAY 10 It is my divine and human right to be peaceful and to give peace to the universe and the earth today.	DAY 11 It is my divine and human right to be safe today.	DAY 12 It is my divine and human right to walk in the illumination and kindness of God today.	DAY 13 It is my divine and human right to be kind to self and others today.	DAY 14 It is my divine and human right to be harmonious today.
DAY 15 It is my divine and human right to walk in peace today.	DAY 16 It is my divine and human right to be honest to self and others and to be obedient today.	DAY 17 It is my divine and human right to be obedient to God today.	DAY 18 It is my divine and human right to be in the presence of God today.	DAY 19 It is my divine and human right to live, love and have my being in God today.	DAY 20 It is my divine and human right to renew my mind today.	DAY 21 It is my divine and human right to be more than a consumer over my spiritual health and mental life today.
DAY 22 It is my divine and human right to do all things through Christ who strengthens me today.	DAY 23 It is my divine and human right to pray and meditate in peace today.	DAY 24 It is my divine and human right to walk in the will of God today.	DAY 25 It is my divine and human right to focus on what I want I focus on happiness today.	DAY 26 It is my divine and human right to feel good every 60 seconds today.	DAY 27 It is my divine and human right to have great relationships today.	DAY 28 It is my divine and human right to prosper and walk in all the fullness of God's promises today.
DAY 29 It is my divine and human right to be transformed and renewed in my heart today.	DAY 30 It is my divine and human right to walk in divine health and healing today.	DAY 31 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. Fear of change

- **Clings to the familiar even when it's unhealthy**
- **Procrastinates starting new healthy habits or spiritual practices**
- **Feels anxiety about uncertainty and avoids risk**
- **Reframes growth as threat rather than opportunity**

Strategy: set small, incremental experiments; seek supportive accountability

2. Comfort zone overgrowth

- Prefers routine over challenge**
- Avoids situations that demand new skills or perspectives**
- Fails to diversify social or professional networks**
- Misses out on potential mentors or allies**

Strategy: schedule quarterly
“stretch tasks” outside your
comfort zone

3. Limiting beliefs about self-worth

- **Feels “not good enough” to pursue goals**
- **Self-sabotages when near progress**
- **Interprets setbacks as personal failure**
- **Undervalues health, spirituality, or relationships**

Strategy: evidence journaling;
practice compassionate self-talk

4. Lack of intention or clarity

- Unclear life purpose or vision for different life areas**
- Vague goals lead to scattered efforts**
- Difficulty prioritizing amidst competing demands**
- Drifts with the current rather than steering**

Strategy: write a 90-day plan with measurable micro-goals

5. Poor time management

- **Chronic overcommitment or underestimation of time**
- **Multitasking reduces quality and focus**
- **Neglects scheduled self-care or spiritual routines**
- **Constant distractions erode progress**

**Strategy: time-block; implement
a daily review ritual**

6. Fear of failure or judgment

- Avoids bold decisions due to potential embarrassment**
- Keeps projects private or unfinished**
- Social or professional networks discourage risk**
- Perfectionism stalls action**

Strategy: adopt “fail forward”
mindset; normalize imperfect
progress

7. Victim mentality or blame-shifting

- Sees outcomes as due to external forces only**
- Relies on others for motivation or safety net**
- Resents feedback rather than using it constructively**
- Struggles with autonomy in health, finances, or marriage**

**Strategy: own choices; practice
constructive feedback loops**

8. Chronic stress and burnout

- **Exhaustion impairs decision-making and relationships**
- **Health routines collapse under pressure**
- **Spiritual practices feel hollow when overwhelmed**
- **Strained marriages or partnerships**

Strategy: restore boundaries;
implement rest and recovery
protocols

9. Poor boundaries and boundary fatigue

- Over or under-committing in work, family, or dating**
- Allows others to derail personal health or values**
- Difficulty saying “no” leading to resentment**

Strategy: define non-negotiables;
practice assertive communication

10. Negative self-talk and ruminati

- **Replays past mistakes; magnifies worst-case scenarios**
- **Undertakes cognitive distortions about money, work, or love**
- **Diminishes motivation to pursue healthier choices**

Strategy: cognitive reframing;
scheduled worry time

11. Lack of social support or isolation

- Feels unsupported in health, spiritual, or career goals**
- Isolates during mental health struggles**
- Missed accountability partners for finances or business**

Strategy: cultivate meaningful connections; join communities or groups

12. Financial anxiety and scarcity mindset

- **Fear-based decisions rather than strategic planning**
- **Impulsive spending or avoidance of budgeting**
- **Underinvests in health, education, or relationships**

Strategy: create a debt/expense plan; build an emergency fund

13. Inconsistent or absent health routines

- **Skips sleep, nutrition, or exercise consistently**
- **Health issues worsen due to neglect**
- **Energy and mood fluctuations impede spiritual or personal growth**

Strategy: establish a simple daily routine; track key metrics

14. Spiritual dryness or doubt without action

- **Questioning beliefs without seeking understanding or practice**
- **Feels disconnected from purpose or community**
- **Drops spiritual practices when life gets busy**

Strategy: small daily practices;
seek trusted mentors or
discussions

15. Poor mental health support seeking

- **Avoids therapy, counseling, or coping strategies**
- **Masks distress with work or substances**
- **Stigma or fear of vulnerability blocks help**

Strategy: normalize seeking help;
create a lightweight coping toolkit

16. Relationship avoidance or conflict avoidance

- **Avoids tough conversations; lets issues fester**
- **Passive-aggressive behaviors undermine trust**
- **Fails to invest in emotional intimacy**

Strategy: adopt regular
“relationship check-ins”; learn
healthy disagreement techniques

17. Debt and financial mismanagement

- **High-interest debt erodes long-term planning**
- **Neglects savings for health, education, or family goals**
- **Financial stress spills into marriage or work**

Strategy: debt avalanche/
priority-based budgeting;
financial coaching

18. Fear of delegation and micromanagement

- **Limits team or partner growth; creates bottlenecks**
- **Stifles innovation and energy for strategic work**

Strategy: build trust in others;
create clear roles and outcomes

19. Procrastination and delayed action

- **Delays starting or finishing important projects**
- **Feels overwhelmed by big goals**

Strategy: break tasks into tiny steps; implement deadlines and accountability

20. Comparison and envy

- **Measures progress by others' successes**
- **Diminishes motivation and gratitude**

Strategy: practice gratitude;
curate your own progress metrics

21. Resistance to feedback and learning

- **Takes feedback personally or defensively**
- **Missed opportunities for growth in health, work, or marriage**

Strategy: request specific feedback; implement a 1-page improvement plan

22. Lack of purpose-driven money mindset

- **Earnings tied to temporary emotions rather than long-term goals**
- **Underserves personal development or family needs**

Strategy: map money to life goals;
align spending with values

23. Inadequate planning for life milestones

- **No plan for marriage, children, buying a home, or retirement**
- **Reactive rather than proactive in life transitions**

Strategy: create milestone roadmaps; review annually

24. Fear of commitment or long-term investment

- **Reluctance to commit to health, therapy, or relationships**
- **Keeps options open at the cost of depth**

Strategy: define non-negotiables;
practice consistent commitments

25. Unhealthy coping mechanisms (substance use, escapism)

- **Temporarily numbs discomfort but worsens long-term health**
- **Undermines spiritual and relational connections**

Strategy: replace with healthier routines; seek professional help if needed

26. Inadequate self-care prioritization

- **Neglects rest, nutrition, or sleep**
- **Health and mood declines
undermine all areas**

Strategy: schedule self-care as a
non-negotiable task

27. Unrealistic expectations of perfection

- **Sets unattainable standards across health, marriage, business**
- **Fear of not meeting them leads to paralysis**

Strategy: adopt “good enough”
standards; celebrate progress

28. Resistance to learning new skills or tech

- **Falls behind in a fast-changing world**
- **Limits opportunities in business, career, or finances**

Strategy: commit to quarterly
upskilling; seek beginner-friendly
resources

29. Poor communication skills

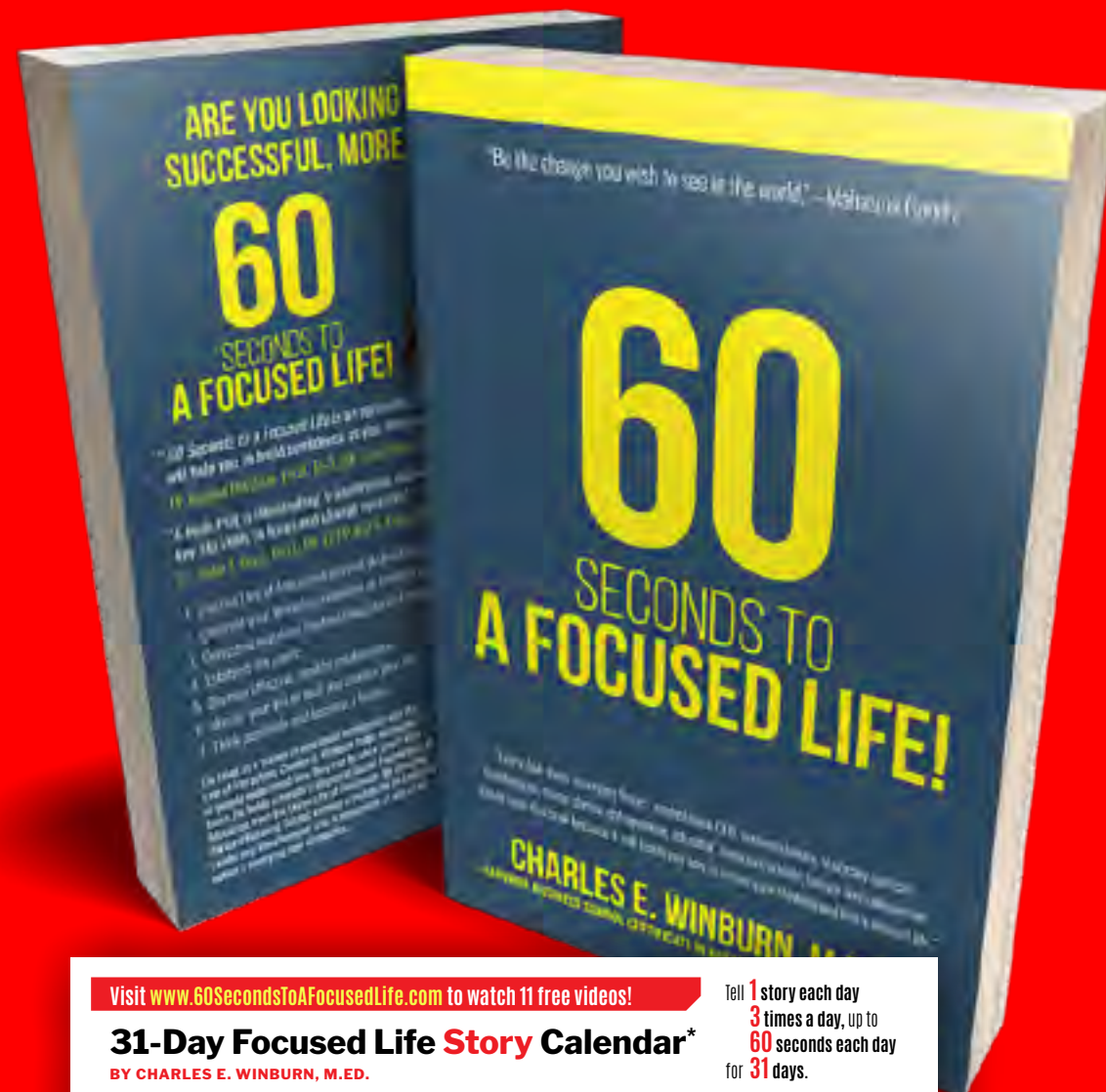
- **Misunderstandings escalate conflicts**
- **Unclear expectations harm health, work, and relationships**

Strategy: practice active listening;
articulate needs clearly

30. Loss or grief avoidance

- **Suppresses processing emotions related to health, career, or relationships**
- **Delays healing and growth**

Strategy: allow space for grieving;
seek support groups or counseling



9 ways to overcome resistance

AI Research

Visit 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!

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 enjoy peace and serenity today.	DAY 7 It is my divine and human right to give myself and others today.
DAY 8 It is my divine and human right to love today.	DAY 9 It is my divine and human right to be joyful and to give great thanks on the throne today.	DAY 10 It is my divine and human right to be peaceful and to be at peace with the Lord and the world today.	DAY 11 It is my divine and human right to be safe today.	DAY 12 It is my divine and human right to walk in the illumination and kindness of God today.	DAY 13 It is my divine and human right to be kind to self and others today.	DAY 14 It is my divine and human right to be harmonious today.
DAY 15 It is my divine and human right to walk in peace today.	DAY 16 It is my divine and human right to be peaceful and to be at peace with the Lord and the world today.	DAY 17 It is my divine and human right to be peaceful and to be at peace with the Lord and the world today.	DAY 18 It is my divine and human right to be in the presence of God today.	DAY 19 It is my divine and human right to be in the presence of God today.	DAY 20 It is my divine and human right to renew my mind today.	DAY 21 It is my divine and human right to be more than a consumer over my spiritual health and mental life today.
DAY 22 It is my divine and human right to do all things through Christ who strengthens me today.	DAY 23 It is my divine and human right to pray and meditate in peace today.	DAY 24 It is my divine and human right to walk in the will of God today.	DAY 25 It is my divine and human right to focus on what I want I focus on happiness today.	DAY 26 It is my divine and human right to feel good every 60 seconds today.	DAY 27 It is my divine and human right to have great relationships today.	DAY 28 It is my divine and human right to prosper and walk in all the fullness of God's promises today.
DAY 29 It is my divine and human right to be transformed and renewed in my heart today.	DAY 30 It is my divine and human right to be transformed and renewed in my heart today.	DAY 31 It is my divine and human right to walk in divine health and material blessings 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

Visit 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!

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 walk in love and express my love today.	DAY 4 It is my divine and human right to walk in peace and be led by the Holy Spirit today.	DAY 5 It is my divine and human right to walk in knowledge, wisdom and the skill of God today.	DAY 6 It is my divine and human right to embrace serenity today.	DAY 7 It is my divine and human right to forgive myself and others today.
DAY 8 It is my divine and human right to travel today.	DAY 9 It is my divine and human right to be optimistic and have a great outlook on life today.	DAY 10 It is my divine and human right to release love, joy and peace in the universe and the earth today.	DAY 11 It is my divine and human right to feel love today.	DAY 12 It is my divine and human right to walk in the illumination and kindness of God today.	DAY 13 It is my divine and human right to be kind to self and others today.	DAY 14 It is my divine and human right to be harmonious today.
DAY 15 It is my divine and human right to walk in courage today.	DAY 16 It is my divine and human right to be merciful to self and others and show grace today.	DAY 17 It is my divine and human right to be free and walk in freedom today.	DAY 18 It is my divine and human right to live in the presence of God today.	DAY 19 It is my divine and human right to free, move and have my being in God today.	DAY 20 It is my divine and human right to renew my mind today.	DAY 21 It is my divine and human right to be more than a computer when my spiritual, health and mental life today.
DAY 22 It is my divine and human right to do all things through Christ who strengthens me today.	DAY 23 It is my divine and human right to pray and meditate in peace today.	DAY 24 It is my divine and human right to walk in the rest of God. I rest in God today.	DAY 25 It is my divine and human right to focus on happiness today.	DAY 26 It is my divine and human right to feel good every 60 seconds today.	DAY 27 It is my divine and human right to have great relationships today.	DAY 28 It is my divine and human right to prosper and walk in all the fullness of God's emotions today.
DAY 29 It is my divine and human right to be transformed and renewed in my heart today.	DAY 30 It is my divine and human right to walk in divine health and healing today.	DAY 31 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, Charles E. Winburn. All rights reserved.

LEADERSHIP CONCEPTS LLC

1. Focus on what you really want and use the Charlie Winburn 31-Day Focused Life Story Calendar.

- **Clarify your core desires: Write down your top 3–5 outcomes you want in life (e.g., health, relationships, career).**
- **Create measurable goals: Translate each desire into specific, time-bound targets (e.g., “lose 12 pounds in 12 weeks,” “increase monthly income by 15%”).**

- **Visualize daily: Spend 5–10 minutes picturing the successful outcome and how it feels.**
- **Prioritize alignment: Ensure every action you take moves you toward these outcomes, and cut or de-emphasize activities that don't.**
- **Review and adjust: Weekly check-ins to refine goals as you learn what works.**

2. Give zero attention to what you don't want.

- **Name the triggers: Identify recurring thoughts, environments, or people that pull you toward resistance.**
- **Redirect your focus: When a negative thought arises, consciously switch to a positive or constructive alternative (e.g., “I can handle this”).**

- **Limit rumination: Use time-boxing for worry (e.g., 5 minutes) and then move to action.**
- **Create boundaries: Minimize exposure to stimulating but unhelpful inputs (certain social media, gossip, negativity).**
- **Replace with empowering routines: Journal gratitude, rehearse productive scripts, or practice problem-solving steps.**

3. Resolve childhood trauma issues in your life.

- **Seek professional guidance: Consider a licensed therapist (e.g., trauma-informed therapist, EMDR).**
- **Identify the impact: Reflect on recurring patterns (trust issues, attachment, emotional regulation) and how they show up now.**
- **Safe processing: Work with professional support to process memories in a controlled, paced manner.**

- **Develop coping skills: Build grounding techniques, mindfulness, and emotion regulation strategies.**
- **Build a new narrative: Reframe past experiences in a way that supports your present and future choices.**
- **If you try self-help: Use evidence-based approaches such as journaling, structured self-compassion exercises, and trauma-informed self-care, but prioritize professional support for deeper work.**

4. Raise your vibrations by feeling love, joy, and peace in your life every 60 seconds of the day.

- **Practical mindfulness: Practice centered breathing or a quick body scan to reconnect with calm.**
- **Micro-moments of gratitude: Note one thing you're grateful for every hour.**
- **Savor positive experiences: Fully engage in small joys (taste of food, a pleasant sound, a kind interaction).**

- **Loving-kindness practice: Briefly send kind thoughts to yourself and others during the day.**
- **Reduce stressors: Manage commitments to protect your peace (decline non-essential tasks, delegate tasks).**
- **Build a joyous routine: Include activities that consistently evoke joy (music, hobbies, nature.**

5. Exercise seven days a week.

- **Customize the plan: If daily workouts suit you, vary intensity to prevent burnout; if not, aim for at least 150 minutes of moderate activity weekly with 1–2 rest days.**
- **Mix modalities: Include strength training, cardio, flexibility, and mobility to address different goals.**
- **Listen to your body: Prioritize rest when you're fatigued or injured; rest is productive.**

- **Set micro-goals: Short sessions (20–30 minutes) can be easier to maintain consistently.**
- **Track progress: Use a simple log to monitor consistency and gains.**

6. Find someone you can really love and enjoy them each day.

- **Realistic expectations: Relationships require effort, communication, and mutual respect.**
- **Daily appreciation: Express gratitude or a kind gesture to your partner or loved one.**
- **Quality time: Schedule regular moments of connection, even if brief (a shared meal, a walk, a chat).**

- **Healthy communication: Practice active listening, non-defensive speaking, and problem-solving together.**
- **Personal growth: Work on self-awareness and boundaries to bring a healthier dynamic to the relationship.**

7. Change your diet and manage your weight.

- **Set clear nutrition goals: Calorie balance, macronutrient distribution, and fiber intake aligned with your activity level.**
- **Prioritize whole foods: Emphasize vegetables, fruits, lean proteins, whole grains, healthy fats.**
- **Monitor portions: Use portion control strategies (plate method, measuring cups, mindful eating).**

- **Plan meals: Prepare a simple weekly plan to reduce impulsive choices.**
- **Hydration and sleep: Drink water adequately and ensure quality sleep, both supporting weight management.**
- **Seek personalized guidance: A registered dietitian can tailor a plan to your needs, including any medical considerations.**

- 8. Find practical ways to build your testosterone and estrogen each day: explain what a man can do practically to increase his testosterone and what a woman can do practically to increase her estrogen.**

- **Important nuance: Hormone optimization should be pursued safely, ideally with medical supervision. Below are general, practical lifestyle factors that can support healthy hormone balance.**
- **General lifestyle foundations (apply to all genders):**
- **Regular strength training: Resistance workouts 2–4 times weekly can support testosterone in men and overall hormonal balance.**

- **Adequate sleep: 7–9 hours per night; chronic sleep deprivation reduces testosterone and disrupts hormonal balance.**
- **Diet quality: Sufficient protein, healthy fats, and micronutrients (vitamins D, zinc, magnesium) support hormone production.**
- **Stress management: Chronic stress elevates cortisol, which can lower sex hormones.**

- **Weight management: Maintaining a healthy body composition supports hormonal health.**
- **Practical specifics for men (testosterone support):**
- **Sleep, resistance training, and balanced meals as above.**
- **Minimize excessive endurance cardio if it interferes with recovery.**

- **Avoid smoking and excessive alcohol; limit processed foods high in sugar.**
- **Vitamin D exposure or supplements if deficient, plus zinc intake within recommended limits.**
- **Practical specifics for women (estrogen support):**
- **Hormone balance is influenced by pregnancy status, menopause, and overall health.**

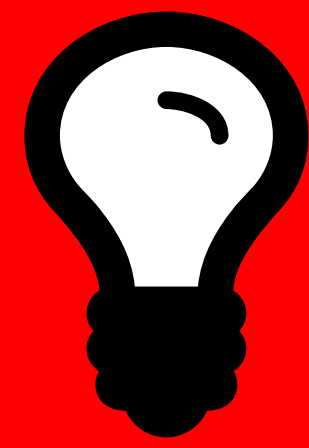
- **Maintain regular, balanced meals with phytoestrogens in moderation if appropriate (e.g., soy foods under medical guidance; effects vary).**
- **Strength training and healthy body composition support hormonal balance.**
- **Manage stress and sleep to support hypothalamic-pituitary-gonadotropic (HPG) axis stability.**

- **If there are concerns about estrogen levels (e.g., perimenopause), consult a healthcare professional for evaluation and personalized options.**
- **Important note: If you're considering supplements or hormone therapies, consult a healthcare professional to avoid risks and interactions.**

9. **Enjoy life.**

- **Find meaning and engagement: Identify activities and relationships that give you purpose.**
- **Practice presence: Slow down to savor moments, meals, and conversations.**
- **Build a balanced lifestyle: Include work, rest, play, and social connection.**

- **Cultivate curiosity: Try new hobbies or environments to keep life stimulating.**
- **Self-compassion: Be kind to yourself during challenges; enjoyment grows from a positive relationship with yourself.**



**Master Life Coach
Charlie Winburn**



Coach Chuck Futel



Coach Dan Ray

WHAT'S HOLDING UP YOUR CHANGE!

ANSWER: YOUR VERY OWN RESISTANCE TO IT!

By Charles E. Winburn, M.Ed.