



# MASTERMIND CLASS & CLINIC 2026 E-BOOK AND TOOLKIT



Master Life Coach  
Charlie Winburn



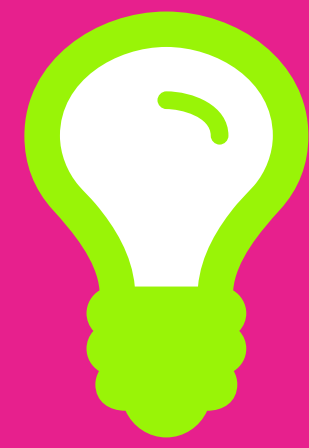
Coach Chuck Futel



Coach Dan Ray

# END THE NEGATIVE SELF-TALK!

By Charles E. Winburn, M.Ed.



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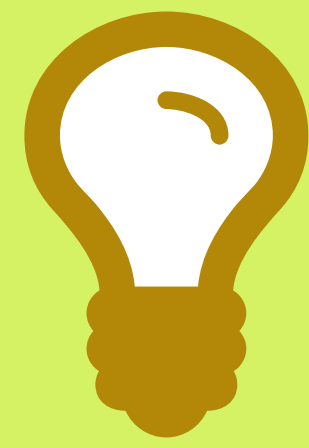


Coach Dan Ray

# STOP BAD-MOUTHING YOURSELF!

“FOR AS HE THINKETH IN HIS HEART,  
SO IS HE” -PROVERBS 23:7

By Charles E. Winburn, M.Ed.



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# STOP TALKING NEGATIVE ABOUT YOURSELF!

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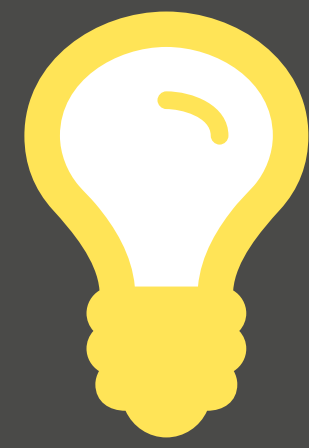
Coach Chuck Futel



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# BE YOUR VERY OWN BIGGEST SUPPORTER! WHEN NO ONE ELSE CARES!

By Charles E. Winburn, M.Ed.



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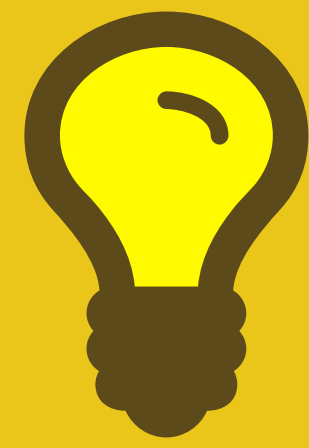
Coach Chuck Futel



Coach Dan Ray

# SPEAK FROM STRENGTH, NOT SCARCITY!

By Charles E. Winburn, M.Ed.



# MASTERMIND CLASS & CLINIC 2026



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Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

# LEARN SUNDAY HOW SPEAKING NEGATIVELY ABOUT YOURSELF IMPACTS YOUR BRAIN, MIND AND BODY!

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)**

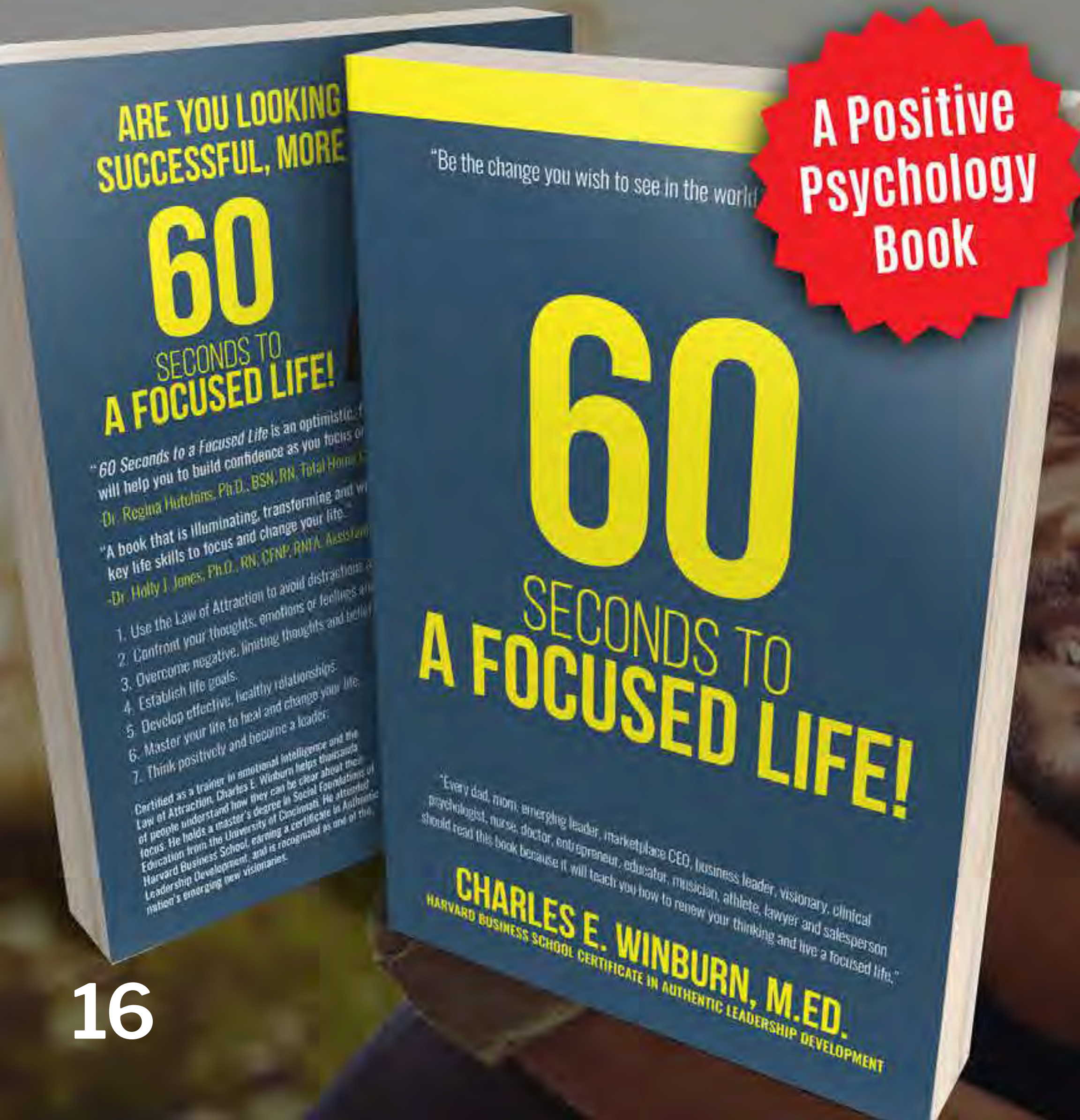
# **National Domestic Violence Hotline**

**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.

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

***Psalm 46:1***

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

***Philippians 4:13***

**For I know the thoughts that I  
think toward you, saith the Lord,  
thoughts of peace, and not of evil,  
to give you an expected end.**

***Jeremiah 29:11***

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

***Romans 8:28***

**I will praise thee; for I am fearfully  
and wonderfully made: marvelous  
are thy works; and that my soul  
knoweth right well.**

***Psalm 139:14***

**But they that wait upon the Lord  
shall renew their strength; they  
shall mount up with wings as  
eagles; they shall run, and not be  
weary; and they shall walk, and  
not faint.**

***Isaiah 40:31***

**And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.**

***2 Corinthians 12:9***

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

***Psalm 34:18***

**Have not I commanded thee?  
Be strong and of a good courage;  
be not afraid, neither be thou  
dismayed: for the Lord thy God  
is with thee whithersoever  
thou goest.**

***Joshua 1:9***

**Bless the Lord, O my soul,  
and forget not all his benefits:  
Who forgiveth all thine iniquities;  
who healeth all thy diseases.**

***Psalm 103:2-3***

**Be not overcome of evil, but  
overcome evil with good.**

***Romans 12:21***

**Wherefore comfort yourselves  
together, and edify one another,  
even as also ye do.**

***1 Thessalonians 5:11***

**Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.**

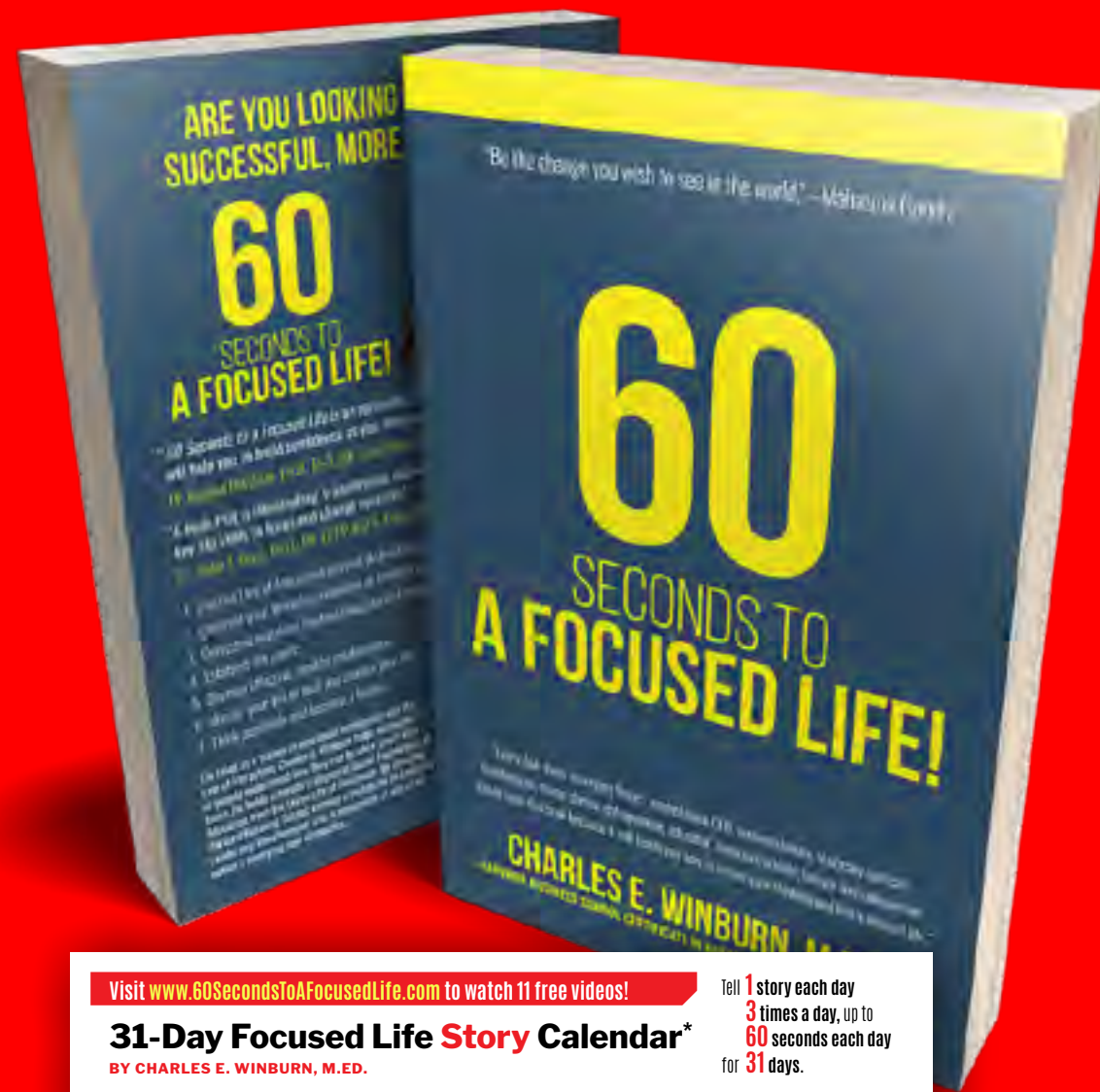
***Ephesians 4:29***

**Death and life are in the power of  
the tongue: and they that love it  
shall eat the fruit thereof.**

***Proverb 18:21***

**The Lord is my strength and my  
song, and is become my salvation.**

***Psalm 118:14***



# 20 reasons badmouthing yourself is not good

AI Research

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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 have great outlook on life today.	<b>DAY 10</b> It is my divine and human right to be peaceful and to have peace in the work and in 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 honest and to be fair and to be just today.	<b>DAY 17</b> It is my divine and human right to be obedient and to be obedient to 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 and to be 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 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 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.			

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- 1. It reinforces negative self-beliefs:** Repeated self-criticism strengthens the neural pathways associated with negativity, making it easier to default to harsh judgments about yourself in the future.

- 2. It increases stress and the body's stress response: Harsh self-talk elevates cortisol and adrenaline, which over time can contribute to headaches, fatigue, sleep problems, and immune suppression.**

- 3. It worsens mood and can trigger depressive symptoms: Consistent self-blame feeds feelings of worthlessness and hopelessness, which are core features of depression and can prolong low moods.**

- 4. It fuels anxiety and rumination:** Focusing on perceived flaws creates a loop of worry and overthinking, increasing physiological arousal (rapid heartbeat, acne-like skin responses, tension).

- 5. It reduces motivation and achievement:** If you consistently tell yourself you're a failure, you're less likely to take on challenges, leading to a self-fulfilling prophecy of underachievement.

- 6. It damages self-esteem and self-compassion:** Persistent self-criticism erodes a healthy sense of worth and makes it harder to treat yourself with kindness during setbacks.

- 7. It negatively affects sleep quality:** Negative thoughts at bedtime can delay sleep onset and increase nighttime wakefulness, contributing to daytime fatigue and cognitive fog.

- 8. It influences physical health via behavioral pathways: Poor self-talk is linked to unhealthy coping (overeating, substance use, physical inactivity), which can harm cardiovascular health and metabolic balance.**

- 9. It lowers resilience to stress:**  
**When you doubt yourself, you recover more slowly from stressors because you're less likely to use adaptive coping strategies.**

**10. It harms relationships and social functioning: Self-criticism can spill over into how you treat others, eroding social confidence and leading to withdrawal or conflicts, which in turn affect mental health.**

**11. It reduces focus and cognitive performance:** Negative self-talk consumes working memory and attention, making tasks feel more effortful and impairing decision-making.

**12. It narrows perspective and hampers problem-solving: Focusing on flaws blocks you from considering alternatives, resources, or solutions, maintaining a cycle of stagnation.**

**13. It can trigger physical symptoms of stress: Chronic negative self-talk is associated with muscle tension, headaches, gastrointestinal issues, and other stress-related symptoms.**

**14. It perpetuates perfectionism:**  
**Believing you must be  
flawless leads to overcontrol,  
procrastination (fear of not  
meeting standards), and  
burnout.**

**15. It interferes with self-improvement efforts:** If you label yourself as “unfixable,” you may skip growth opportunities, coaching, or practice that would actually help you improve.

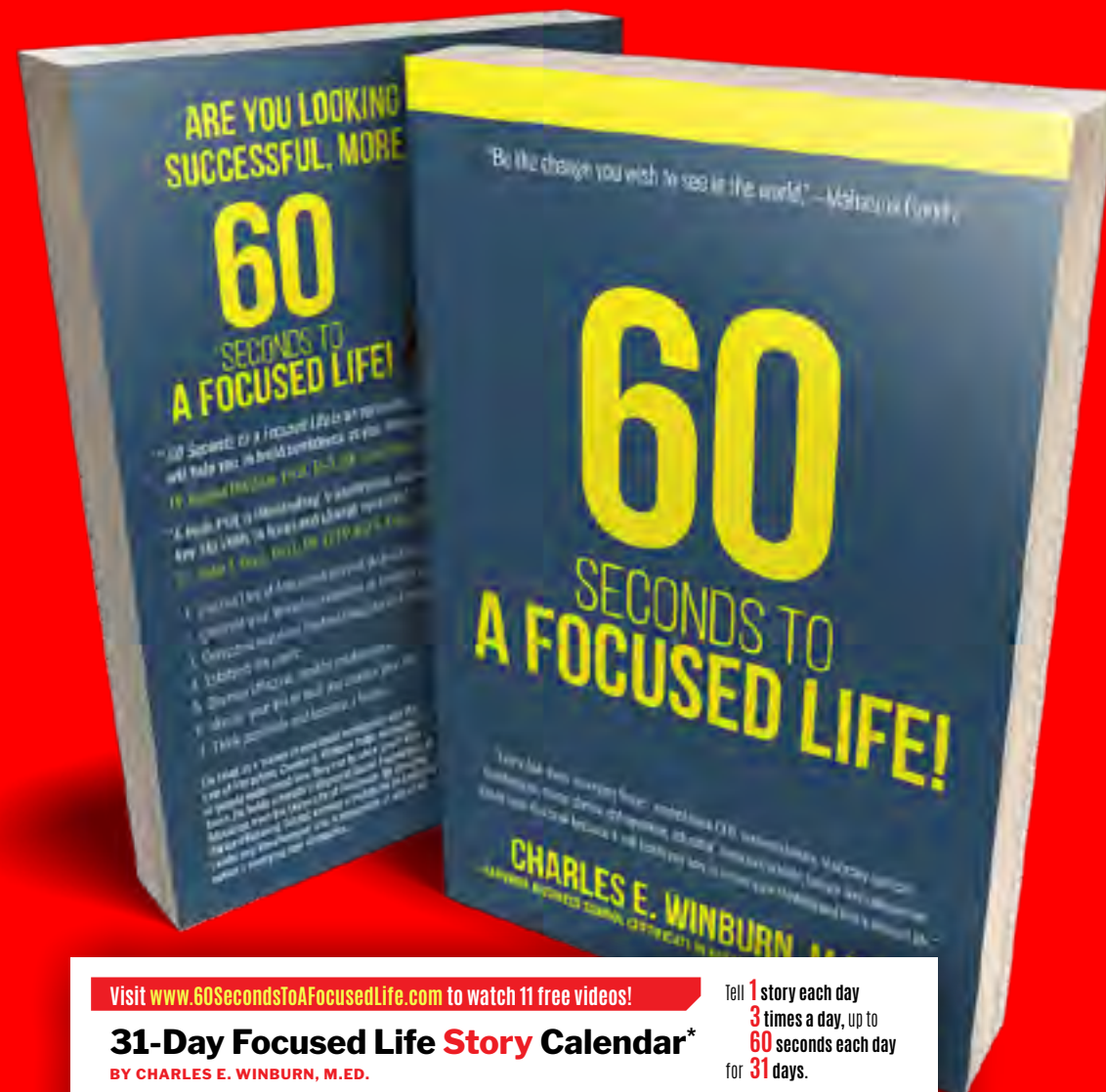
**16. It reduces self-efficacy and agency: Constant self-doubt undermines the belief that you can influence outcomes, which decreases proactive goal setting and action.**

**17. It can distort body image and health behaviors: Negative talk about appearance often ties to unhealthy dieting, over-exercise, or body shaming, which can harm physical health.**

**18. It cultivates a biased, negative interpretive lens: You're more likely to interpret ambiguous feedback as personal flaws, reinforcing a harsh inner narrative.**

**19. It diminishes creativity and risk-taking:** Fear of judgment and self-criticism blocks curiosity, experimentation, and trying new approaches.

**20. It undermines long-term happiness and life satisfaction: A habit of self-beratement drains energy, reduces joy from daily activities, and can contribute to a pervasive sense of dissatisfaction.**



# Practical strategies to stop badmouthing yourself

AI Research

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# **1. Notice the thoughts**

- **Start by becoming aware of when you're criticizing yourself.**
- **Observation reduces automaticity and creates space to choose a kinder response.**

## **2. Label the self-criticism as a thought, not a fact**

- Remind yourself: “This is my inner critic talking.”**
- This separation helps reduce its power and prevents you from acting on it.**

### **3. Practice self-compassion**

- **Speak to yourself with the same kindness you'd offer a friend.**
- **Self-compassion reduces shame and promotes resilience.**

## **4. Challenge the evidence**

- Ask: “What evidence supports this belief? What evidence contradicts it?”**
- Critical evaluation often reveals distortions and less harsh conclusions.**

## **5. Reframe the thought**

- Turn “I’m terrible at this” into “I’m learning and improving with practice.”**
- Reframing shifts focus from fixed judgments to growth.**

- 6. Create a “self-talk script”**
  - **Write a few encouraging statements you can repeat in moments of need.**
  - **Ready-made scripts reduce impulsive negative talk.**

- 7. Use a thought-stopping cue**
  - **Develop a simple cue (e.g., in-breath, finger snap) to interrupt the pattern.**
  - **Cues train your brain to pause before criticizing.**

## **8. Practice mindful awareness**

- Observe the moment without judgment: notice sensations, breath, and context.**
- Mindfulness reduces reactivity and increases choice.**

## **9. Employ a 5-second rule**

- When you notice self-criticism, count to five and redirect your thoughts.**
- This short pause can prevent spiral thinking.**

## **10. Ground yourself physically**

- **Engage in a quick grounding exercise (5-4-3-2-1) to shift focus away from the critic.**
- **Physical grounding reduces emotional intensity.**

## **11. Set boundaries with negative inner voices**

- **Decide which thoughts you'll listen to and which you won't.**
- **Boundaries protect your emotional energy.**

## **12. Practice gratitude for small wins**

- **List three things you did well today, no matter how minor.**
- **Shifting attention to positives weakens negative self-talk.**

## **13. Visualize a supportive inner ally**

- **Imagine a compassionate inner coach or mentor offering reassurance.**
- **A trusted inner voice can counter harsh judgments.**

## **14. Limit perfectionism triggers**

- **Accept “good enough” in tasks that don’t require perfection.**
- **Reducing perfectionism lowers self-criticism when outcomes aren’t flawless.**

## **15. Seek evidence of progress, not just outcomes**

- **Track improvements over time (skills, effort, consistency).**
- **Progress evidence counteracts harsh self-judgment.**

## **16. Replace self-criticism with a learning question**

- **Ask: “What can I learn from this, and what would I do differently next time?”**
- **Learning questions turn blame into growth.**

## **17. Use humor appropriately**

- **Light, appropriate humor about yourself can defuse harshness without dismissing feelings.**
- **Humor can soften self-criticism when used kindly.**

## **18. Limit social comparisons**

- **Remind yourself that others' highlighted moments don't reflect their full picture.**
- **Reducing comparisons prevents unfair self-judgment.**

## **19. Build a reality check routine**

- **Before speaking, pause to ask: “Is this true? Is it helpful? Is it kind?”**
- **A quick reality check reduces reckless self-labeling.**

## **20. Develop a compassionate self-ritual**

- **Create a routine (breath, stretch, affirm) to reset after negative talk.**
- **Rituals reinforce positive patterns.**

## **21. Seek feedback from trusted people**

- **Get constructive, balanced input from friends or mentors.**
- **External perspectives can counter biased self-criticism.**

## **22. Practice self-care**

- **Ensure sleep, nutrition, exercise, and downtime are sufficient.**
- **Physical well-being supports emotional regulation and less negativity.**

## **23. Work with a therapist or coach**

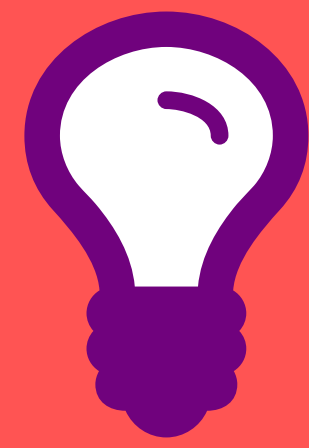
- **If self-criticism is persistent and impairing, professional support can provide tailored strategies.**
- **Guided help accelerates change and builds resilience.**

## **24. Use positive affirmations strategically**

- **Choose specific, believable statements (e.g., “I can handle challenges and I’m growing”).**
- **Consistent affirmations can rewire automatic thought patterns over time.**

## **25. Track triggers and plan responses**

- **Note when self-criticism spikes (situations, people, moods) and prepare a constructive response.**
- **Proactive planning reduces the frequency and intensity of negative self.**



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