



MASTERMIND CLASS & CLINIC 2026 E-BOOK AND TOOLKIT



Master Life Coach
Charlie Winburn



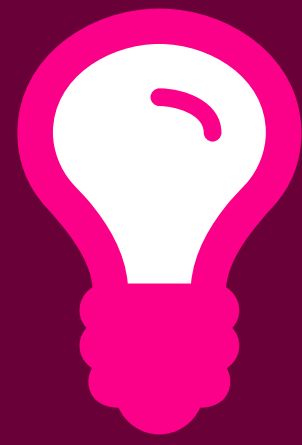
Coach Chuck Futel



Coach Dan Ray

WHY ARE THERE SO MANY **DISHONEST** PEOPLE?

By Charles E. Winburn, M.Ed.



MASTERMIND CLASS & CLINIC 2026



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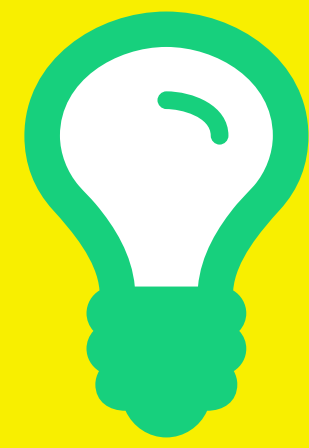
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WHY ARE THERE SO MANY DISHONEST HUSBANDS & WIVES?

By Charles E. Winburn, M.Ed.



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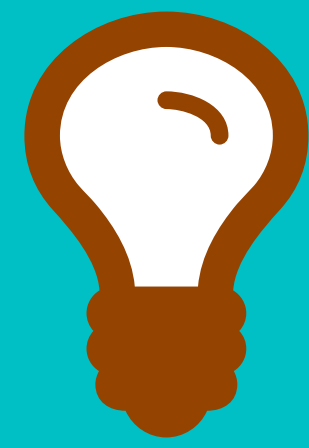
Coach Chuck Futel



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WHAT IS HONESTY?

By Charles E. Winburn, M.Ed.



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WHAT DOES IT MEAN TO BE HONEST?

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

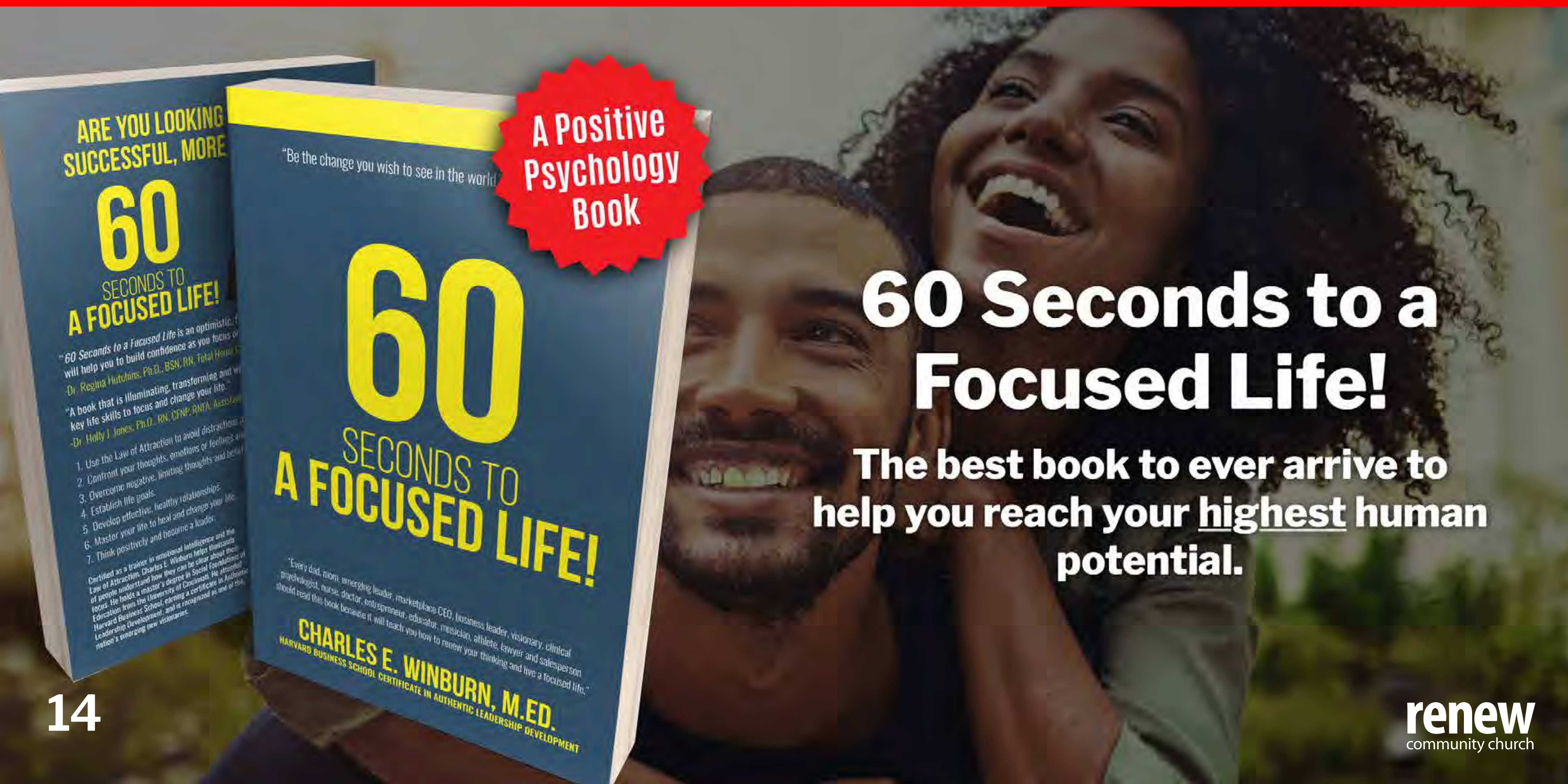
National Domestic Violence Hotline

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.

ARE YOU LOOKING
SUCCESSFUL, MORE

60

SECONDS TO
A FOCUSED LIFE!

"60 Seconds to a Focused Life is an optimistic, practical book that will help you to build confidence as you focus on your goals."
-Dr. Regina Hutolins, Ph.D., BSN, RN, Total Home Care

"A book that is illuminating, transforming and will help you master key life skills to focus and change your life."
-Dr. Holly J. Jones, Ph.D., RN, CFNP, RNFA, Assistant Professor

1. Use the Law of Attraction to avoid distractions and achieve your goals.
2. Confront your thoughts, emotions or feelings and beliefs.
3. Overcome negative, limiting thoughts and beliefs.
4. Establish life goals.
5. Develop effective, healthy relationships.
6. Master your life to heal and change your life.
7. Think positively and become a leader.

Certified as a trainer in emotional intelligence and the Law of Attraction, Charles E. Winburn helps thousands of people understand how they can be clear about their focus. He holds a master's degree in Social Foundations of Education from the University of Cincinnati. He attended Harvard Business School, earning a certificate in Authentic Leadership Development, and is recognized as one of the nation's emerging new visionaries.

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SECONDS TO
A FOCUSED LIFE!

CHARLES E. WINBURN, M.ED.
HARVARD BUSINESS SCHOOL CERTIFICATE IN AUTHENTIC LEADERSHIP DEVELOPMENT

**Lying lips are abomination to the
Lord: but they that deal truly are
his delight.**

Proverbs 12:22

**Wherefore putting away lying,
speak every man truth with his
neighbour: for we are members one
of another.**

Ephesians 4:25

**Lie not one to another, seeing that
ye have put off the old man with his
deeds;**

Colossians 3:9

**A false balance is abomination to
the Lord: but a just weight is his
delight.**

Proverbs 11:1

**He that walketh uprightly walketh
surely: but he that perverteth his
ways shall be known.**

Proverbs 10:9

**Lord, who shall abide in thy
tabernacle? who shall dwell in thy
holy hill? He that walketh uprightly,
and worketh righteousness, and
speaketh the truth in his heart.**

Psalm 15:1-2

Who shall ascend into the hill of the Lord? or who shall stand in his holy place? He that hath clean hands, and a pure heart; who hath not lifted up his soul unto vanity, nor sworn deceitfully.

Psalm 24:3-4

**But let your communication be,
Yea, yea; Nay, nay: for whatsoever
is more than these cometh of evil.**

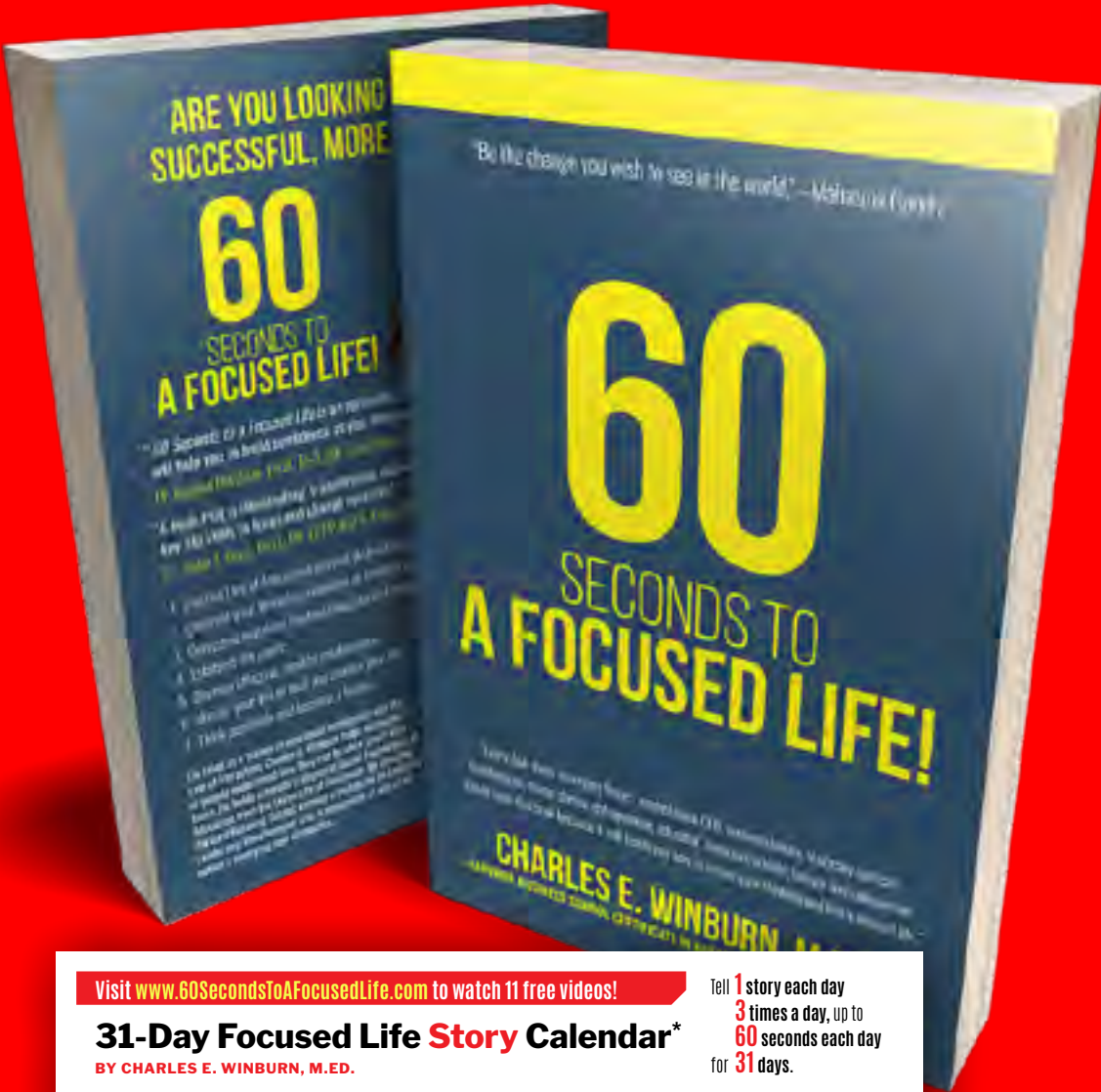
Matthew 5:37

**And ye shall know the truth, and
the truth shall make you free.**

John 8:32

**Recompense to no man evil for evil.
Provide things honest in the sight
of all men.**

Romans 12:17



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	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
It is my divine and human right to have fun today.	It is my divine and human right to be happy today.	It is my divine and human right to be in love and express my love today.	It is my divine and human right to walk in love and express by the Holy Spirit today.	It is my divine and human right to walk in wisdom and the skill of God today.	It is my divine and human right to experience serenity today.	It is my divine and human right to forgive myself and others today.
It is my divine and human right to love today.	It is my divine and human right to be joyful and have a great outlook on life today.	It is my divine and human right to be in peace and to be at peace with the world today.	It is my divine and human right to be in the presence of God today.	It is my divine and human right to be in the presence of God today.	It is my divine and human right to be in the presence of God today.	It is my divine and human right to be in the presence of God today.
It is my divine and human right to walk in peace today.	It is my divine and human right to be in peace and to be at peace with the world today.	It is my divine and human right to be in peace and to be at peace with the world today.	It is my divine and human right to be in peace and to be at peace with the world today.	It is my divine and human right to be in peace and to be at peace with the world today.	It is my divine and human right to be in peace and to be at peace with the world today.	It is my divine and human right to be in peace and to be at peace with the world today.
It is my divine and human right to do all things through Christ who strengthens me today.	It is my divine and human right to pray in peace and to be at peace with the world today.	It is my divine and human right to pray in peace and to be at peace with the world today.	It is my divine and human right to pray in peace and to be at peace with the world today.	It is my divine and human right to pray in peace and to be at peace with the world today.	It is my divine and human right to pray in peace and to be at peace with the world today.	It is my divine and human right to pray in peace and to be at peace with the world today.
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*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

What is honesty?

AI Research

60SecondsToAFocusedLife.com

- 1. Honesty as Truthful Representation:** Honesty means consistently presenting facts and one's beliefs as they are, without distortion or concealment.

2. Honest as Integrity in Communication: Honest involves speaking with clarity and accuracy, avoiding lies, half-truths, or misleading statements.

**3. Honesty as Alignment
Between Beliefs and Actions:**
**Honesty is the alignment of
what one thinks, says, and
does, so there is no dissonance
between inner conviction and
outward behavior.**

- 4. Honesty as Accountability:**
Honesty includes owning up to mistakes, acknowledging errors, and taking responsibility for the consequences of one's words and actions.

- 5. Honesty as Respect for Others' Right to Know:** Honesty entails sharing information that others reasonably need to make informed decisions, rather than withholding important details.

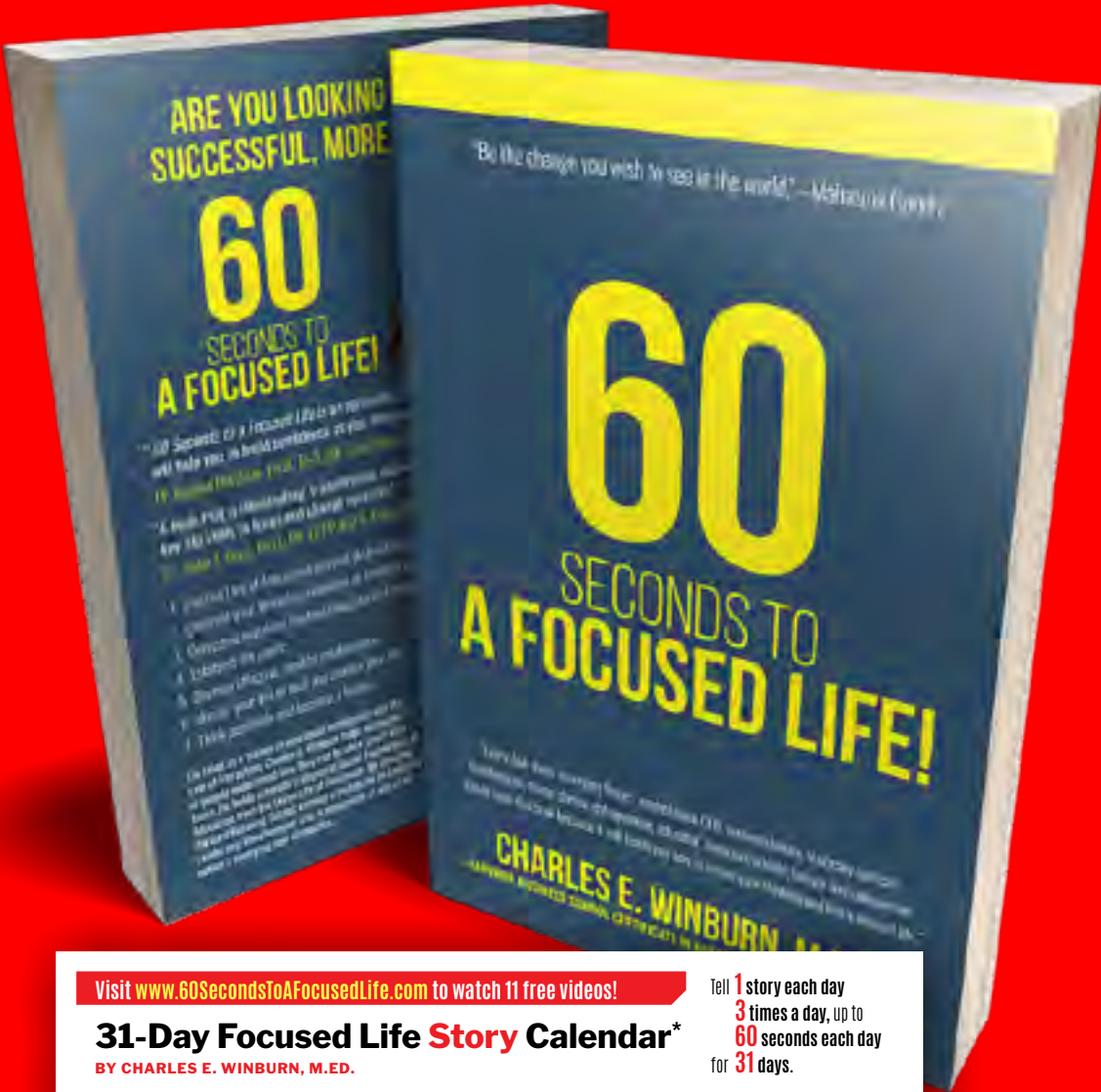
6. Honesty as Consistency Over Time: Honesty means being trustworthy across different situations and through repeated interactions, not just in moments of convenience.

- 7. Honest as Humble Disclosure:**
Honesty involves candidly admitting limits of knowledge or certainty when appropriate, rather than pretending to know what one does not.

- 8. Honest as Moral Courage:**
Honesty requires the courage to tell the truth even when it is uncomfortable, costly, or could provoke conflict.

- 9. Honesty as Avoidance of Deception by Omission:**
Honesty includes not hiding relevant information or omitting key facts that would distort the full picture.

10. Honesty as Ethical Consistency: Honesty is rooted in a commitment to ethical principles, choosing truthfulness as a fundamental value even when it conflicts with personal gain.



10 definitions of what it means to be dishonest

AI Research

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

31-Day Focused Life Story Calendar*

BY CHARLES E. WINBURN, M.D.

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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 be in love and express my love today.	DAY 4 It is my divine and human right to walk in love and express by the Holy Spirit today.	DAY 5 It is my divine and human right to walk in wisdom and the skill 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 forgive 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 give great thanks on this today.	DAY 10 It is my divine and human right to be peaceful, joy and peace in the universe and the earth today.	DAY 11 It is my divine and human right to feel 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 courage today.	DAY 16 It is my divine and human right to be respected, to lead and others and share power today.	DAY 17 It is my divine and human right to be free and speak the 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 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 in the end of each peace today.	DAY 24 It is my divine and human right to walk in the end of each I rest in 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 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

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- 1. Deception as Intentional Misrepresentation:** Deliberately presenting false information or omitting key facts to sway someone's beliefs or actions. This undermines trust and can cause harm when others act on the falsehood.

2. Lying by Omission: Withholding important information or failing to correct a mistaken belief, even if you don't say something outright false. The lack of disclosure can be just as misleading as a direct lie.

3. Fabrication or Fraud: Creating information or stories that have no basis in truth to gain advantage, avoid consequences, or manipulate outcomes. This is a direct violation of honesty and integrity.

- 4. Gaslighting or Manipulative Tactics:** Using tactics to make another person doubt their own memory, perception, or sanity in order to control them. This is a corrosive form of dishonesty that damages autonomy.

- 5. False Promises or Commitments:** Agreeing to do something with no genuine intent or ability to follow through. This erodes reliability and betrays trust when expectations aren't met.

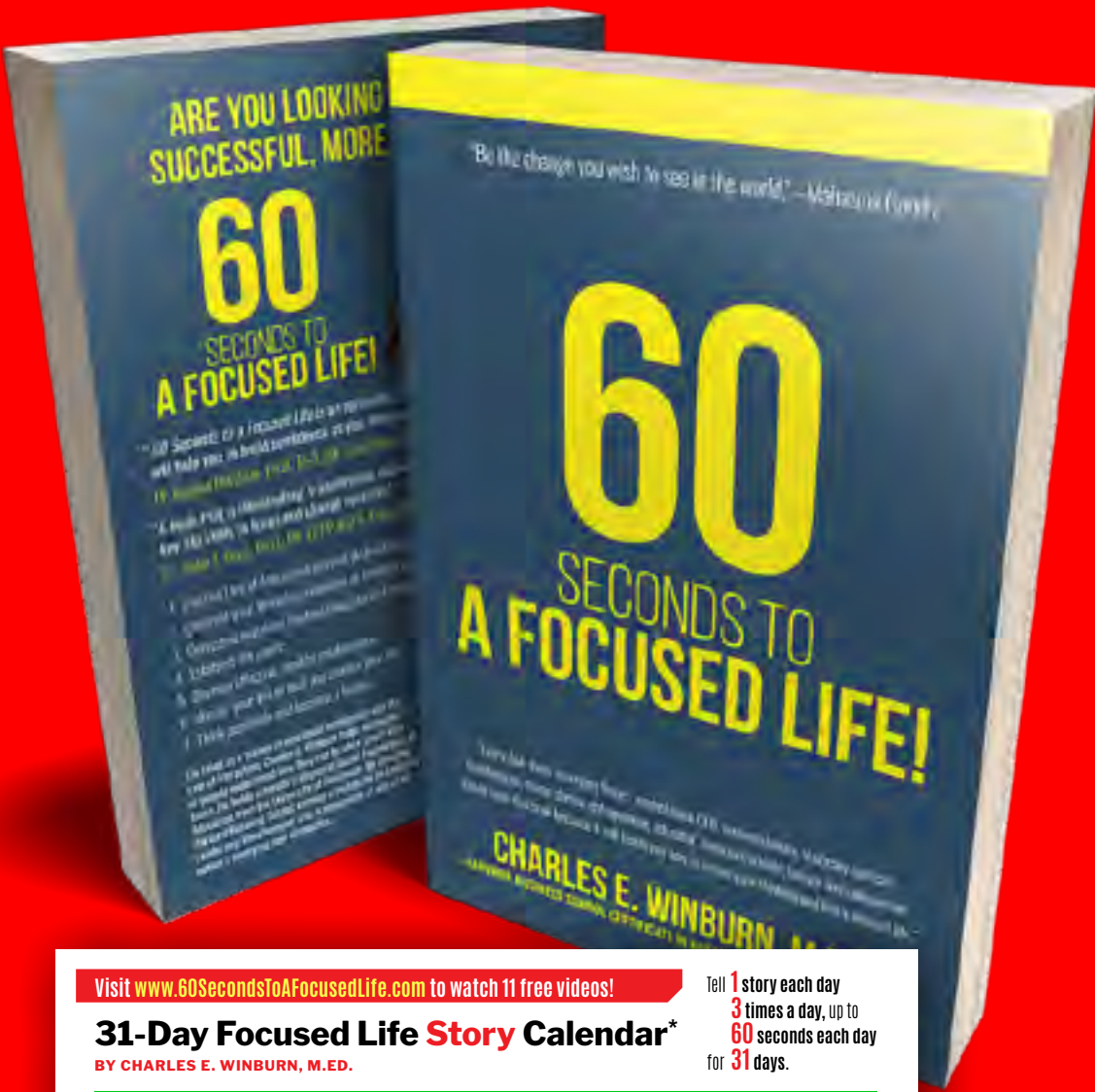
6. Cheating or Stealing Intellectual or Material Property: Copying, exploiting, or taking others' ideas, work, or possessions without proper credit, permission, or compensation. This disrespects ownership and fairness.

- 7. Misleading Measurements or Data Manipulation:** Altering numbers, statistics, or evidence to paint a false picture, often to achieve a desired outcome. This harms decision-making and accountability.

- 8. Harassment or Exploitation through Falsehoods:** Using deceptive statements to demean, intimidate, or profit from vulnerable individuals. This abuse of honesty exploits others' trust and safety.

- 9. Confabulation or Plausible Denial:** Recounting invented details as if they were real, then denying them when challenged to preserve self-image or avoid consequences. This sustains a false personal narrative.

10. Administrative or Professional Dishonesty: Engaging in deceptive practices within work or official roles (e.g., falsifying reports, misrepresenting qualifications). This erodes organizational integrity and public trust.



25 practical steps to start being more honest in daily life

AI Research

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DAY 15 It is my divine and human right to walk in grace today.	DAY 16 It is my divine and human right to be joyful and give great thanks on this day.	DAY 17 It is my divine and human right to be joyful and give great thanks on this day.	DAY 18 It is my divine and human right to be joyful and give great thanks on this day.	DAY 19 It is my divine and human right to be joyful and give great thanks on this day.	DAY 20 It is my divine and human right to be joyful and give great thanks on this day.	DAY 21 It is my divine and human right to be joyful and give great thanks on this day.
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- 1. Define what honesty means to you**
 - **Clarify the difference between honesty, tact, and kindness.**
 - **Write a personal definition to reference when unsure.**

2. Start with small truths

- Share a simple, authentic thought in low-stakes situations.**
- Build consistency before tackling bigger issues.**

- 3. Track your honesty moments**
 - **Keep a daily log of times you chose truth over convenience.**
 - **Note the trigger and outcome to spot patterns.**

4. Practice “pause before reply”

- **Take 5–10 seconds to think before answering.**
- **Use phrases like “Let me check on that” when unsure.**

5. Use “I” statements

- **Own your feelings and perspective (e.g., “I feel...” rather than “You/they...”).**
- **Reduces defensiveness and fosters clarity.**

- 6. Admit mistakes openly**
- **Acknowledge errors promptly without excuses.**
 - **Share what you'll do to fix them.**

7. Distinguish facts from opinions

- **State observable facts first, then your interpretation.**
- **Avoid presenting opinions as certainties.**

8. Set boundaries about truth-telling

- Decide what you will and won't disclose in different relationships.**
- Respect others' right to know or not know certain details.**

9. Prepare for tough conversations

- **Outline key points you want to convey.**
- **Rehearse with a trusted friend or write it down.**

10. Practice active listening

- **Reflect back what you hear to confirm accuracy.**
- **Prevents misunderstandings that fuel dishonesty.**

11. Create a safe environment for honesty

- **Encourage truthful dialogue by avoiding ridicule.**
- **Thank honesty when it's shared, even if uncomfortable.**

12. Use “truthful but kind” language

- **Be direct without being harsh.**
- **Choose words that minimize unnecessary harm.**

13. Seek feedback on honesty

- **Ask trusted people how you come across in conversations.**
- **Use constructive criticism to improve.**

14. Reduce white lies in routine tasks

- **Minimize fibs like “I’m busy” when you’re free—if possible.**
- **Offer truthful alternatives or gentle excuses when needed.**

15. Be transparent about limitations

- **Share when you don't know something or can't commit.**
- **Sets realistic expectations.**

16. Align actions with values

- **Regularly review whether your behaviors match your stated values.**
- **Adjust choices that create internal dissonance.**

17. Develop a personal integrity ritual

- **Start and end each day with a quick honesty check (e.g., “Did I tell the truth today?”).**
- **Note lessons or improvements needed.**

18. Build a truth-telling support circle

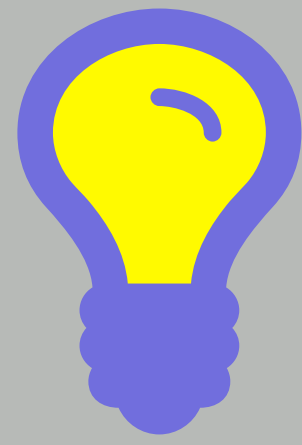
- **Surround yourself with people who value honesty.**
- **Share goals and celebrate honest decisions together.**

19. Use truthful defaults in communication

- **When in doubt, opt for honesty as the default response.**
- **Reserve sugar-coated truths for delicate situations.**

20. Practice accountability partnerships

- Pair up with someone who
calls you out**



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Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

WHY ARE THERE SO MANY DISHONEST CHRISTIANS?

By Charles E. Winburn, M.Ed.