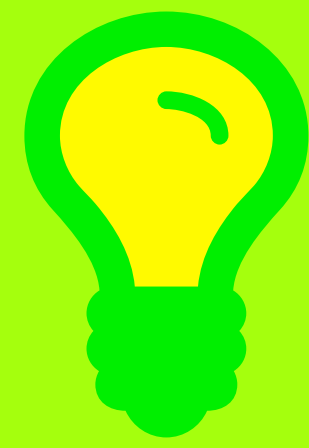




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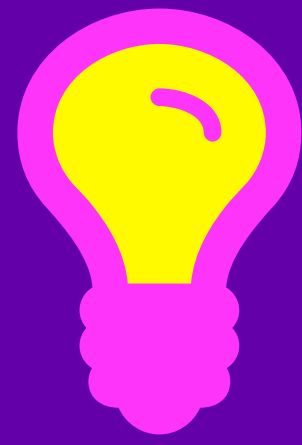
Coach Chuck Futel



Coach Dan Ray

LEARN HOW TO TRANSFORM YOUR LIFE THIS SUNDAY!

By Charles E. Winburn, M.Ed.



Master Life Coach
Charlie Winburn



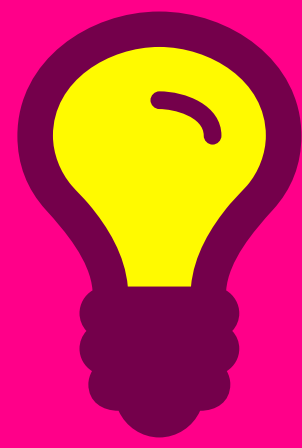
Coach Chuck Futel



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STOP! DON'T MARRY A REFORMED PERSON! **ONLY MARRY A TRANSFORMED PERSON!**

By Charles E. Winburn, M.Ed.



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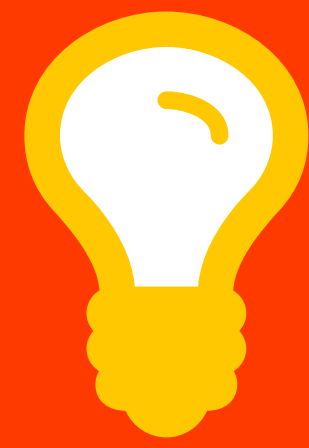
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ARE YOU A REFORMER OR A TRANSFORMER? LEARN THE DIFFERENCE THIS SUNDAY!

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BUT NOT CHANGED!
LEARN THE DIFFERENCE THIS SUNDAY.**

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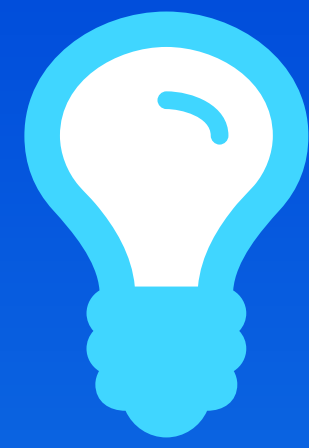


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THE TRANSFORMERS ARE COMING!

LEARN WHO THEY ARE THIS SUNDAY!

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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

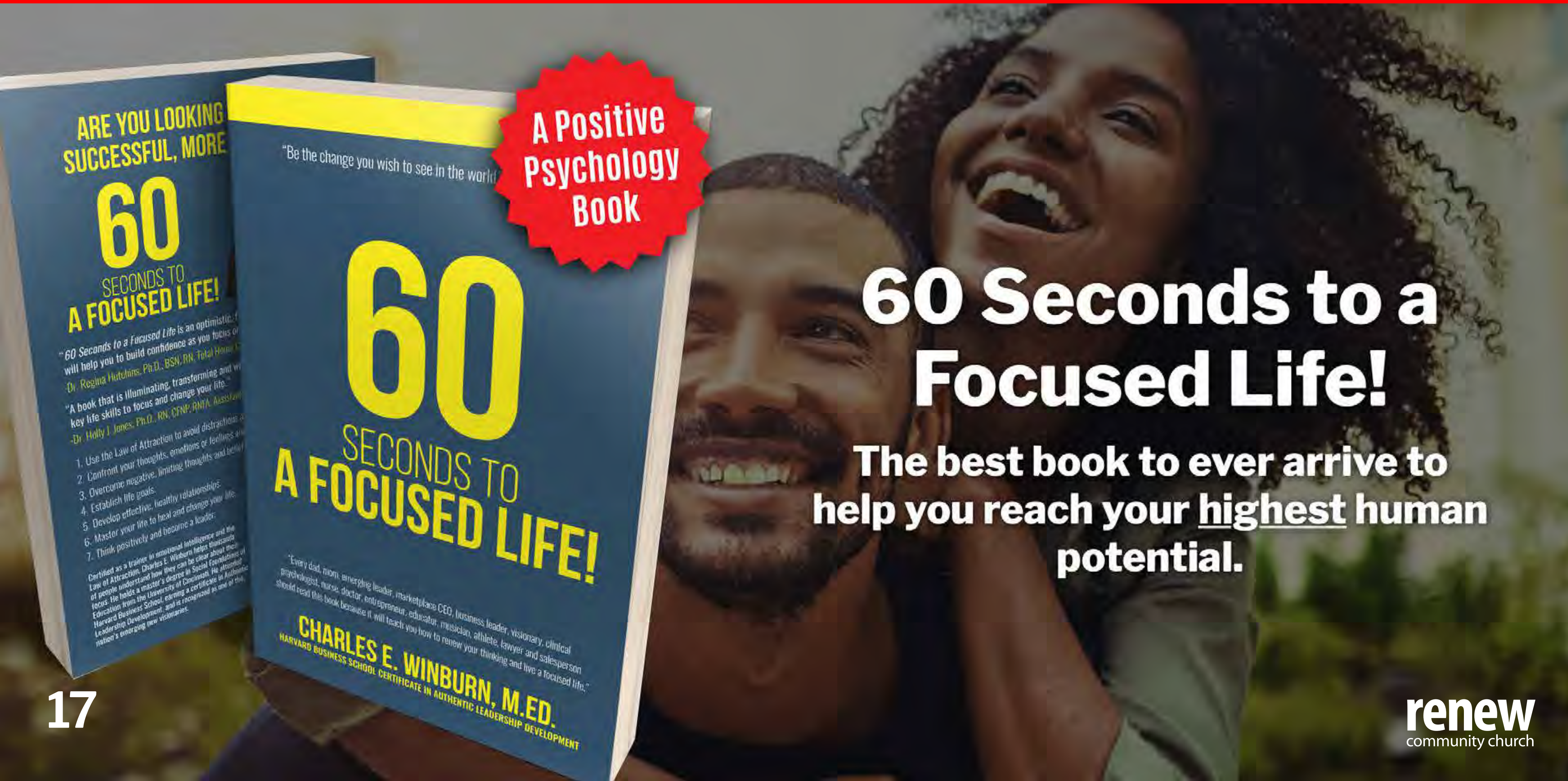
National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

www.thehotline.org

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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, RNTA, 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.

60

SECONDS TO
A FOCUSED LIFE!

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

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Romans 12:2

That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; And be renewed in the spirit of your mind; And that ye put on the new man, which after God is created in righteousness and true holiness.

Ephesians 4:22-24

Lie not one to another, seeing that ye have put off the old man with his deeds; And have put on the new man, which is renewed in knowledge after the image of him that created him.

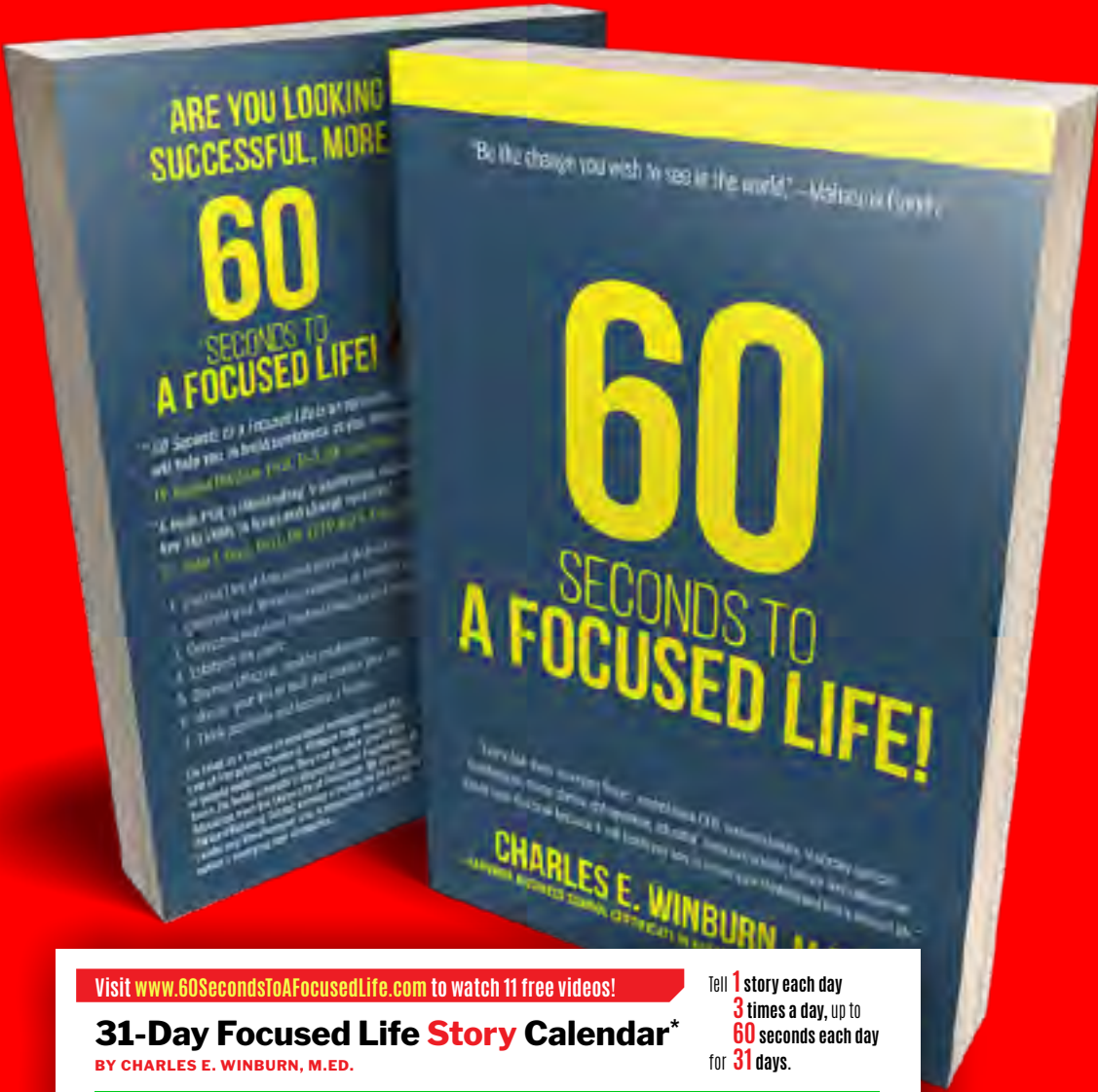
Colossians 3:9-10

**Therefore if any man be in Christ,
he is a new creature: old things are
passed away; behold, all things are
become new.**

2 Corinthians 5:17

**I am crucified with Christ:
nevertheless I live; yet not I, but
Christ liveth in me: and the life
which I now live in the flesh I live
by the faith of the Son of God, who
loved me, and gave himself for me.**

Galatians 2:20



What does it means to transform your life?

AI Research

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for 31 days.

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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 joyful and give great thanks on this today.	DAY 11 It is my divine and human right to be joyful and give great thanks on this today.	DAY 12 It is my divine and human right to be joyful and give great thanks on this today.	DAY 13 It is my divine and human right to be joyful and give great thanks on this today.	DAY 14 It is my divine and human right to be joyful and give great thanks on this 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 joyful and give great thanks on this today.	DAY 17 It is my divine and human right to be joyful and give great thanks on this today.	DAY 18 It is my divine and human right to be joyful and give great thanks on this today.	DAY 19 It is my divine and human right to be joyful and give great thanks on this today.	DAY 20 It is my divine and human right to be joyful and give great thanks on this today.	DAY 21 It is my divine and human right to be joyful and give great thanks on this 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 name of God, I pray in God today.	DAY 24 It is my divine and human right to pray in the name of God, I pray 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 focus on what I want, I focus on happiness 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 have great relationships 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 be transformed and renewed in my heart 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. Establishing a clear personal vision and purpose

- **Developing a well-defined sense of purpose (e.g., career, relationships, health) and setting long-term goals aligned with that purpose.**
- **This acts as a north star, guiding daily choices, priorities, and persistence through challenges.**

2. Adopting a healthier lifestyle

- Implementing regular exercise, balanced nutrition, adequate sleep, and stress-reduction practices.**
- Benefits include more energy, better mood, improved physical health, and a stronger foundation for pursuing other changes.**

3. Cultivating emotional intelligence and self-awareness

- Recognizing emotions, understanding triggers, and learning constructive responses rather than reactive ones.**
- Leads to healthier relationships, better decision-making, and resilience in tough situations.**

4. Building financial literacy and stability

- Creating a budget, reducing debt, saving, and prioritizing investments or learning about finances.**
- Reduces stress, increases security, and expands options for future opportunities.**

5. Developing disciplined daily routines

- **Creating routines that support consistent progress (e.g., time-blocking, habit stacking, morning/evening rituals).**
- **Transforms randomness into momentum, making long-term goals feel achievable.**

6. Pursuing meaningful education or skill development

- Committing to learning new skills or deepening knowledge in a chosen area (formal courses, self-study, mentors).**
- Expands capabilities, opens new career or hobby possibilities, and boosts confidence.**

7. Strengthening boundaries and self-advocacy

- Learning to say no, protect time, and communicate needs clearly in personal and professional contexts.**
- Reduces burnout, improves respect from others, and aligns actions with values.**

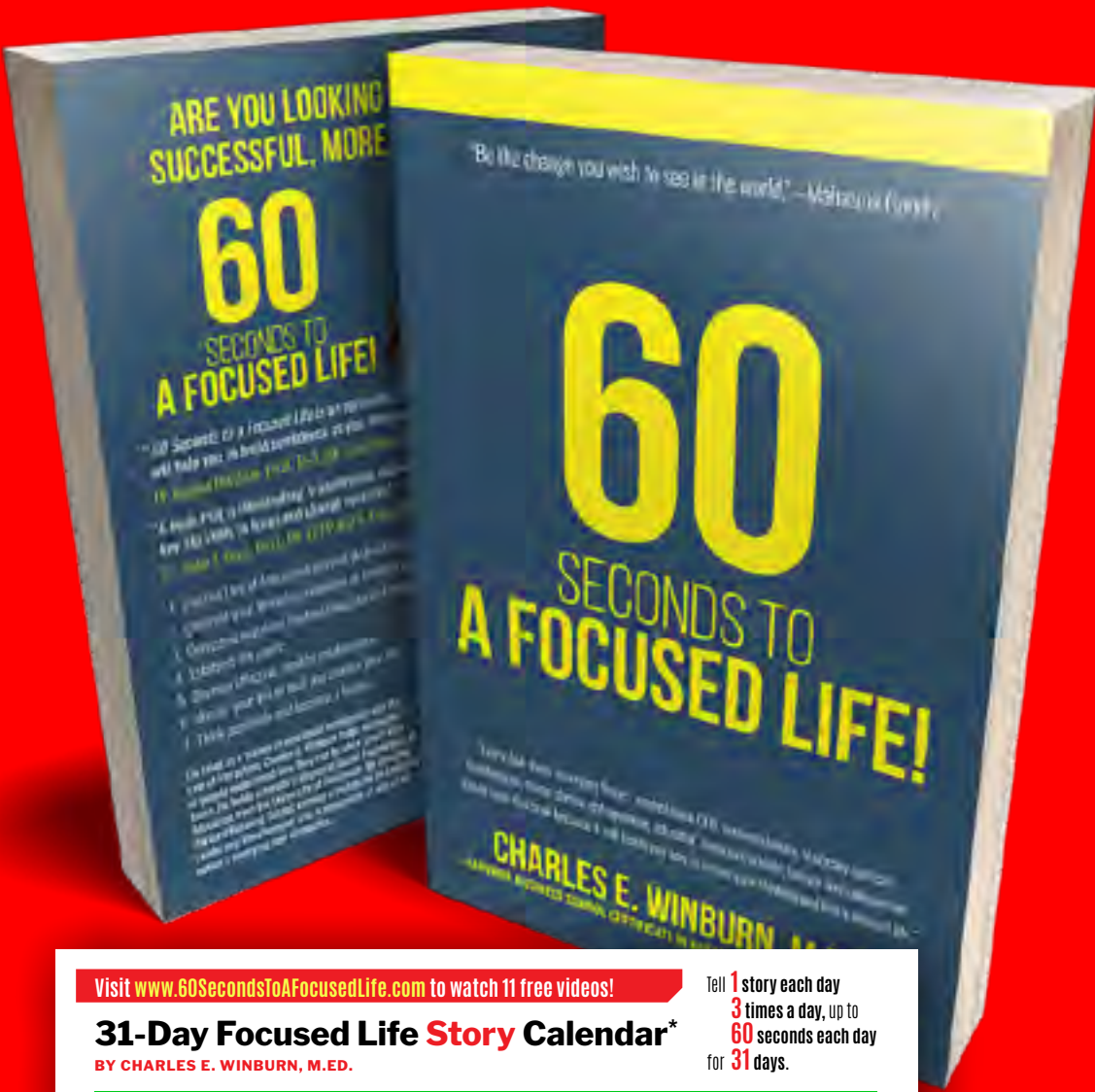
8. Building supportive relationships and community

- Cultivating a positive network of positive, learning-oriented people; seeking mentorship; prioritizing healthy, reciprocal connections.**
- Provides accountability, encouragement, perspectives that accelerate growth.**

- 9. Embracing a growth mindset and reframing failures**
 - **Viewing setbacks as learning opportunities, not fixed limits.**
 - **Encourages experimentation, resilience, and ongoing improvement.**

10. Aligning work with values and purpose (career pivot or entrepreneurship)

- Shifting to work that matches core values, pursuing entrepreneurship, or creating social impact.**
- Increases fulfillment, motivation, and a sense of control over one's path.**



10 reasons why reforming a life might not lead to a positive change

AI Research

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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 have a great outlook on life today.	DAY 10 It is my divine and human right to 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 by self and others and share peace 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, 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 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 peace and stillness today.	DAY 24 It is my divine and human right to walk in the will of God. I trust 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 focus on what I want. I focus on happiness 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.
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- 1. Lack of clear, achievable goals:**
Without specific targets, efforts drift, progress stalls, and motivation wanes because there's no measurable endpoint to strive toward.

2. Insufficient intrinsic motivation: Change driven by external pressure (guilt, others' expectations) often fades once the pressure drops, making sustained improvement unlikely.

- 3. Inadequate support system:**
A weak network of friends, family, or mentors can leave the person isolated, reducing accountability, encouragement, and practical help when challenges arise.

- 4. Overwhelming or unrealistic expectations:** Setting drastic changes too quickly can lead to burnout, self-criticism, and discouragement when early difficulties appear, undermining ongoing reform.

5. Persistent negative self-talk and mindsets: Deep-seated beliefs like “I’m not capable” or “I’ll fail anyway” inhibit action, create self-sabotage patterns, and erode progress before it compounds.

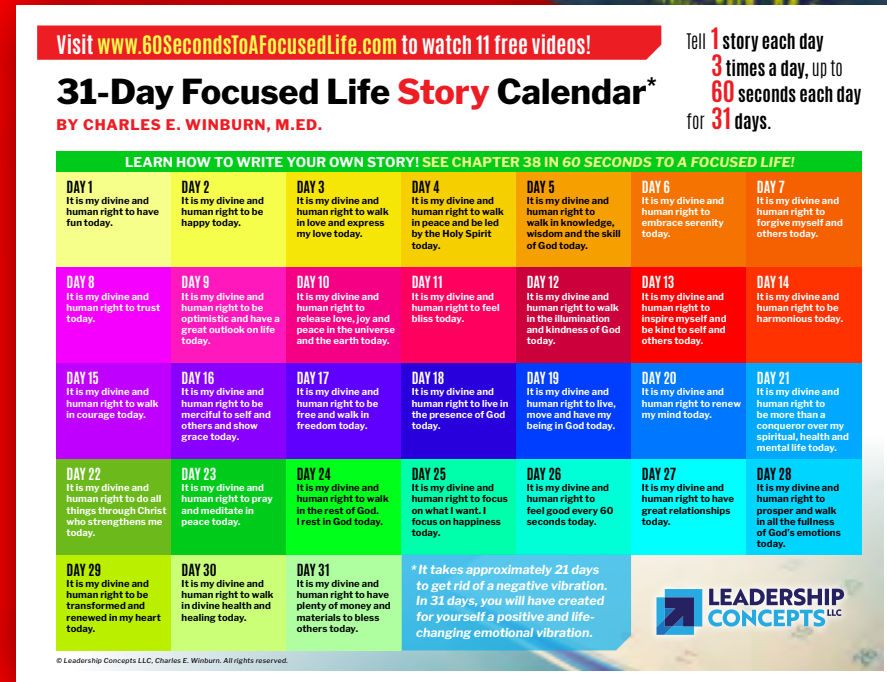
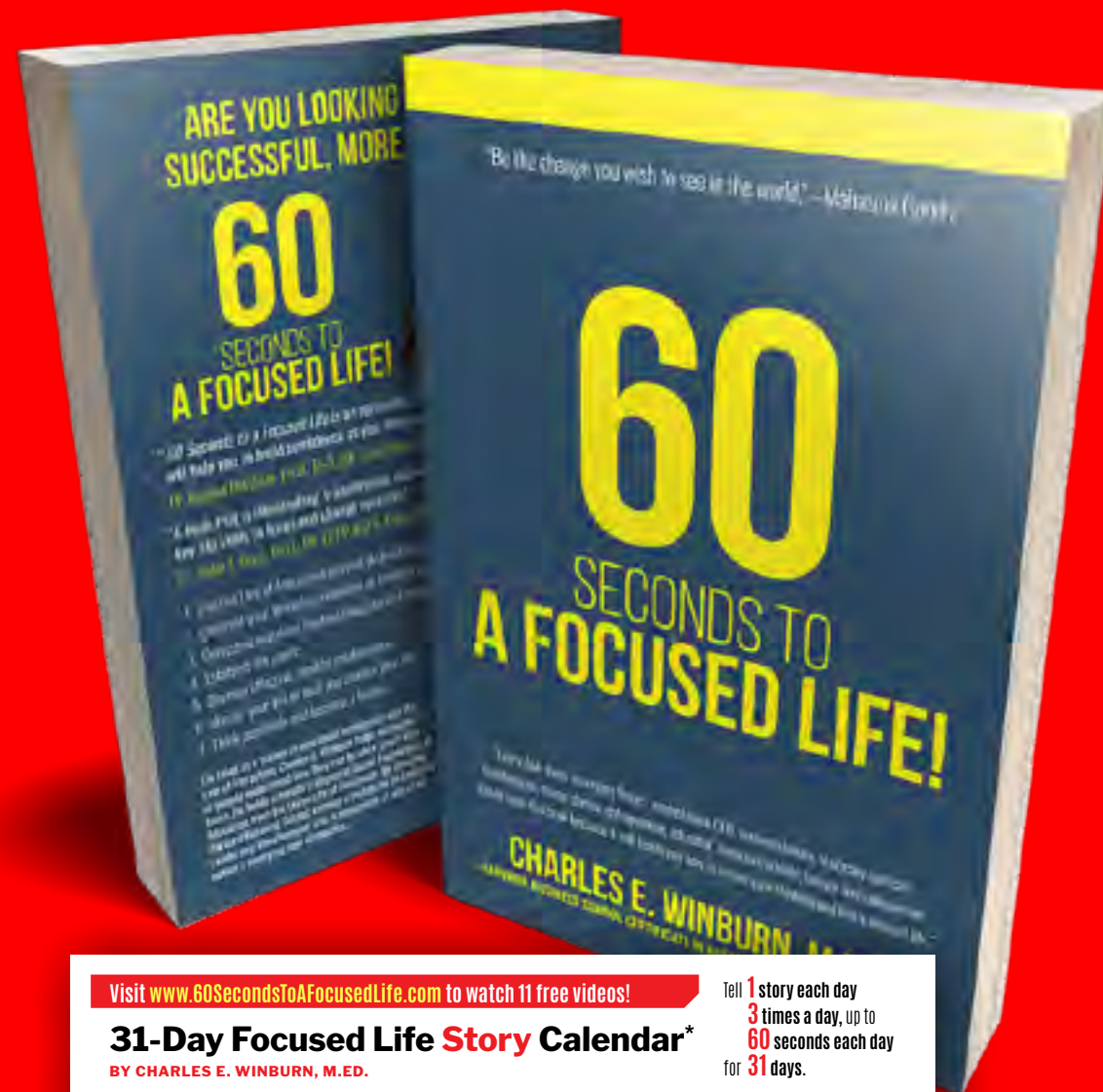
6. Skipping planning and practical steps: Reform without concrete routines, timelines, or small, repeatable habits makes it easy to revert to old behaviors under stress.

7. Focusing on willpower alone: Relying solely on sheer determination ignores environmental cues, habit formation principles, and coping strategies that sustain change in real life.

- 8. Unaddressed root causes:**
If underlying issues (mental health, trauma, addiction, unmet needs) aren't treated, reform efforts may be temporary or complicated by those unresolved factors.

- 9. Resistance to feedback and adaptation:** Dismissing feedback or insisting on perfect outcomes prevents adjustments that would improve strategies and increase the chance of genuine change.

10. Insufficient time and patience:
Genuine life reform takes time. Expecting quick results can lead to discouragement, premature abandonment, or settling for partial reform.



20 differences between
a person who is a positive
transformer in life and a
negative reformer in life

AI Research

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1. Core mindset

- **Positive transformer: Sees possibility, growth, and better outcomes.**
- **Negative reformer: Focuses on faults, resistance, and what's wrong.**

2. Relationship with change

- **Positive transformer: Embraces change as an opportunity.**
- **Negative reformer: Resists change and complains about disruption.**

3. Focus of influence

- **Positive transformer: Elevates others, builds people up.**
- **Negative reformer: Corrects others often, but can demoralize.**

4. Communication style

- **Positive transformer: Collaborative, hopeful, constructive feedback.**
- **Negative reformer: Critical, prescriptive, sometimes punitive feedback.**

5. Problem-solving approach

- **Positive transformer: Seeks solutions that empower and scale.**
- **Negative reformer: Points out problems without actionable paths.**

6. Accountability

- **Positive transformer: Takes responsibility and models accountability.**
- **Negative reformer: Shifts blame and highlights others' faults.**

7. Risk tolerance

- **Positive transformer: Willing to take calculated risks for progress.**
- **Negative reformer: Avoids risk or overestimates dangers.**

8. Energy and optimism

- **Positive transformer: Generates energy, enthusiasm, and momentum.**
- **Negative reformer: Drains energy with skepticism or cynicism.**

- 9. Focus on systems vs. people**
- **Positive transformer: Builds systems that enable people to improve.**
 - **Negative reformer: Focuses on policing behavior rather than enabling growth.**

10. Learning orientation

- **Positive transformer: Learns from failures and iterates.**
- **Negative reformer: Fixates on past mistakes and perpetuates blame.**

11. Vision for the future

- **Positive transformer: Paints a hopeful, inclusive, long-term vision.**
- **Negative reformer: Highlights a bleak or narrow view of the future.**

12. Collaboration style

- **Positive transformer: Seeks diverse input and co-creation.**
- **Negative reformer: Dictates changes and marginalizes dissent.**

13. Impact on culture

- **Positive transformer: Cultivates trust, psychological safety, and growth mindset.**
- **Negative reformer: Creates fear, defensiveness, and stagnation.**

14. Recognition and motivation

- **Positive transformer: Recognizes contributions and motivates intrinsic growth.**
- **Negative reformer: Rewards conformity or punishes deviation.**

15. Conflict handling

- **Positive transformer: Addresses conflict with empathy and resolution.**
- **Negative reformer: Escalates conflicts or avoids addressing them.**

16. Adaptability

- **Positive transformer: Adapts strategies based on feedback and data.**
- **Negative reformer: Clings to rigid methods regardless of results.**

17. Integrity in action

- **Positive transformer: Aligns actions with stated values and ethics.**
- **Negative reformer: Highlights ethical gaps in others while excusing own missteps.**

18. Speed of progress

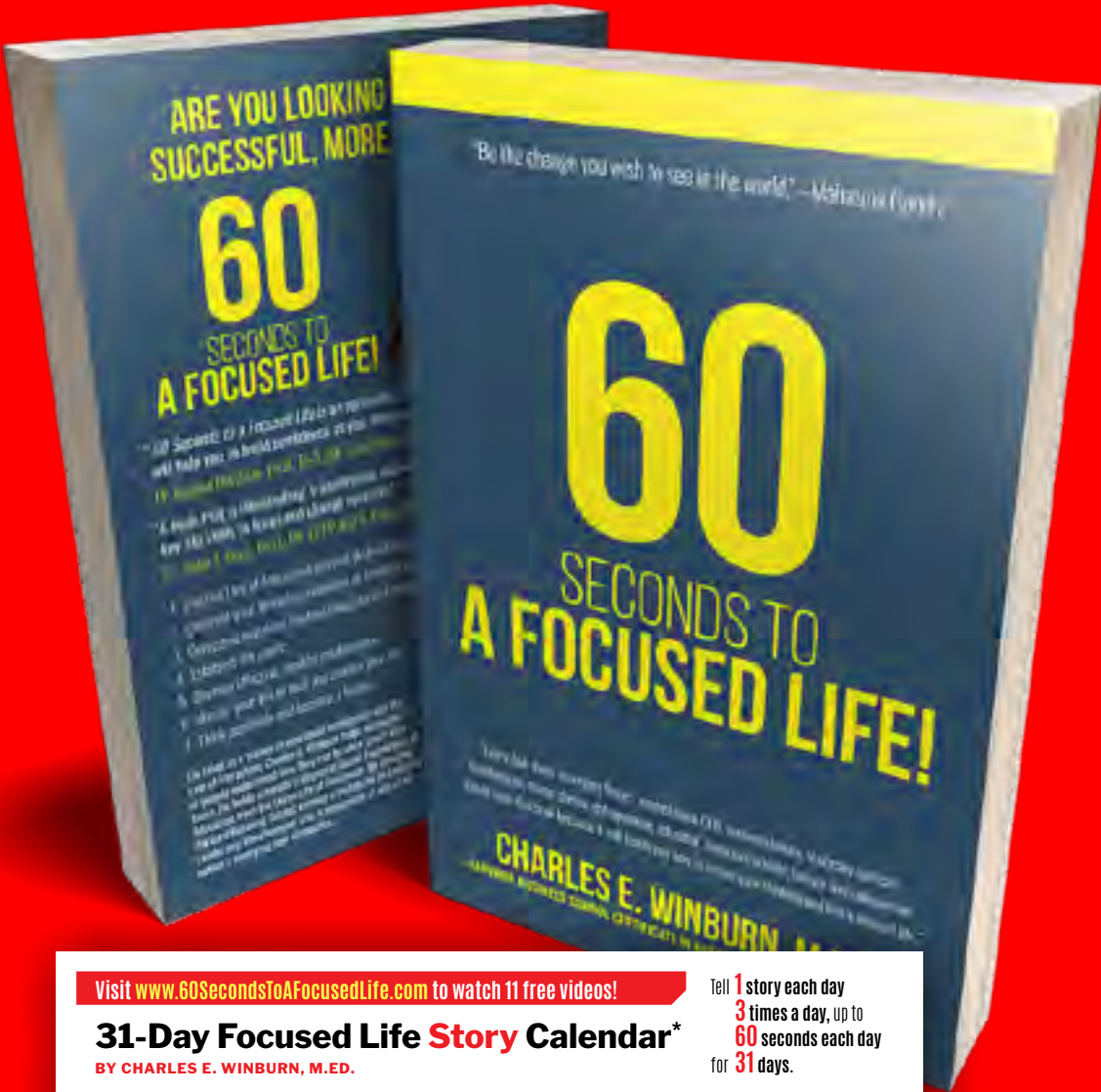
- **Positive transformer: Balances speed with quality and inclusivity.**
- **Negative reformer: Prioritizes speed at the expense of quality or buy-in.**

19. Personal growth emphasis

- **Positive transformer: Invests in personal development to uplift others.**
- **Negative reformer: Keeps focus on others' shortcomings, less on self-growth.**

20. Long-term legacy

- **Positive transformer: Leaves a legacy of empowerment, learning, and sustainable change.**
- **Negative reformer: Leaves a legacy of critique, friction, and recurring conflicts.**



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17 ways to change your life

AI Research

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- 1. Write down 7 things that you want**
 - **Make them specific, measurable, and time-bound.**
 - **Review daily and adjust as needed.**
 - **Visualize achieving each item to reinforce motivation.**

- **Break each goal into small steps.**
- **Celebrate small wins along the way.**

2. Focus on what you want

- Keep a running list of desired outcomes.**
- Filter distractions that pull you away from your goals.**
- Use affirmations aligned with your objectives.**

- **Track progress to stay on course.**
- **Share your focus with a trusted accountability partner.**

3. Give zero attention to what you want (and redirect your energy)

- Redirect energy into actions that support your goals.**
- Limit exposure to negative inputs that derail you.**
- Replace rumination with constructive habits.**

- **Practice mindfulness to catch yourself drifting.**
- **Replace complaints with problem-solving.**

4. Resolve your childhood trauma

- Seek professional guidance if needed (therapist, counselor).**
- Process with journaling and safe, supportive conversations.**
- Build a supportive environment to improve healing.**

- **Develop healthy coping strategies for triggers.**
- **Set realistic expectations and give yourself time.**

5. Practice being emotionally happy every 60 seconds each day

- Create micro-habits that invite positive states.**
- Use quick grounding techniques (breath, body scan).**
- Identify and pause before reacting emotionally.**

- **Appreciate small joys in the moment.**
- **Log moments of positive emotion to reinforce pattern.**

- 6. Read the book *60 Seconds to a Focused Life!* by Charlie Winburn**
- Highlight key concepts and apply one each day.**
 - Create a quick 1-minute summary for daily recall.**
 - Discuss insights with a study partner or group.**

- **Implement one practical habit per week from the book.**
- **Reflect on changes weekly to deepen understanding.**

7. Read Charlie Winburn's *31-Day Focused Life Story* Calendar each day

- **Extract a daily takeaway and action.**
- **Keep a notebook of wins and challenges.**
- **Pair with a buddy to share progress.**

- **Create a personal adaptation of each day's lesson.**
- **Revisit favorite days for reinforcement.**

- 8. Break soul ties with past sexual partners by focusing on love, joy, peace, happiness**
- Practice forgiving yourself and others.**
 - Replace lingering attachments with daily rituals of self-care.**
 - Create boundaries that protect your energy.**

- **Engage in activities that reinforce self-worth.**
- **Journal your healing milestones.**

9. Rewrite negative beliefs, negative emotions, and negative memories with view toward walking in daily love, peace, and happiness

- Identify core limiting beliefs and reframe.**
- Use evidence-based affirmations to counter old scripts.**

- **Do exposure work gradually to reshape memories.**
- **Pair rewrites with behavioral experiments that prove new beliefs.**
- **Practice daily gratitude to anchor positive memory patterns.**

10. Establish a daily morning routine that sets your intention

- Include hydration, movement, and a quick planning session.**
- Write 3 priorities for the day.**
- Limit screen time for the first 60 minutes.**

- **End with a moment of gratitude or reflection.**
- **Adjust routine seasonally to stay fresh.**

11. Create a personal vision statement (your north star)

- Clarify who you want to be in 1–5 years.**
- Ensure it aligns with your values.**
- Read it aloud each morning and night.**

- **Use it to guide decisions and commitments.**
- **Update as you grow.**

12. Build a simple, sustainable fitness habit

- **Pick an activity you enjoy (walk, swim, bike, yoga).**
- **Start with 15 minutes a day and increase gradually.**
- **Track consistency, not perfection.**

- **Pair workouts with social or music elements.**
- **Celebrate consistency milestones.**

13. Learn a new skill or hobby for 15 minutes daily

- **Choose skills that complement your goals (coding, cooking, music).**
- **Use micro-lessons or short projects.**
- **Schedule it as a non-negotiable calendar block.**

- **Create a small portfolio or record of progress.**
- **Share progress with a friend for accountability.**

14. Practice intentional digital wellbeing

- **Set designated tech-free times.**
- **Unfollow or mute negativity-inducing accounts.**
- **Use apps that limit distractions.**

- **Create a clean, organized digital workspace.**
- **Replace mindless scrolling with meaningful content.**

15. Nourish your body with purposeful nutrition

- Plan meals to balance energy and mood.**
- Hydrate adequately throughout the day.**
- Notice how different foods affect focus and mood.**

- **Prepare meals in advance to reduce friction.**
- **Enjoy meals mindfully, without rushed eating.**

16. Cultivate a robust support circle

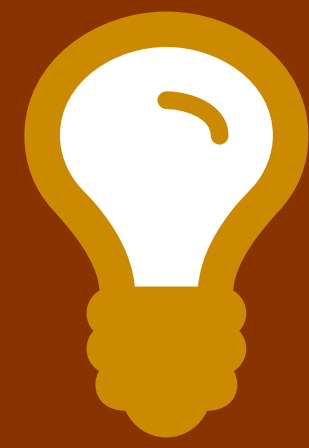
- **Identify people who lift you up and align with your goals.**
- **Schedule regular check-ins and support sessions.**
- **Offer support in return to strengthen reciprocity.**

- **Create a small “mastermind” group for accountability.**
- **Distance from negative influences when needed.**

17. Practice daily journaling for self-discovery

- Use prompts focused on growth, gratitude, and learning.**
- Include sections for wins, lessons, and next steps.**
- Review past entries monthly to observe growth.**

- **Keep entries concise for consistency.**
- **Use journaling as a pressure-release and clarity tool.**



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