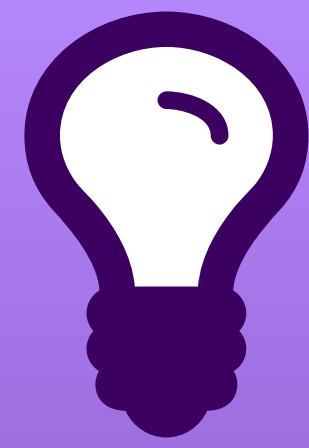




MASTERMIND CLASS & CLINIC 2026 E-BOOK AND TOOLKIT



Master Life Coach
Charlie Winburn



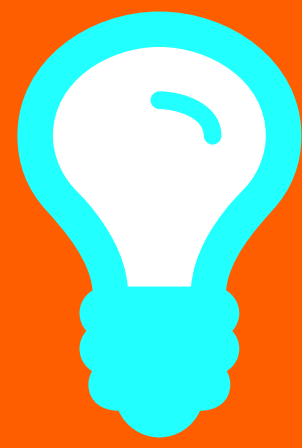
Coach Chuck Futel



Coach Dan Ray

SELF-CARE

By Charles E. Winburn, M.Ed.



MASTERMIND CLASS & CLINIC 2026



Master Life Coach
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

SELF-CARE!

ARE YOU TAKING CARE OF YOUR MENTAL HEALTH?

By Charles E. Winburn, M.Ed.



MASTERMIND CLASS & CLINIC 2026



Master Life Coach
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

SELF-CARE!

WHEN ARE YOU GOING TO START
TAKING CARE OF YOURSELF?

By Charles E. Winburn, M.Ed.



MASTERMIND CLASS & CLINIC 2026



Master Life Coach
Charlie Winburn



Coach Chuck Futel

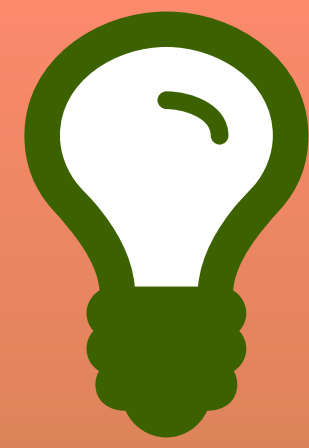


Coach Dan Ray

SELF-CARE!

**ARE YOU TAKING CARE OF
YOUR PHYSICAL HEALTH?**

By Charles E. Winburn, M.Ed.



MASTERMIND CLASS & CLINIC 2026



Master Life Coach
Charlie Winburn



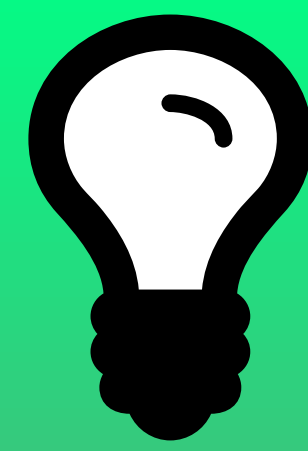
Coach Chuck Futel



Coach Dan Ray

7 STEPS TO PREPARE FOR SELF-CARE!

By Charles E. Winburn, M.Ed.



MASTERMIND CLASS & CLINIC 2026



Master Life Coach
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

SELFISHNESS VS. SELF-CARE

WHAT'S THE DIFFERENCE? LEARN SUNDAY!

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

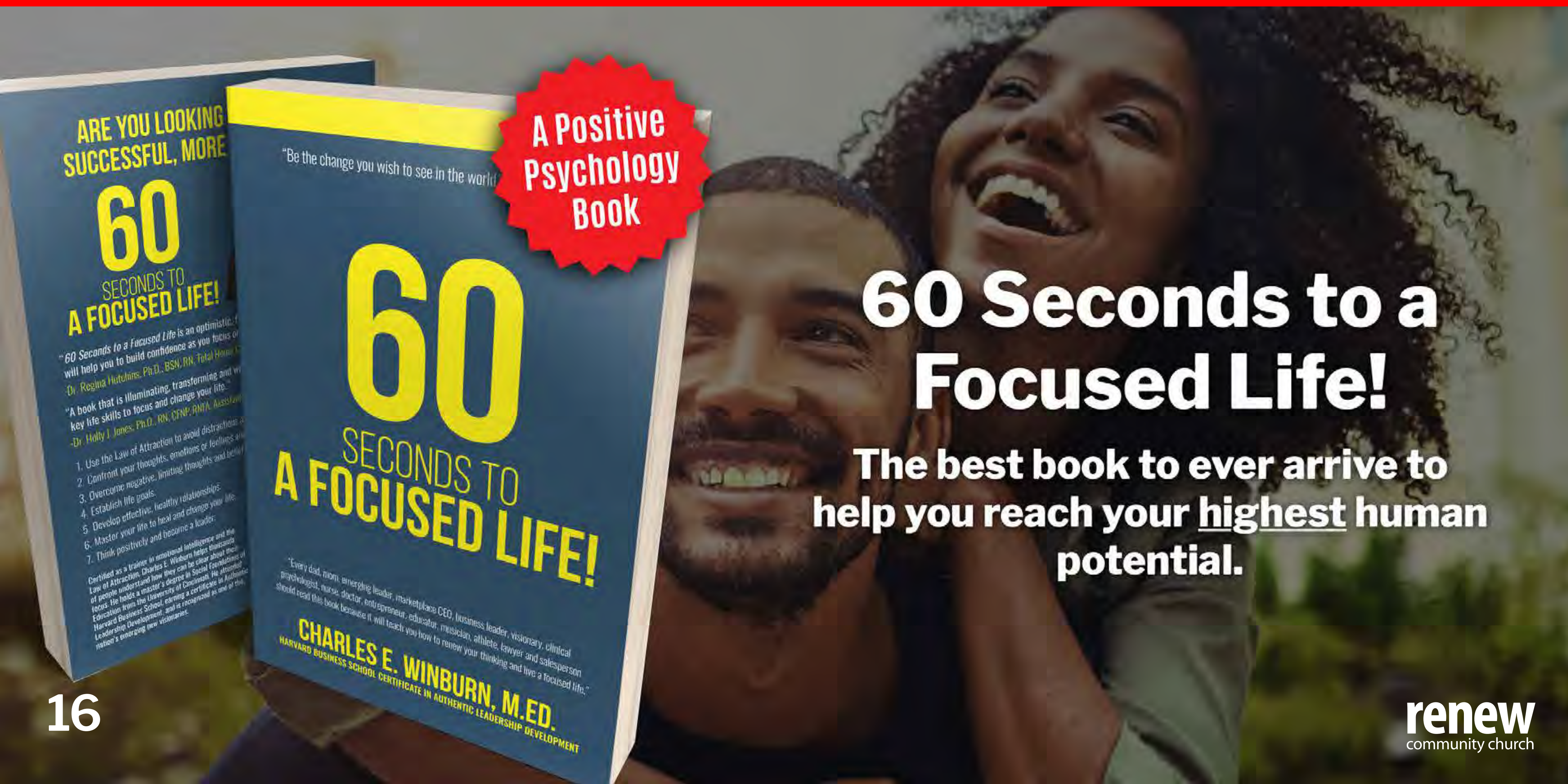
National Domestic Violence Hotline

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...
will help you to build confidence as you focus on...
Dr. Regina Hutolins, Ph.D., BSN, RN, Total Home Care

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

1. Use the Law of Attraction to avoid distractions and
2. Confront your thoughts, emotions or feelings and
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

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

Philippians 4:6-7

**And the very God of peace sanctify
you wholly; and I pray God your
whole spirit and soul and body
be preserved blameless unto the
coming of our Lord Jesus Christ.**

1 Thessalonians 5:23

**What? know ye not that your body
is the temple of the Holy Ghost...
therefore glorify God in your body,
and in your spirit, which are God's.**

1 Corinthians 6:19-20

**Beloved, I wish above all things
that thou mayest prosper and be in
health, even as thy soul prospereth.**

3 John 1:2

**Present your bodies a living
sacrifice... and be not conformed
to this world but be ye transformed
by the renewing of your mind.**

Romans 12:1-2

**Examine yourselves, whether ye be
in the faith; prove your own selves.**

2 Corinthians 13:5

**That he would grant you, according
to the riches of his glory, to be
strengthened with might by his
Spirit in the inner man...
that ye might be filled with
all the fulness of God.**

Ephesians 3:16-19

**Put off concerning the former
conversation the old man... and be
renewed in the spirit of your mind;
and that ye put on the new man,
which after God is created
in righteousness.**

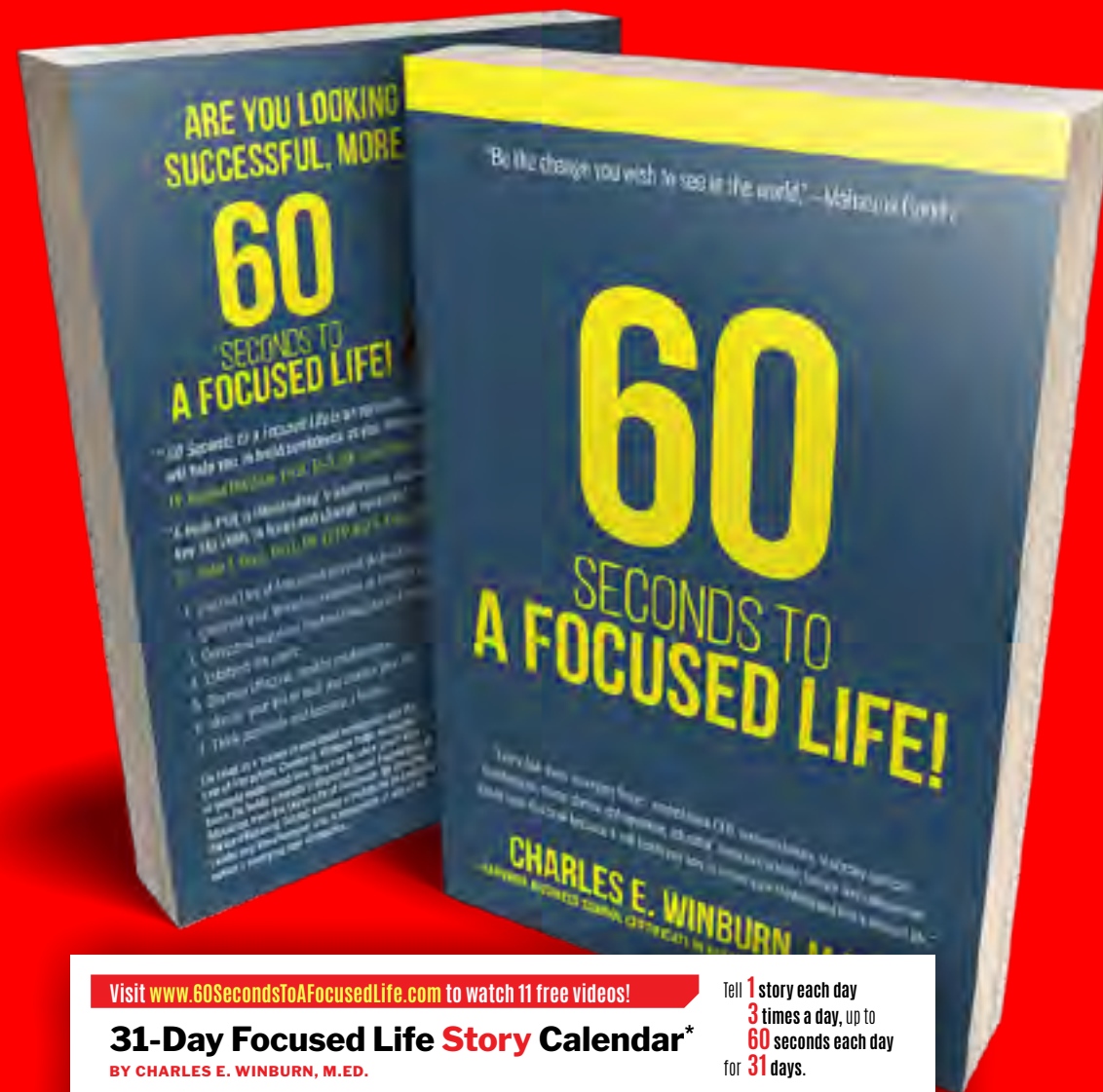
Ephesians 4:22-24

**But ye, beloved, building up
yourselves on your most holy faith,
praying in the Holy Ghost... keep
yourselves in the love of God.**

Jude 1:20-21

**But they that wait upon the LORD
shall renew their strength;
they shall mount up with wings
as eagles...**

Isaiah 40:31



Visit www.60SecondsToAFocusedLife.com to watch 11 free videos!						Tell 1 story each day 3 times a day, up to 60 seconds each day for 31 days.
31-Day Focused Life Story Calendar* 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 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 outlook on life today.	DAY 10 It is my divine and human right to be peaceful, joy and peace in the universe and live 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 confident, be self and others and share grace 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 strengthen me today.	DAY 23 It is my divine and human right to pray in the end of God's peace today.	DAY 24 It is my divine and human right to walk in the end of God's love 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, Charles E. Winburn. All rights reserved.						LEADERSHIP CONCEPTS LLC

10 negative reasons being selfish is a very bad thing

AI Research

60SecondsToAFocusedLife.com

- 1. It damages trust:** People may stop believing promises, because they expect you to prioritize yourself.

2. It harms relationships: Regular self-prioritizing can create resentment and emotional distance over time.

3. It causes unfairness: Others' needs get treated as less important, which can feel exploitative.

4. It reduces empathy: You may struggle to recognize or care about how your choices affect others.

5. It creates conflict: Ego-driven decisions often lead to arguments, tension, or power struggles.

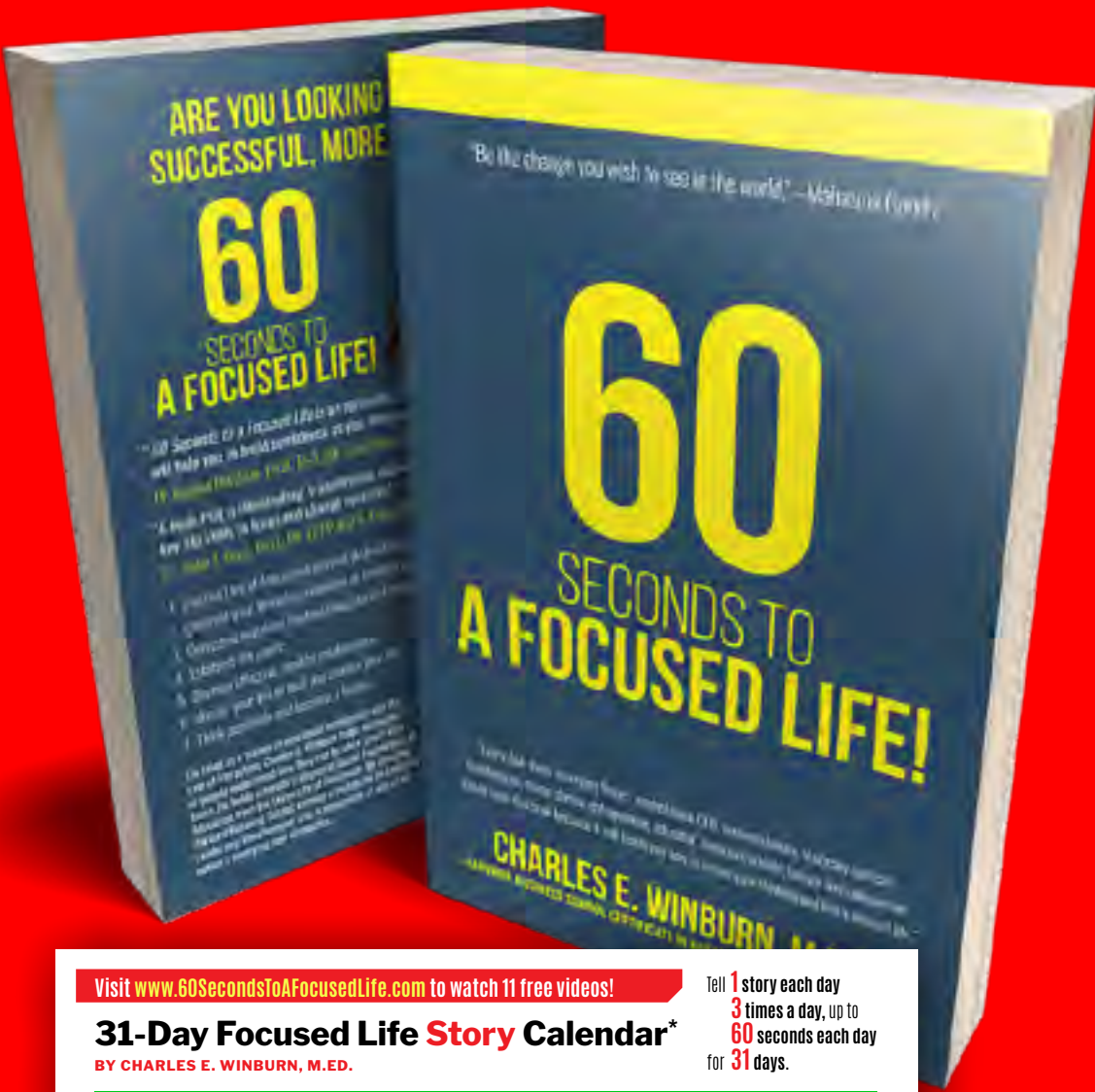
- 6. It can encourage manipulation:**
Selfish goals sometimes involve using people—whether through guilt, promises, or pressure.

- 7. It weakens community and teamwork:** When everyone only looks out for themselves, groups can't function well or solve shared problems.

- 8. It leads to short-term thinking:**
You might chase immediate gain even when it costs long-term stability, respect, or wellbeing.

- 9. It can normalize bad behavior:**
Repeated selfish acts can become a habit, making harmful patterns harder to change.

10. It increases the risk of harm: Self-centered choices can directly injure others (emotionally, financially, or physically).



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 be in love and experience my love today.	DAY 4 It is my divine and human right to walk in grace and to feel 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 feel emotional and great outlook on life today.	DAY 10 It is my divine and human right to feel peace, joy and pleasure 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, 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 and meditate in peace 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 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

10 examples of real “bad selfish acts” (harmful actions people can do)

AI Research

60SecondsToAFocusedLife.com

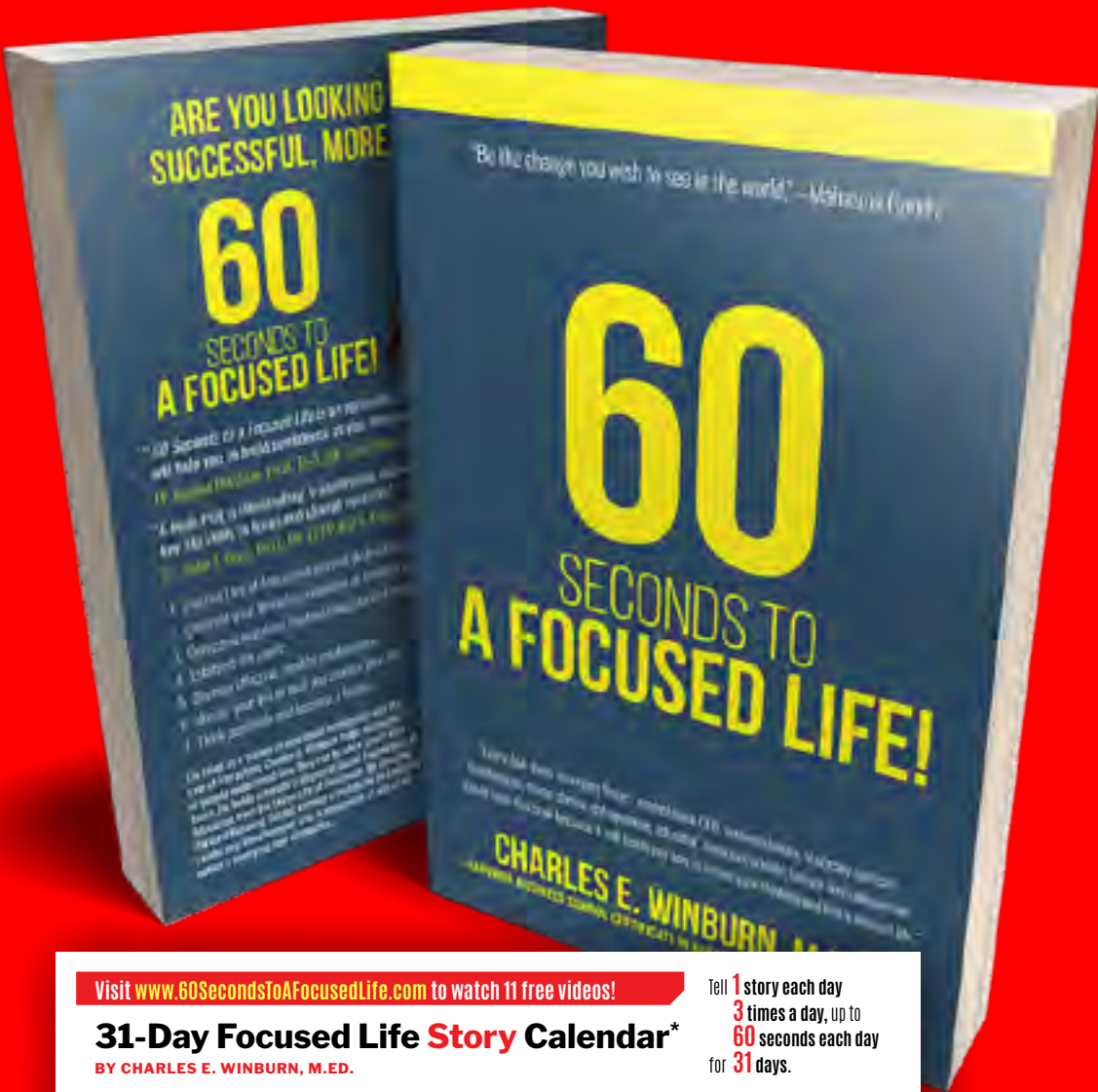
- 1. Cutting in line and taking a spot that was meant for someone else.**
- 2. Taking credit for a teammate's work while pretending you did the effort.**

- 3. Refusing to share when you knowingly have enough and others don't (money, food, resources).**
- 4. Using emergencies to demand special treatment even when it's unnecessary and punishes others.**

- 5. Ghosting after benefiting from someone's help (e.g., asking for favors, then disappearing).**
- 6. Withholding money or support you agreed to provide (child support, repayment, rent contributions).**

- 7. Overspending on yourself while someone dependent (family/partner) can't afford necessities.**
- 8. Taking advantage of kindness—accepting help repeatedly, then refusing to reciprocate or contribute.**

- 9. Spreading excuses or lies to avoid accountability while others suffer the consequences.**
- 10. Endangering others for convenience, like driving recklessly, ignoring safety rules, or breaking agreements that protect people.**



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 be in love and experience my love today.	DAY 4 It is my divine and human right to walk in love and express my love 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 live 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 successful, do and achieve 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 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

7 steps for preparing yourself for self-care

AI Research

60SecondsToAFocusedLife.com

1. Make resolving childhood trauma your number one priority

- **Self-care starts with healing what hurt you early. Childhood trauma can affect how you think, feel, trust, set boundaries, and handle stress.**

- **When you take this seriously, you're not just “trying to feel better,” you're removing the root cause of emotional pain.**
- **This can include therapy, journaling, prayer/meditation, support groups, and learning coping skills.**

2. Focus on what you really, really want in life

- When you don't know what you want, you often drift and end up repeating the same emotional patterns.**

- **Focus means you choose direction: what kind of life you want, what kind of relationships you want, and what kind of person you're building into.**
- **A helpful self-care step is to write 3–5 “core desires” and revisit them regularly.**

3. Give zero attention to what you don't want in life

- This doesn't mean you ignore reality—it means you stop feeding your mind with fear, obsession, or constant complaining about what you don't want.**

- **Constant attention can keep the unwanted thing “alive” in your mind, emotions, and decisions.**
- **Redirect your attention to solutions, boundaries, and what you can control.**

- 4. Commit to becoming an emotionally happy person by walking in love, joy, and peace**
 - Emotional happiness becomes a practice and a choice—not something you wait for from other people.**

- **“Walking in love, joy, and peace” means your daily attitude and actions reflect those values even when life is uncomfortable.**
- **This also helps you stop emotional dependency—because you become your own source of inner stability.**

- 5. Become intentional about self-care by making it a priority**
 - Intentional means you plan for your well-being, not only when you're already exhausted.**

- **Self-care can include physical care (sleep, food, movement), mental care (quiet time, journaling, learning), and spiritual care (prayer, faith, gratitude).**
- **Treat self-care like an appointment: something you protect.**

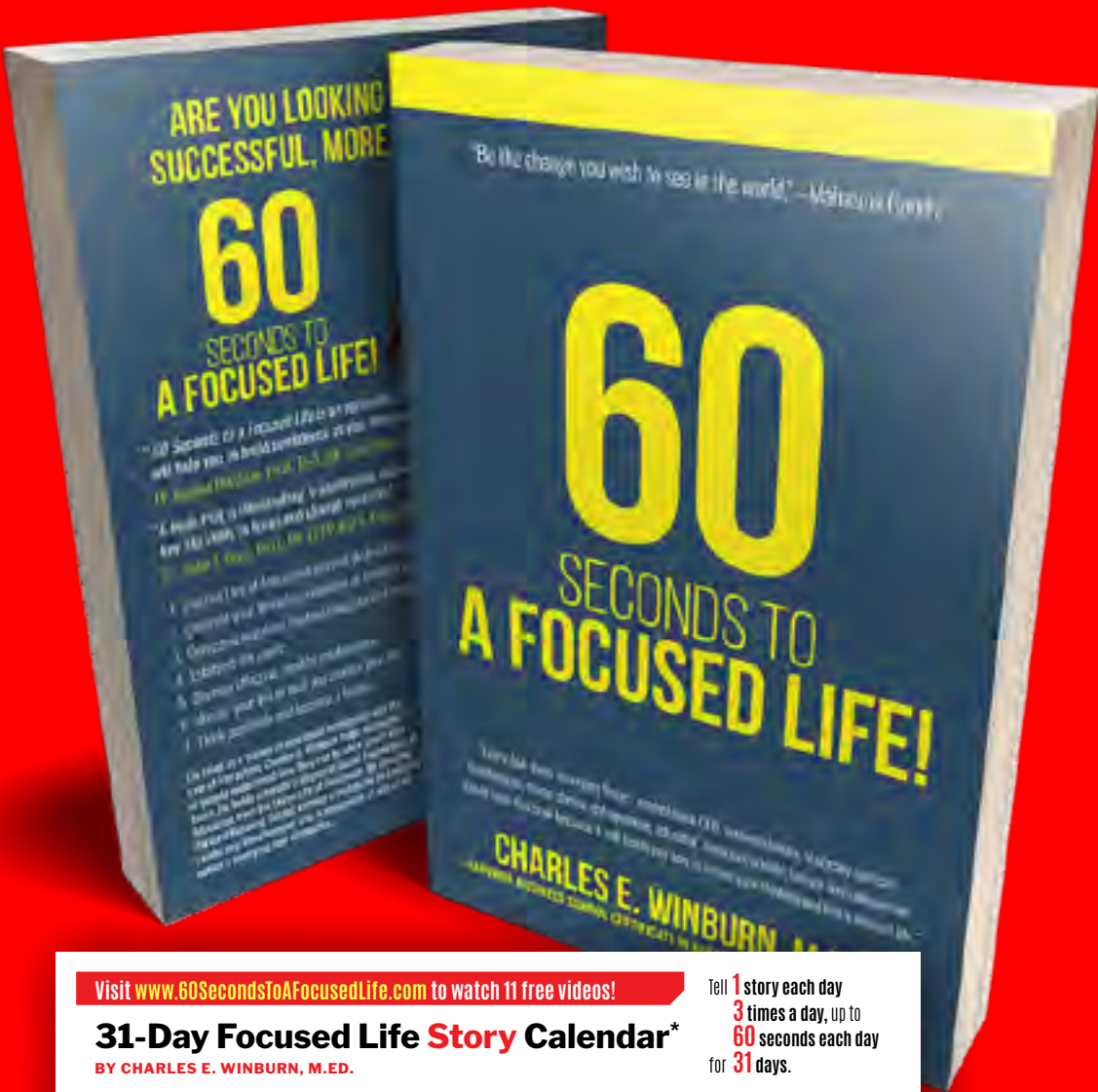
- 6. Spend less time trying to make other people happy**
 - People-pleasing often drains you emotionally and leads to resentment, burnout, and losing yourself.**

- **Self-care requires boundaries: you can be kind without being controlled by others' approval.**
- **Ask yourself: “Am I choosing this, or am I doing it to avoid rejection?”**

7. Let your faith be toward God and no one else

- When your hope is rooted in God, you're less likely to collapse emotionally when people fail you.**

- **Faith helps you stay grounded, especially during healing and uncertainty.**
- **This can look like prayer, reading scripture, worship, gratitude, and trusting God's timing—while still taking practical steps for your healing.**



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 love and express my love today.	DAY 5 It is my divine and human right to walk in love and express my love 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 love and great outlook on life today.	DAY 10 It is my divine and human right to love and great outlook on life today.	DAY 11 It is my divine and human right to love and great outlook on life today.	DAY 12 It is my divine and human right to love and great outlook on life today.	DAY 13 It is my divine and human right to love and great outlook on life today.	DAY 14 It is my divine and human right to love and great outlook on life today.
DAY 15 It is my divine and human right to walk in love today.	DAY 16 It is my divine and human right to be loved and love others today.	DAY 17 It is my divine and human right to be loved and love others today.	DAY 18 It is my divine and human right to be loved and love others today.	DAY 19 It is my divine and human right to be loved and love others today.	DAY 20 It is my divine and human right to be loved and love others today.	DAY 21 It is my divine and human right to be loved and love others 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 today.	DAY 24 It is my divine and human right to pray in peace today.	DAY 25 It is my divine and human right to focus on what I want today.	DAY 26 It is my divine and human right to focus on what I want today.	DAY 27 It is my divine and human right to focus on what I want today.	DAY 28 It is my divine and human right to focus on what I want 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.			

© Leadership Concepts LLC, Charles E. Winburn. All rights reserved.

LEADERSHIP CONCEPTS LLC

Examples of practicing genuine self-care

AI Research

60SecondsToAFocusedLife.com

1. Getting enough sleep

- **Sticking to a consistent bedtime/wake time**
- **Taking a wind-down routine (dim lights, no scrolling)**

2. Eating nourishing meals

- **Choosing balanced meals with protein, fiber, and healthy fats**
- **Drinking water regularly**

3. Moving your body intentionally

- Going for a walk or stretching**
- Doing strength or mobility work 2–3 times a week**

4. Taking real rest breaks

- **Stepping away from work instead of pushing through fatigue**
- **Using a short break to breathe or reset**

5. Keeping up with personal hygiene

- Showering, brushing teeth, and doing skin/hair care**
- Changing into clean clothes regularly**

6. Doing laundry and basic home upkeep

- **Washing sheets/towels**
- **Keeping your living space “good enough”**

7. Managing your stress

- **Practicing mindfulness or deep breathing**
- **Journaling to process emotions**

8. Limiting harmful habits

- **Reducing alcohol, vaping, or mindless doom-scrolling**
- **Cutting back on caffeine if it disrupts sleep**

9. Setting boundaries with others

- Saying “no” when you’re overloaded**
- Not responding immediately to every message**

10. Asking for help when you need it

- **Talking to a trusted friend**
- **Scheduling therapy or coaching if beneficial**

11. Engaging in joy and play

- **Doing a hobby just because it feels good**
- **Watching something fun without guilt**

12. Spending time in nature

- **Sitting outside or taking a short walk in a park**
- **Getting sunlight during the day**

13. Practicing relaxation techniques

- **Using guided meditation or progressive muscle relaxation**
- **Trying a warm bath or shower for calming**

14. Being kind to yourself internally

- **Using supportive self-talk instead of harsh criticism**
- **Replacing “I’m failing” with “I’m learning”**

15. Making time for connection

- **Calling a friend or having a meaningful conversation**
- **Joining a community or group activity**

16. Checking in with your body

- **Noticing hunger, thirst, pain, or tension**
- **Resting when you're run down**

17. Reducing digital overload

- **Turning off notifications**
- **Doing device-free time each day**

18. Creating a comfortable environment

- **Keeping your space tidy enough to feel calm**
- **Using lighting, scent, or music that helps you relax**

19. Prioritizing health appointments

- **Going to checkups and dental visits**
- **Following through on recommended screenings**

20. Exercising at a sustainable level

- **Choosing workouts you can maintain**
- **Taking rest days without punishment**

21. Uncluttering your mind

- **Writing down tasks so they stop swirling**
- **Clearing one small area you've been avoiding**

22. Doing financially responsible self-care

- **Paying bills or setting up budgeting**
- **Avoiding impulse spending that causes future stress**

23. Choosing supportive routines

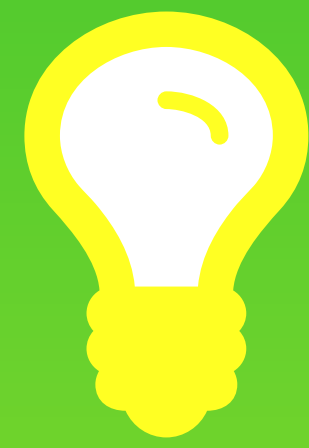
- **Planning meals or prepping something quick**
- **Setting up your day to reduce decision fatigue**

24. Taking care of your emotional needs

- Processing grief or big feelings instead of bottling them**
- Allowing yourself to feel, then choosing a grounding action**

25. Rewarding yourself in healthy ways

- **Buying or making something that genuinely helps your wellbeing**
- **Taking a relaxing break (massage, sauna, hobby time)**



MASTERMIND CLASS & CLINIC 2026



Master Life Coach
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

SELF-CARE!

IT'S TIME FOR YOU TO
LOOK OUT FOR YOU NOW!

By Charles E. Winburn, M.Ed.