



MASTERMIND CLASS & CLINIC 2026 E-BOOK AND TOOLKIT



Master Life Coach
Charlie Winburn



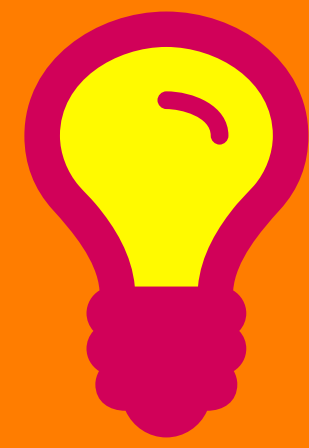
Coach Chuck Futel



Coach Dan Ray

WHAT DO YOU DO WHEN A LOVED ONE LIES TO YOU? LEARN THIS SUNDAY!

By Charles E. Winburn, M.Ed.



Master Life Coach
Charlie Winburn



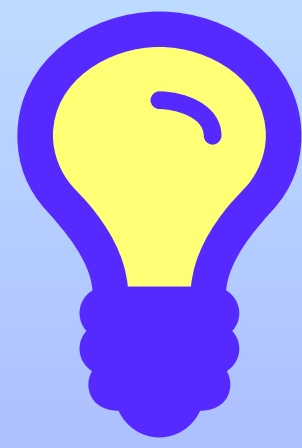
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WHAT DO YOU DO WHEN SOMEONE BREAKS THEIR PROMISE TO YOU? **LEARN THIS SUNDAY!**

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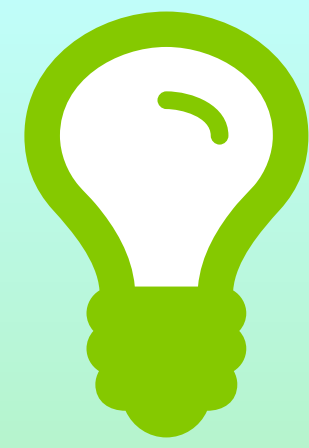
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WHAT DO YOU DO WHEN YOUR SPOUSE SEPARATES OR DIVORCES YOU AGAINST YOUR WILL? **LEARN THIS SUNDAY!**

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SHOULD YOU BREAK YOUR MARRIAGE AGREEMENT AS A RESULT OF INFIDELITY?

By Charles E. Winburn, M.Ed.



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Coach Dan Ray

WHAT DO YOU DO WHEN YOUR PARTNER BREAKS THEIR MARRIAGE COVENANT WITH YOU BECAUSE THEY ARE UNHAPPY?

By Charles E. Winburn, M.Ed.



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WHY DO PEOPLE LIE SO MUCH DURING THEIR DATING AND ENGAGEMENT? **LEARN 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

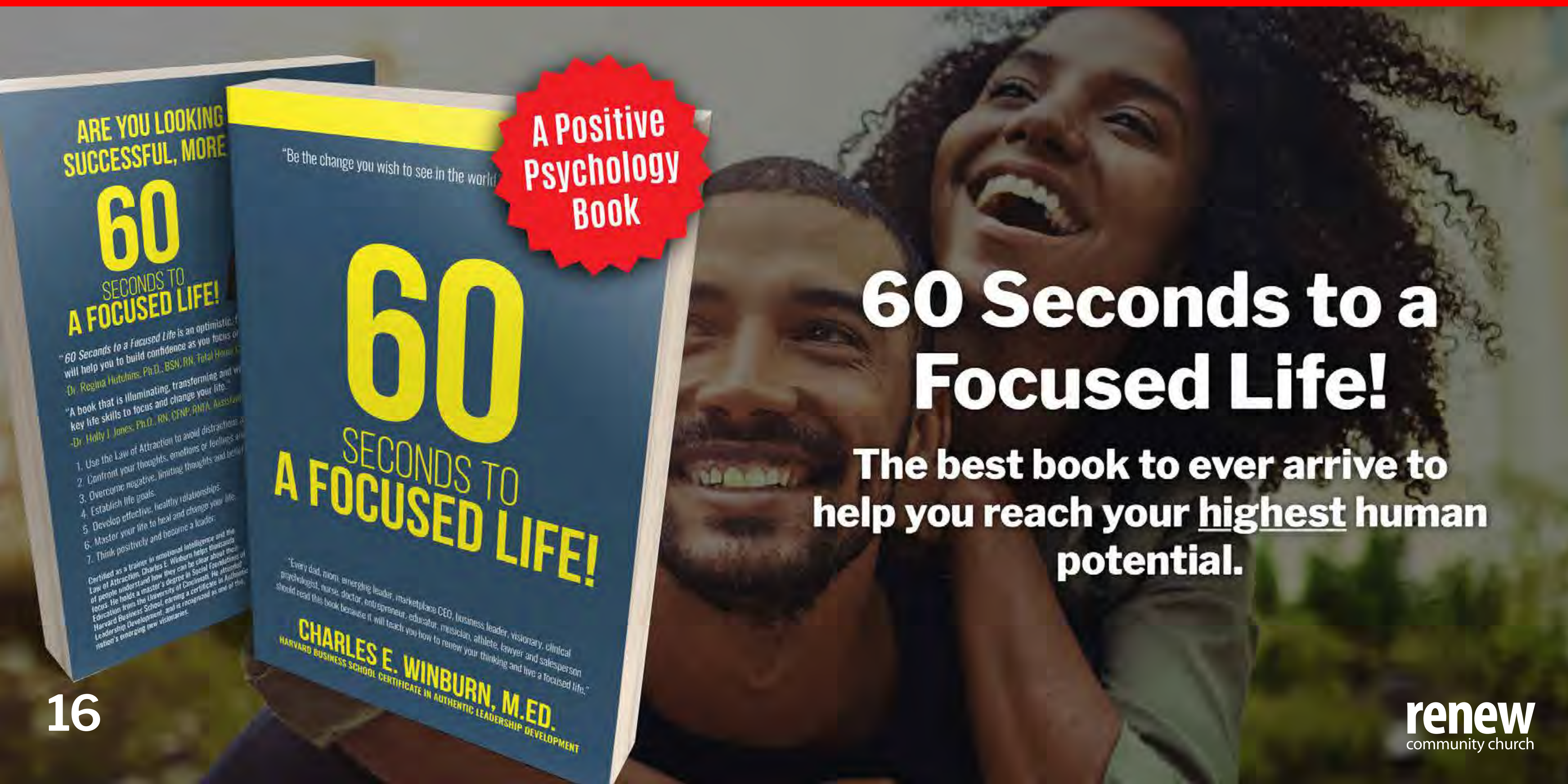
National Domestic Violence Hotline

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.

**Ye shall not steal, neither deal
falsely, neither lie one to another.**

Leviticus 19:11

**These are the things that ye shall
do; Speak ye every man the truth
to his neighbour; execute the
judgment of truth and peace in
your gates:**

Zechariah 8:16

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

Colossians 3:9

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

Ephesians 4:25

**But if ye have bitter envying and
strife in your hearts, glory not, and
lie not against the truth.**

James 3:14

**But the wisdom that is from above
is first pure, then peaceable,
gentle, and easy to be intreated,
full of mercy and good fruits,
without partiality, and without
hypocrisy.**

James 3:17

**Wherefore laying aside all malice,
and all guile, and hypocrisies, and
envies, and all evil speakings,**

1 Peter 2:1

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

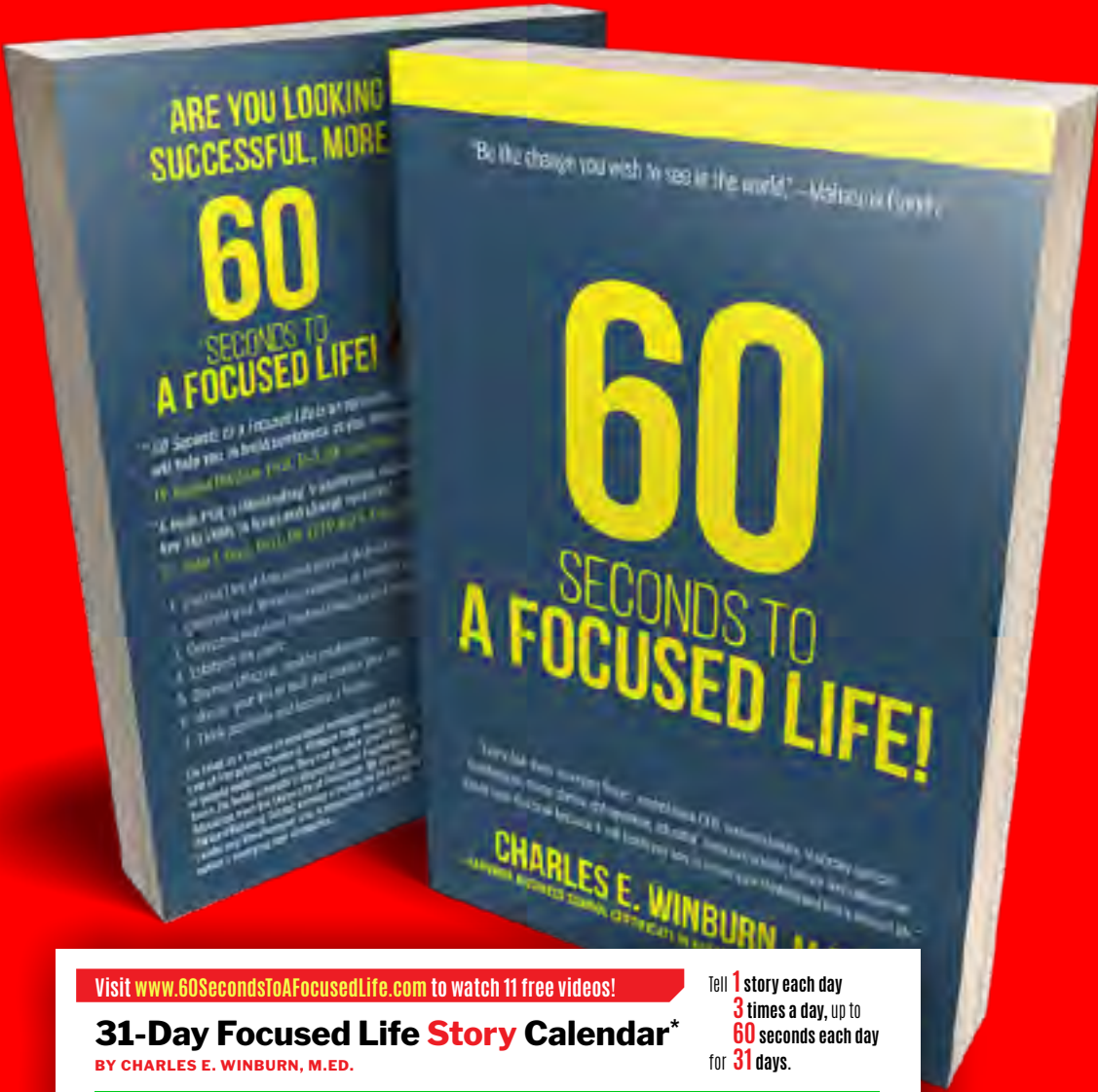
Proverbs 12:22

**These six things doth the LORD
hate: yea, seven are an abomination
unto him: ... A lying tongue, and
hands that shed innocent blood,**

Proverbs 6:16-17

**Recompense to no man evil for evil.
Provide things honest in the sight
of all men. If it be possible, as much
as lieth in you, live peaceably with
all men.**

Romans 12:17-18



10 things to remember when approaching someone about lying

AI Research

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- 1. Choose a calm time and place**
 - **Don't bring it up in the middle of an argument or when either of you is very upset.**
 - **Pick a moment when you can both talk without rushing.**

2. Remember the goal is clarity, not winning

- You're trying to understand what happened and protect trust.**
- Avoid aiming to “trap” them—aim to communicate.**

3. Use “I” statements to reduce defensiveness

- Example: “I felt hurt when I learned the details were different than what you told me.”**
- This keeps the tone from turning into an attack.**

4. Stick to the facts you know

- **Describe what was said, what you learned later, and how it affected you.**
- **Avoid guessing motives unless they've shared them.**

5. Give them space to explain

- **Sometimes people lie from fear, shame, or confusion—but that still has consequences.**
- **Ask what led them to do it, and listen for their side.**

6. Be specific about what needs to change

- Trust isn't rebuilt by apologies alone; it's rebuilt by consistent truth.**
- Say what "better" looks like for you going forward.**

7. Validate the emotion, even if you can't validate the lie

- **Example: “I understand you were trying to protect something.”**
- **Then add: “But I still need honesty between us.”**

8. Set boundaries and consequences

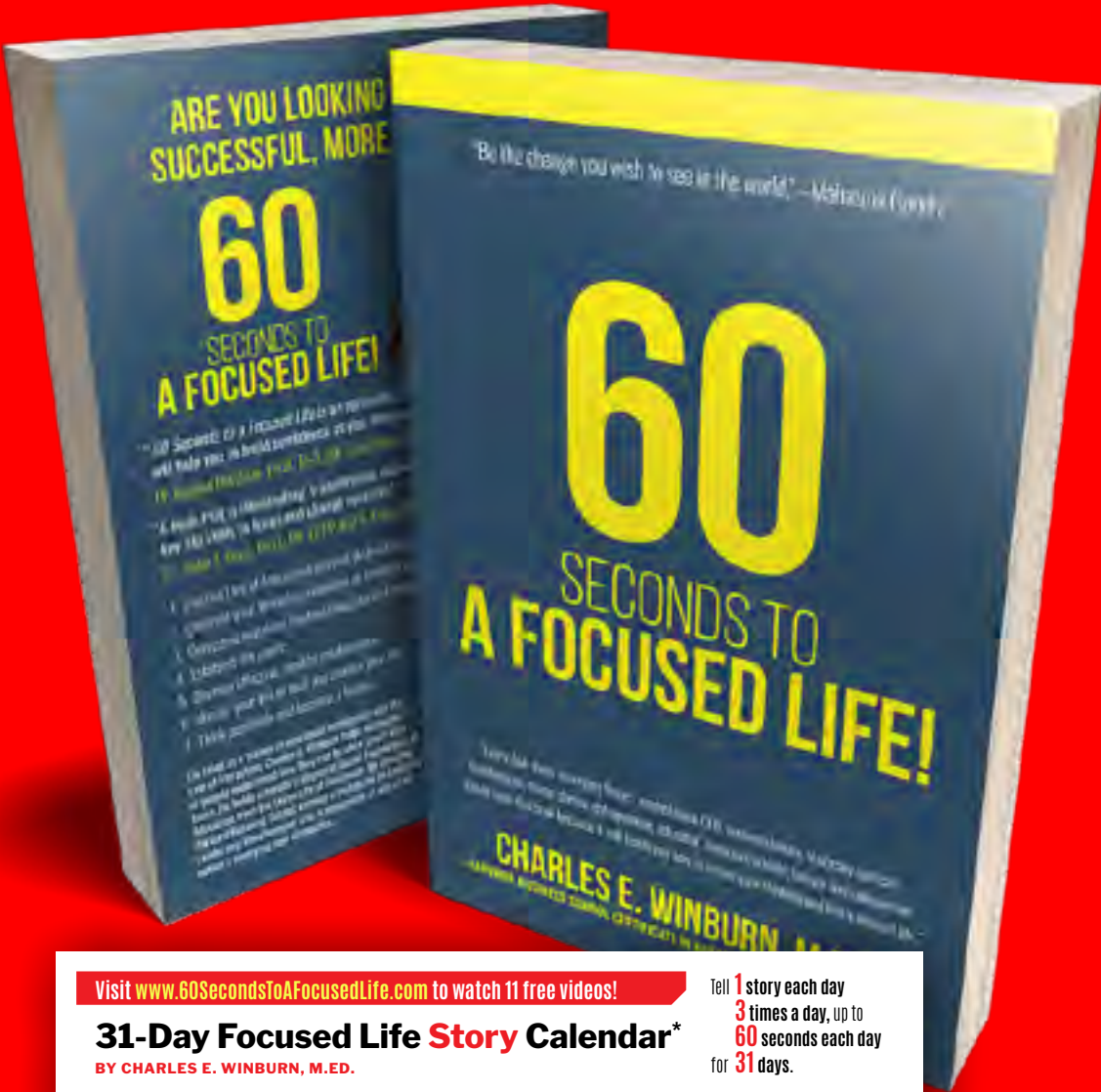
- **Decide what you'll do if lying continues (e.g., pausing conversations, seeking counseling, reducing reliance).**
- **Boundaries protect you; they don't have to be threats.**

9. Notice patterns, not just this one event

- **One mistake is different from repeated dishonesty.**
- **Look at whether they take responsibility, correct the behavior, and follow through.**

10. Decide what you can realistically live with

- If they're remorseful and willing to rebuild trust, you can work on it.**
- If they minimize it, deny it, or keep lying, you may need stronger steps to protect yourself.**



10 reasons people lie during the dating or engagement period

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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 grace and be led 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, 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 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 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 emotions today.
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- 1. Fear of losing the other person:** People worry the truth will cause rejection, so they “soften” it.

2. Lust or chemistry makes judgment weaker: Strong attraction can lead someone to exaggerate, omit details, or act out of impulse.

3. Insecurity and low self-esteem:
They may lie to look more attractive, successful, or “worthy.”

4. Avoiding uncomfortable conversations: Truth about exes, finances, habits, or family issues can feel awkward—so they delay it.

- 5. Social pressure and status:**
Some people feel pressure to appear stable, committed, or like a “good catch.”

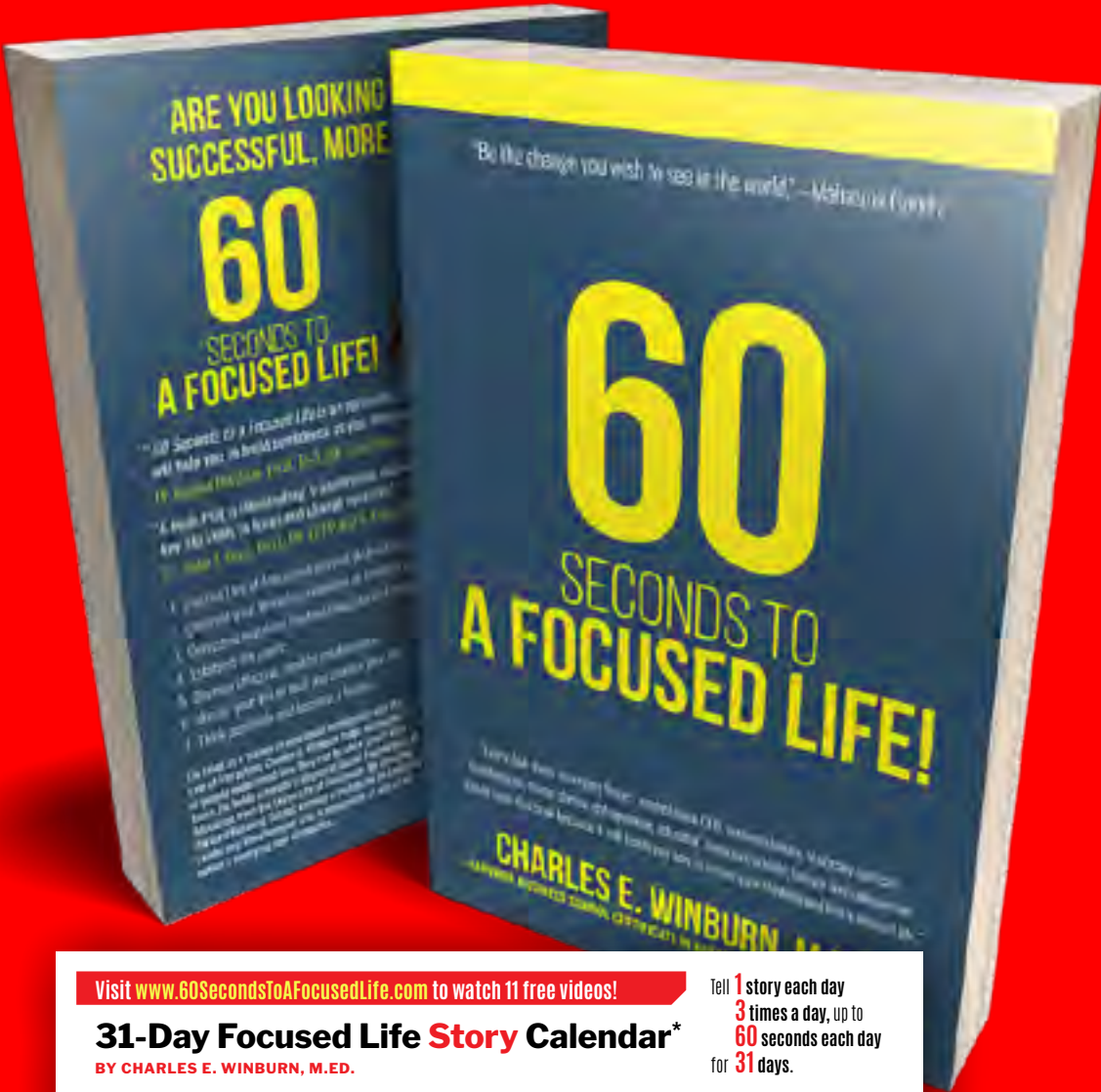
6. Not knowing what they want: They may say what sounds right during dating/engagement even if they're not sure.

7. Money and lifestyle expectations: Lies can involve income, debts, spending habits, or willingness to merge finances.

8. Fear of conflict: They may lie to prevent arguments—especially around boundaries, time, and priorities.

9. Manipulation or control: Some people lie to steer decisions (where you live, who you see, what you do).

10. Lack of accountability/habit of dishonesty: If lying is normalized for them, they may keep doing it without seeing it as “that serious.”



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20 common things people lie about in dating or engagement relationships

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- 1. They're single (when they're not)**
 - **Claiming you're fully available while they're still dating/married.**
 - **Matters because it distorts consent, commitment, and emotional safety.**

2. Their marital/relationship status

- **“Divorced,” “separated,” or “just taking a break” that isn’t true.**
- **Matters because legal and logistical realities can upend the relationship.**

3. How long they've been with someone else

- **Downplaying overlap time or the seriousness of cheating.**
- **Matters because it affects trust and accountability.**

4. They've never cheated

- **Denying past infidelity or minimizing repeated patterns.**
- **Matters because it predicts future risk, not just past behavior.**

- 5. They don't have kids (or the full truth about kids)**
- **Hiding children, custody arrangements, or child support issues.**
 - **Matters because parenting logistics affect time, money, and values.**

6. Their intentions (“I want marriage too”)

- Saying they want commitment while planning to leave or keep things casual.**
- Matters because you can’t build a life on a moving target.**

7. They're "over" an ex

- **Claiming emotional closure while still emotionally entangled (or keeping contact).**
- **Matters because it can keep the ex in the relationship.**

8. They don't talk to their ex

- **Saying no contact while texting, calling, or meeting privately.**
- **Matters because boundaries are foundational in serious relationships.**

9. Their finances (income, debt, spending)

- Inflating earnings, hiding credit card debt, or hiding major liabilities.**
- Matters because money conflicts are often about secrecy, not numbers.**

10. They won't have “money problems”

- **Promising stability while knowing there's chronic debt or instability.**
- **Matters because planning for a shared future requires honesty.**

11. They're not in serious debt

- **Minimizing loans, collections, tax problems, or gambling debt.**
- **Matters because financial deception can become coercive later.**

12. They're committed to shared plans (moving, jobs, relocation)

- Agreeing to a timeline they don't intend to follow.**
- Matters because betrayal shows up as broken promises and last-minute changes.**

13. They're faithful right now

- **Denying ongoing affairs, “situationship” overlaps, or secret dating apps.**
- **Matters because current deception prevents true intimacy.**

14. They're using protection/STI status

- **Saying they're tested/clean or that there's no risk when there is.**
- **Matters because it's a health and consent issue.**

15. They're not attracted to others/never flirt

- **Claiming they don't seek attention outside the relationship.**
- **Matters because every mismatch about boundaries can escalate into conflict.**

16. They've had certain conversations already ("We talked and agreed...")

- Inventing agreement on big topics (kids, religion, in-laws, finances).**
- Matters because it blocks informed decision-making.**

17. Their feelings are deeper than they admit

- **Saying “I love you” or “I’m sure” to accelerate commitment.**
- **Matters because emotional pressure can force engagement under false pretenses.**

18. They're okay with your boundaries/preferences

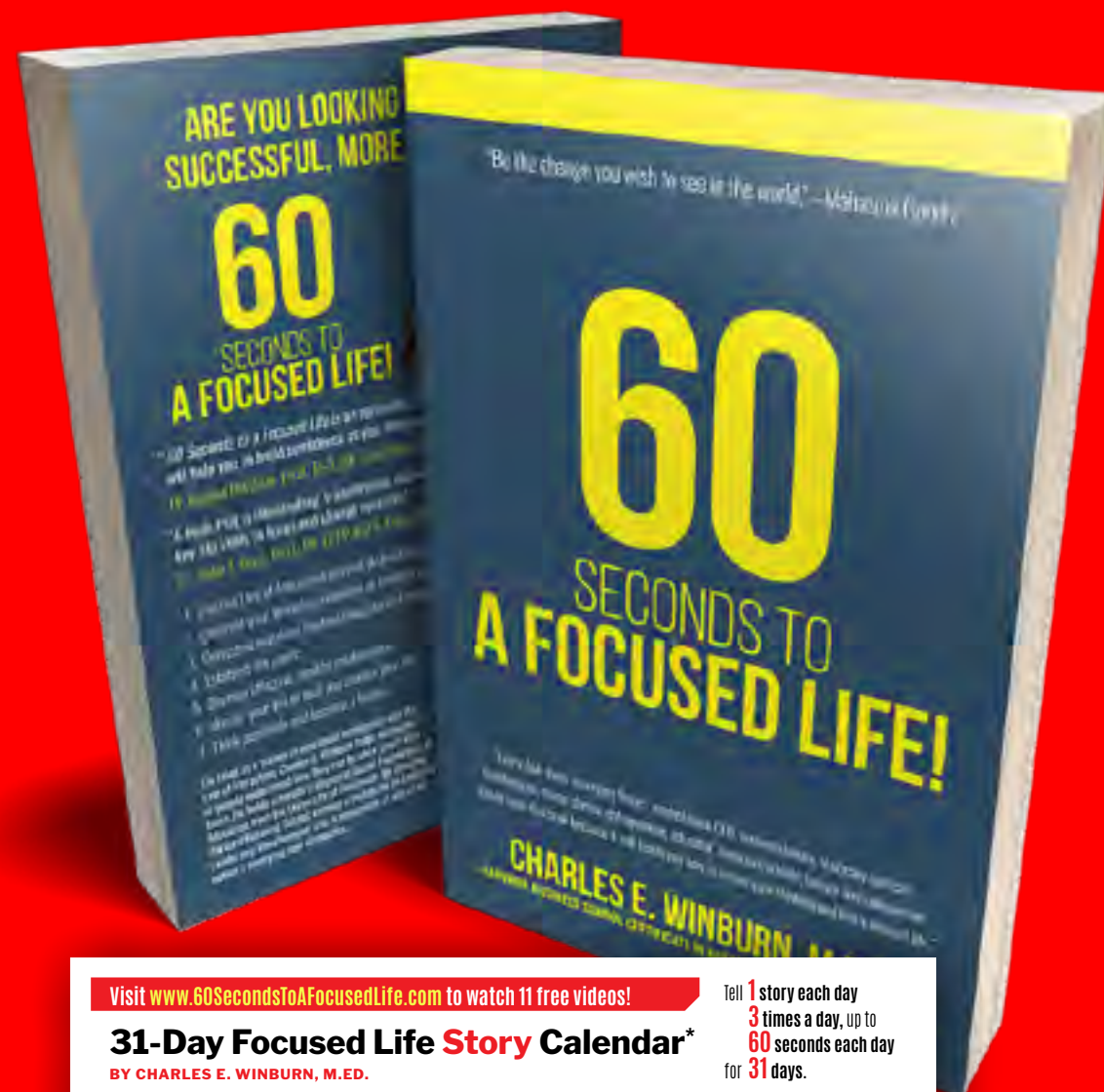
- **Saying they accept boundaries while planning to ignore them.**
- **Matters because boundary violations are often gradual and hard to detect early.**

19. They're telling the truth about whereabouts

- **Lying about where they were, who they were with, or why they're late consistently.**
- **Matters because time-and-place deception is often about concealment of behavior.**

20. They intend to marry you specifically (not just “someone”)

- **Going through engagement motions without genuine intent—“I’ll figure it out later.”**
- **Matters because engagement is a major life step; vague or false intent wastes years.**



25 ways a person can learn how to keep their promises and keep their word

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- 1. Start with smaller promises:**
Build trust by practicing reliability with low-stakes commitments before moving to bigger ones.

- 2. Only say “yes” when you mean it:** If you’re unsure you can do it, don’t agree automatically—promise when you’re genuinely able.

- 3. Replace “I’ll try” with clearer language: “I’ll try” signals uncertainty. Prefer “I can do X by Y time” or “I can’t commit.”**

- 4. Ask clarifying questions first:**
Promise-keeping improves when you understand expectations, deadlines, and definitions of “done.”

5. Break big promises into steps:
Smaller milestones reduce stress and make it easier to follow through consistently.

6. Write promises down immediately: Recording commitments (notes, calendar, reminders) lowers the chance of forgetting.

7. Set deadlines that are realistic:
If your timeline is too tight,
you'll likely fail. Choose dates
you can actually meet.

8. Plan for obstacles in advance:
Think about what could go wrong and decide how you'll respond if life gets busy.

9. Time-block your commitments:
Treat important promises like
appointments with yourself,
not “someday” tasks.

10. Use reminders and follow-up check-ins: Notifications and scheduled follow-ups help you stay on track and show progress.

11. Over-communicate when things change: If circumstances shift, update people quickly rather than letting them assume everything is fine.

12. Deliver partial progress if full completion is delayed: If you can't finish by the promised time, communicate honestly and offer what you can complete.

13. Avoid promising “instant” results: Don’t guarantee quick outcomes when effort, review, or dependencies are involved.

14. Keep commitments you make to yourself: The fastest way to learn promise-keeping is to practice self-discipline (habits, goals, routines).

15. Say no more often: Protecting your time helps you only promise what you can truly deliver.

16. Match your promise to your capacity: Align commitments with your energy, schedule, and resources—not just good intentions.

17. Build a reputation for reliability:
Choose to become known as
someone who follows through,
even when it's inconvenient.

18. Use “pre-commitment” strategies: For recurring promises (like weekly help), decide in advance and keep the agreement automatic.

19. Confirm details before the deadline: A quick check (“Are we still on for Friday?”) prevents misunderstandings and surprises.

20. Practice integrity in small moments: Returning a borrowed item, showing up on time, or replying when you said you would are all trust builders.

21. Learn from missed promises without self-justification: If you fail, analyze the cause (forgetting, overcommitment, unclear expectations) and adjust.

22. Apologize clearly and take responsibility: Don't blame others. Own the miss, explain briefly, and set a corrective action.

**23. Make “recovery promises”
only when you can recover:
If you miss, don’t pile on new
guarantees. Offer a specific,
achievable next step.**

24. Create a personal code for commitments: Decide rules like: “I don’t promise unless I’ve planned,” or “I respond within 24 hours.”

25. Surround yourself with supportive accountability:
Accountability partners, mentors, or team norms make it easier to stay consistent and notice drift early.



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WHY ARE SO MANY MEN AND WOMEN UNHAPPY IN THEIR MARRIAGES?

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