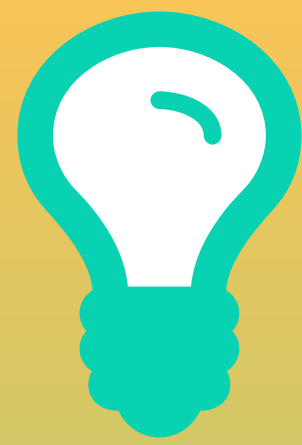




# MASTERMIND CLASS & CLINIC 2026 E-BOOK AND TOOLKIT



Master Life Coach  
Charlie Winburn



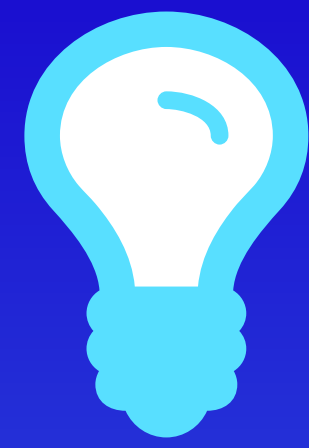
Coach Chuck Futel



Coach Dan Ray

# WHAT DO YOU DO WHEN THINGS JUST DON'T WORK OUT FOR YOU? **LEARN SUNDAY!**

By Charles E. Winburn, M.Ed.



Master Life Coach  
Charlie Winburn



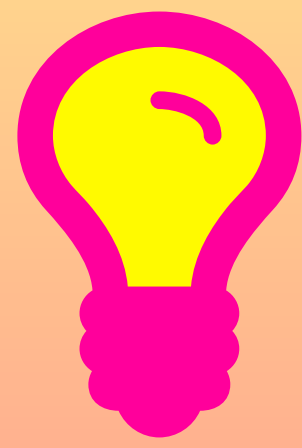
Coach Chuck Futel



Coach Dan Ray

# WHEN THINGS JUST DON'T WORK OUT SOMETIMES WHAT SHOULD YOU DO?

By Charles E. Winburn, M.Ed.



Master Life Coach  
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

# WHAT SHOULD YOU DO WHEN THAT RELATIONSHIP JUST DIDN'T WORK OUT?

By Charles E. Winburn, M.Ed.



MASTERMIND CLASS & CLINIC 2026



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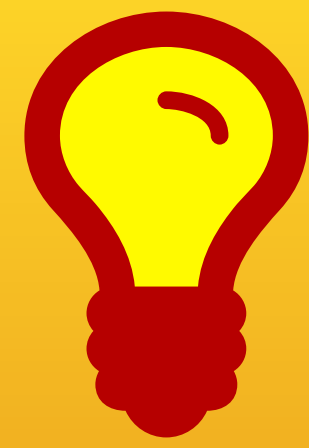
Coach Chuck Futel



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# WHAT DO YOU DO WHEN YOU HAVE GIVEN YOUR VERY BEST & THINGS FALL APART? **LEARN SUNDAY!**

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MASTERMIND CLASS & CLINIC 2026



Master Life Coach  
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

# WHAT DO YOU DO WHEN YOUR ENGAGEMENT TO MARRY FALLS APART?

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)**

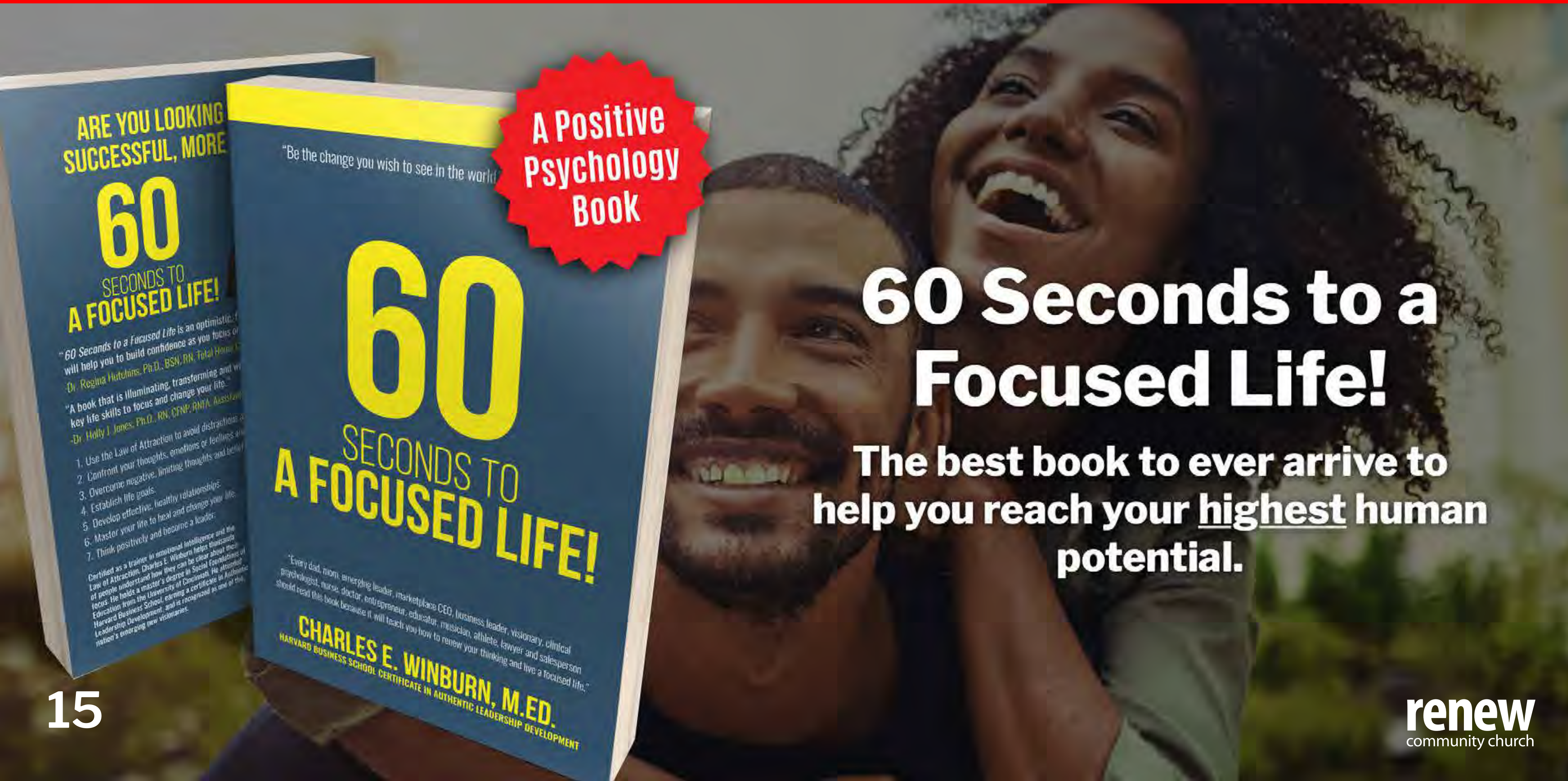
# **National Domestic Violence Hotline**

**1-800-799-SAFE** (7233)

**1-800-787-3224** (TTY)

**[www.thehotline.org](http://www.thehotline.org)**

Visit today: **60SecondsToAFocusedLife.com**



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 believe in yourself.
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.

"Be the change you wish to see in the world"

# 60

SECONDS TO  
A FOCUSED LIFE!

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

**Let us not grow weary while doing  
good, for in due season we will  
reap, if we do not give up.**

***Galatians 6:9***

**I have fought the good fight...  
I have finished the race...  
Henceforth there is laid up for me  
the crown of righteousness...**

***2 Timothy 4:7–8***

**Be steadfast, immovable, always  
abounding in the work of the  
Lord... your labor is not in vain.**

***1 Corinthians 15:58***

**Blessed is the man who remains  
steadfast under trial... for when he  
has stood the test he will receive  
the crown of life.**

***James 1:12***

**Do not throw away your  
confidence... you have need of  
endurance... so that you may  
receive what is promised.**

***Hebrews 10:35–36***

**Be faithful unto death, and I will  
give you the crown of life...**

***Revelation 2:10***

**After you have suffered a little  
while, the God of all grace... will  
restore, support, and establish you.**

***1 Peter 5:10***

**In all these things we are more  
than conquerors through him  
who loved us.**

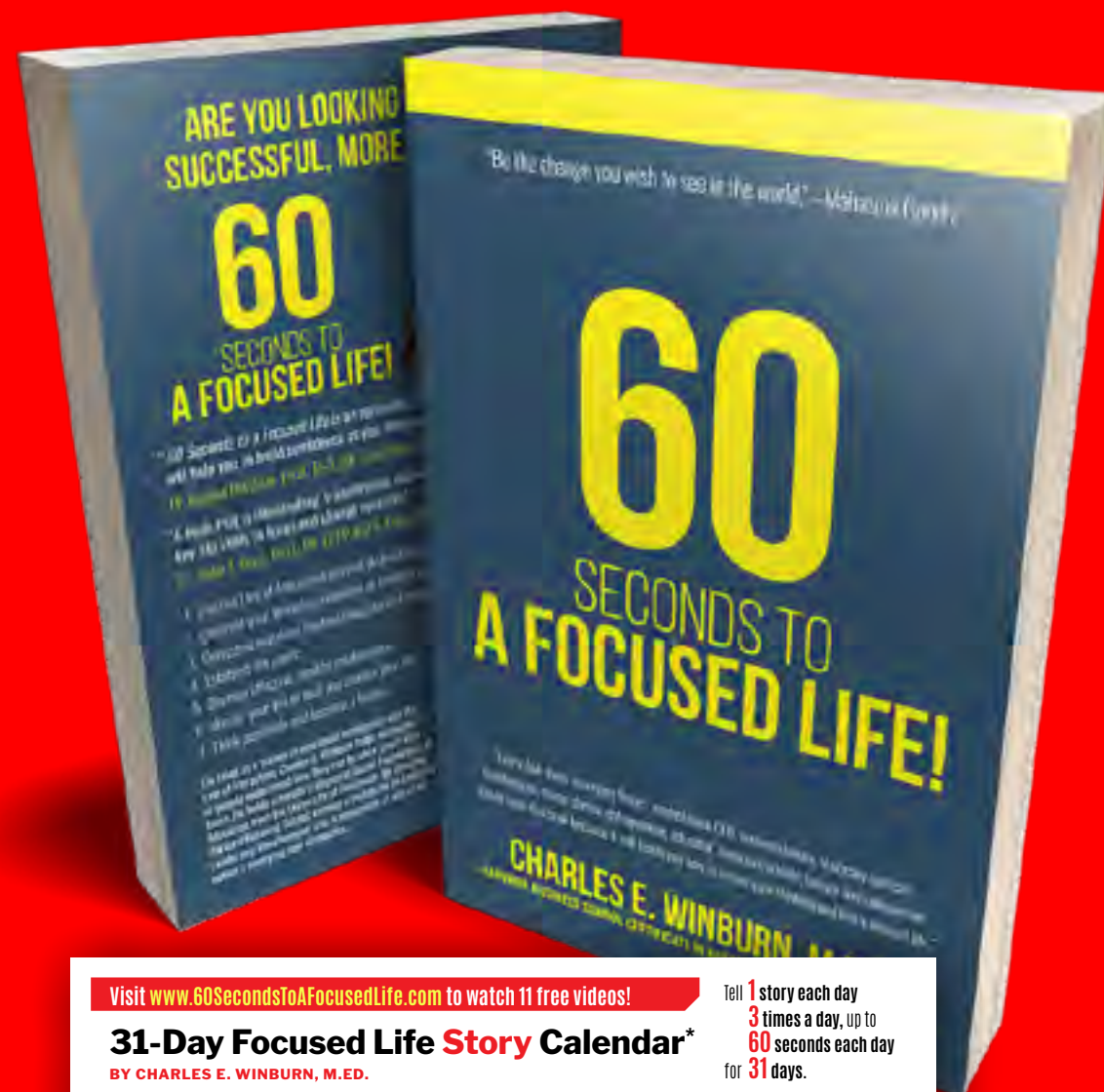
***Romans 8:37***

**Be strong and courageous... do not  
be afraid... for the LORD your God  
is with you wherever you go.**

***Joshua 1:9***

**For the righteous falls seven times  
and rises again...**

***Proverbs 24:16***



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|                                                                                                            |                                                                                                         |                                                                                                                     |                                                                                                                                                                      |                                                                                                         |                                                                                       |                                                                                                                              |
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| <b>DAY 1</b><br>It is my divine and human right to have fun today.                                         | <b>DAY 2</b><br>It is my divine and human right to be happy today.                                      | <b>DAY 3</b><br>It is my divine and human right to be in love and express my love today.                            | <b>DAY 4</b><br>It is my divine and human right to walk in grace and to feel by the Holy Spirit today.                                                               | <b>DAY 5</b><br>It is my divine and human right to walk in wisdom and the skill of God today.           | <b>DAY 6</b><br>It is my divine and human right to experience serenity today.         | <b>DAY 7</b><br>It is my divine and human right to forgive myself and others today.                                          |
| <b>DAY 8</b><br>It is my divine and human right to love today.                                             | <b>DAY 9</b><br>It is my divine and human right to be joyful and to have a great outlook on life today. | <b>DAY 10</b><br>It is my divine and human right to be peaceful, joy and peace in the universe and the earth today. | <b>DAY 11</b><br>It is my divine and human right to feel safe today.                                                                                                 | <b>DAY 12</b><br>It is my divine and human right to walk in the illumination and kindness of God today. | <b>DAY 13</b><br>It is my divine and human right to be kind to self and others today. | <b>DAY 14</b><br>It is my divine and human right to be harmonious today.                                                     |
| <b>DAY 15</b><br>It is my divine and human right to walk in courage today.                                 | <b>DAY 16</b><br>It is my divine and human right to be respected, to be and others and others today.    | <b>DAY 17</b><br>It is my divine and human right to be free and to be free today.                                   | <b>DAY 18</b><br>It is my divine and human right to be in the presence of God today.                                                                                 | <b>DAY 19</b><br>It is my divine and human right to live, move and have my being in God today.          | <b>DAY 20</b><br>It is my divine and human right to renew my mind today.              | <b>DAY 21</b><br>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><br>It is my divine and human right to do all things through Christ who strengthens me today. | <b>DAY 23</b><br>It is my divine and human right to pray in the end of each I read in God today.        | <b>DAY 24</b><br>It is my divine and human right to walk in the end of each I read in God today.                    | <b>DAY 25</b><br>It is my divine and human right to focus on what I want I focus on happiness today.                                                                 | <b>DAY 26</b><br>It is my divine and human right to focus on what I want I focus on happiness today.    | <b>DAY 27</b><br>It is my divine and human right to have great relationships today.   | <b>DAY 28</b><br>It is my divine and human right to prosper and walk in all the fullness of God's promises today.            |
| <b>DAY 29</b><br>It is my divine and human right to be transformed and renewed in my heart today.          | <b>DAY 30</b><br>It is my divine and human right to be transformed and renewed in my heart today.       | <b>DAY 31</b><br>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. |                                                                                                         |                                                                                       |                                                                                                                              |

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LEADERSHIP CONCEPTS LLC

What do most people do when they've given the best in life and things just fall apart?

*AI Research*

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- 1. Victim Mentality:** They decide, “I’m powerless,” so setbacks become proof they’ll never recover.

**2. Self-Blame and Shame Spirals:**  
**They obsess over what they**  
**“should have done,” which**  
**turns pain into humiliation and**  
**paralysis.**

**3. Denial (Pretending It Isn't Real):** They act like nothing happened—avoiding the problem until it gets bigger.

- 4. Avoidance / Ghosting Reality:**  
**They dodge conversations, paperwork, appointments, and hard emotions because facing it feels too threatening.**

**5. Isolation:** They withdraw from friends/family because they feel embarrassed, “too much,” or afraid of being judged.

**6. Overthinking and Rumination:**  
**They replay events endlessly**  
**(“If only...”)** **without taking**  
**steps that change outcomes.**

**7. Escapism:** They numb out with scrolling, substances, gaming, binge spending/food, or constant work to avoid the feeling.

- 8. Numbing Through Anger:**  
They turn hurt into rage—  
being cruel, blaming, or picking  
fights because anger feels  
easier than grief.

**9. Blaming Others:** They put all responsibility outside themselves, which blocks repair and keeps relationships stuck.

**10. Overcontrol and Anxiety**  
**Planning:** They try to control everything (perfect plans, constant monitoring) because uncertainty feels unbearable.

**11. Quitting Too Early:** They treat “one collapse” as “the end,” abandoning effort, support, or learning too fast.

**12. People-Pleasing to Regain Safety:** They over-justify, over-agree, or abandon boundaries to feel accepted or avoid conflict.

**13. Boundary Collapse:** They let people take advantage, tolerate disrespect, or stay in harmful situations because they fear being alone.

**14. Breaking Down Through  
Catastrophic Thinking:**  
**They jump from “this is bad”  
to “this is hopeless,” especially  
about money and health.**

**15. Relationship Withdrawal  
(Emotional Disconnection):**  
**They shut down communication  
—stonewalling, disappearing  
emotionally—because they  
don't know how to talk through  
pain.**

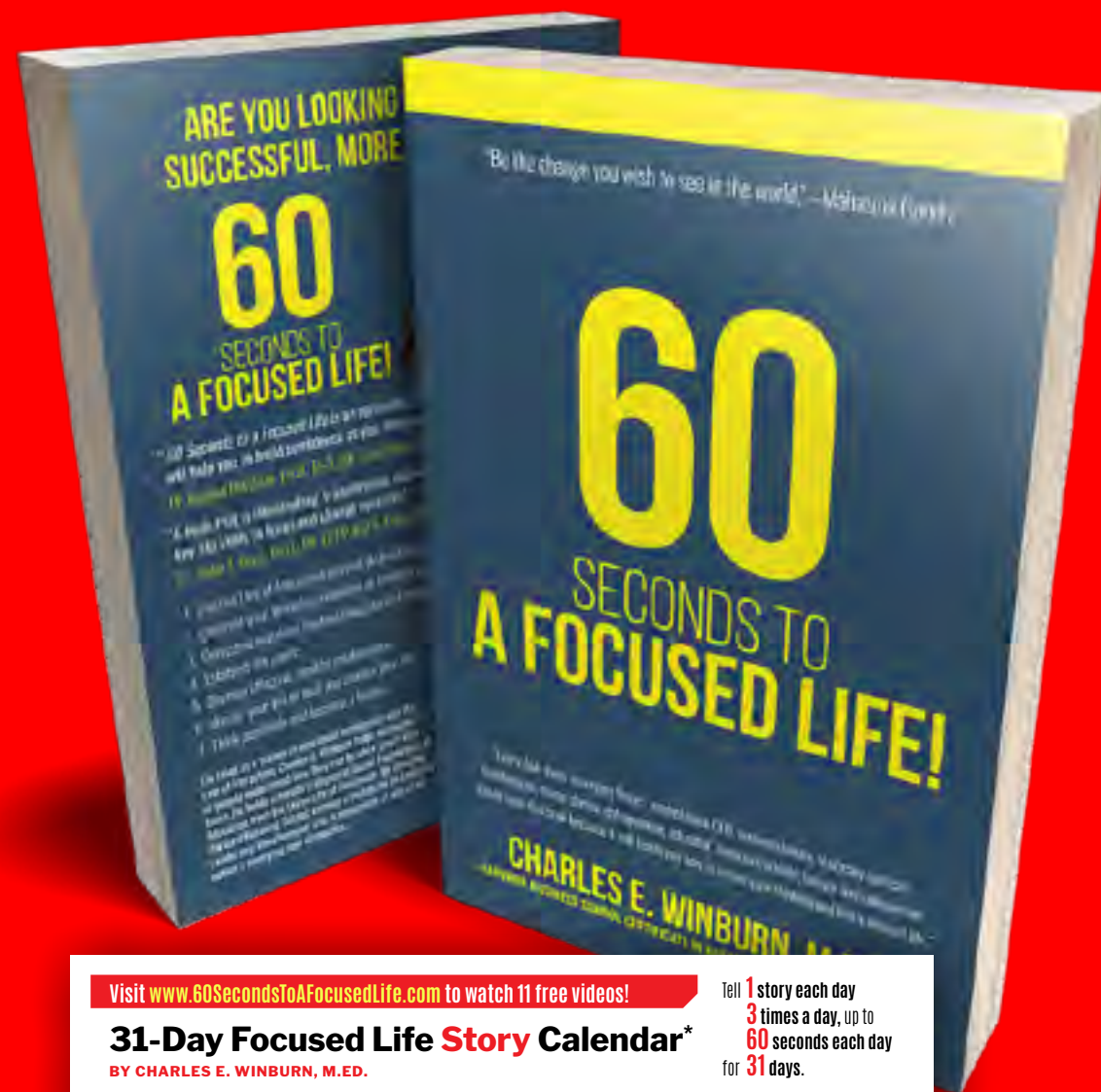
**16. Chasing the Same Outcome:**  
**They repeat the same patterns**  
**(same type of people, same**  
**job mistakes, same coping**  
**method) expecting a different**  
**result.**

**17. Financial Despair Behaviors:**  
**They either panic-spend to cope or hide/avoid bills—both make money instability worse over time.**

**18. Health Neglect or Over-Compensation:** They ignore symptoms (denial) or obsess in a harmful way (fear-driven actions), missing the balanced path back.

**19. Loss of Purpose / Giving Up**  
**Meaning:** They stop believing their life has direction, so even progress feels pointless.

**20. Hopeless Narratives That Become Identity:** They start describing themselves in permanent terms (“I’m ruined,” “I’m broken”), instead of seeing themselves as someone rebuilding.



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25 powerful and practical things people can do when they've given their best but life still falls apart

*AI Research*

60SecondsToAFocusedLife.com

# **1. Ground in what's true right now**

- **Write down: “What is happening?” vs “What am I assuming?”**
- **This reduces panic and helps you respond instead of spiraling.**

## **2. Name the losses—without negotiating them**

- **Clearly list what broke: relationships, health, finances, stability, dreams.**
- **Grief recognition lets your nervous system start processing rather than resisting.**

- 3. Choose one tiny “next step”**
  - **Pick the smallest action that can be done in 5–15 minutes.**
  - **Momentum matters when everything feels ruined.**

- 4. Create a daily minimum plan**
  - **Decide your non-negotiables (example: eat something, shower, one task, one connection).**
  - **In chaos, structure becomes emotional oxygen.**

## **5. Stop trying to solve the entire future today**

- Limit yourself to solving the next 24 hours.**
- This prevents overwhelm and gives your brain a winnable lane.**

- 6. Reduce pressure by asking for one extension**
- **Say to yourself (or others): “I can’t do everything right now.”**
  - **Extensions create breathing room and better decisions.**

- 7. Reach out to one safe person**
  - **Text/call someone who won't dismiss you.**
  - **Connection lowers stress and restores a sense of support.**

## **8. Ask for specific help**

- **Instead of “let me know,” try:  
“Can you check in at 6?” or  
“Can you help me apply for X?”**
- **Specific requests feel easier to  
receive and act on.**

## **9. Tell the truth out loud**

- **Say: “I’m not okay, and I need support.”**
- **Honesty breaks isolation and makes real solutions possible.**

## **10. Do one “stabilizing” body action**

- **Examples: water, food, slow breathing, a short walk, stretching.**
- **When the body calms, the mind regains access to options.**

## **11. Build a “no-zero” routine**

- **Keep something consistent even if it’s small.**
- **Consistency tells your brain: “I can still be trusted,” which restores agency.**

## **12. Clean up one physical area**

- **Tidy one drawer, counter, or corner for 10 minutes.**
- **Environment influences mood; small order can signal safety.**

## **13. Cut one nonessential drain immediately**

- **Cancel one subscription, mute a toxic chat, avoid one wasteful loop.**
- **Removing a drain decreases mental load.**

## **14. Convert anger into direction**

- **Ask: “What boundary or change does this anger point to?”**
- **Anger becomes fuel when it results in concrete action.**

## **15. Journal one page: “What I learned” + “What I need”**

- **Even if the learning is “I’m exhausted and I need support.”**
- **Clarity becomes a compass when life is chaotic.**

## **16. Reframe “falling apart” as a transition**

- **Try: “Something old can’t hold anymore; something new can be built.”**
- **Reframing reduces hopelessness and supports recovery.**

## **17. Seek professional support if you can**

- **Therapist, coach, financial counselor, medical help—whatever fits.**
- **Expertise speeds up recovery and prevents you from carrying it alone.**

## **18. Make one decision that protects your future self**

- **Example: set a reminder to pay one bill, schedule a checkup, apply for a job.**
- **Future-protection is how you rebuild trust with yourself.**

## **19. Take one brave step even while afraid**

- **Fear doesn't have to be permission to stop.**
- **Small bravery rewires belief: "I can act despite uncertainty."**

## **20. Reconnect with meaning**

- **Do something aligned with values: service, faith practice, art, volunteering, mentoring.**
- **Meaning reduces emptiness and helps you endure until things improve.**

## **21. Create a “support list,” not just a wish**

- **Write names/resources: hotlines, groups, community centers, people, websites.**
- **When you’re overwhelmed, you don’t have to remember—your list guides you.**

## **22. Limit destructive coping**

- **If you're using substances, doomscrolling, or isolating, set a boundary like: "10 minutes only," or "only after I eat."**
- **Coping can be replaced without requiring perfection.**

## **23. Practice self-respect language**

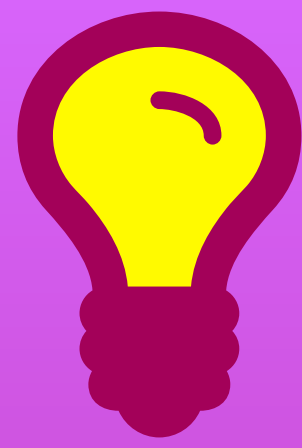
- **Replace “I’m failing” with “I’m in pain and I’m taking steps.”**
- **How you talk to yourself shapes how you move.**

## **24. Do one “repair” wherever you can**

- **Apologize, return something, clarify a misunderstanding, pay what you can.**
- **Repair creates momentum and reduces guilt-burden.**

## **25. Keep hope active with evidence**

- **Make a list: “What has improved even slightly?” and “What helped before?”**
- **Hope grows when it’s based on real proof, not wishful thinking.**



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# A SHIFT & LIFT COMING TO YOUR LIFE SOON!

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