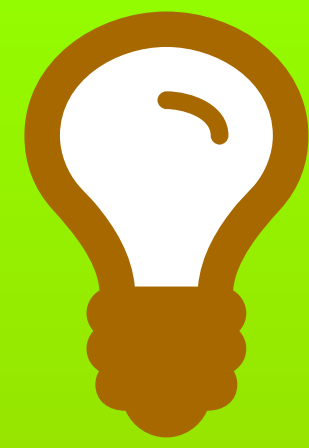




MASTERMIND CLASS & CLINIC 2026 E-BOOK AND TOOLKIT



Master Life Coach
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

WHAT TO DO WHEN YOU DON'T KNOW WHAT TO DO!

LEARN SUNDAY!

By Charles E. Winburn, M.Ed.



MASTERMIND CLASS & CLINIC 2026



Master Life Coach
Charlie Winburn



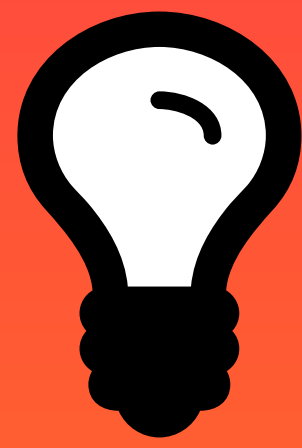
Coach Chuck Futel



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**WHEN YOU DON'T
KNOW WHAT TO DO!
LEARN 3 WAYS TO
HEAR FROM GOD!
THIS SUNDAY!**

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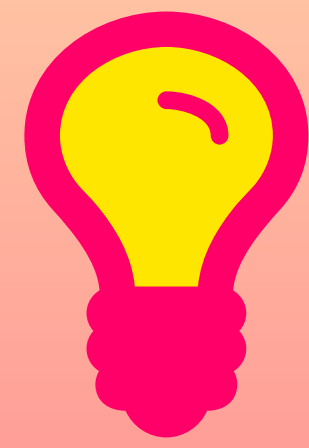
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WHAT DO YOU DO WHEN YOUR MANIFESTATIONS ARE DELAYED? LEARN WHAT TO DO!

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WHEN YOU DON'T KNOW WHAT TO DO, NEVER, NEVER QUIT!

By Charles E. Winburn, M.Ed.



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Coach Dan Ray

WHEN YOU DON'T KNOW WHAT TO DO, SHUT UP & BE QUIET!

By Charles E. Winburn, M.Ed.



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Coach Dan Ray

WHEN YOU DON'T KNOW WHAT TO DO, STOP LISTENING TO OTHER PEOPLE'S OPINIONS!

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

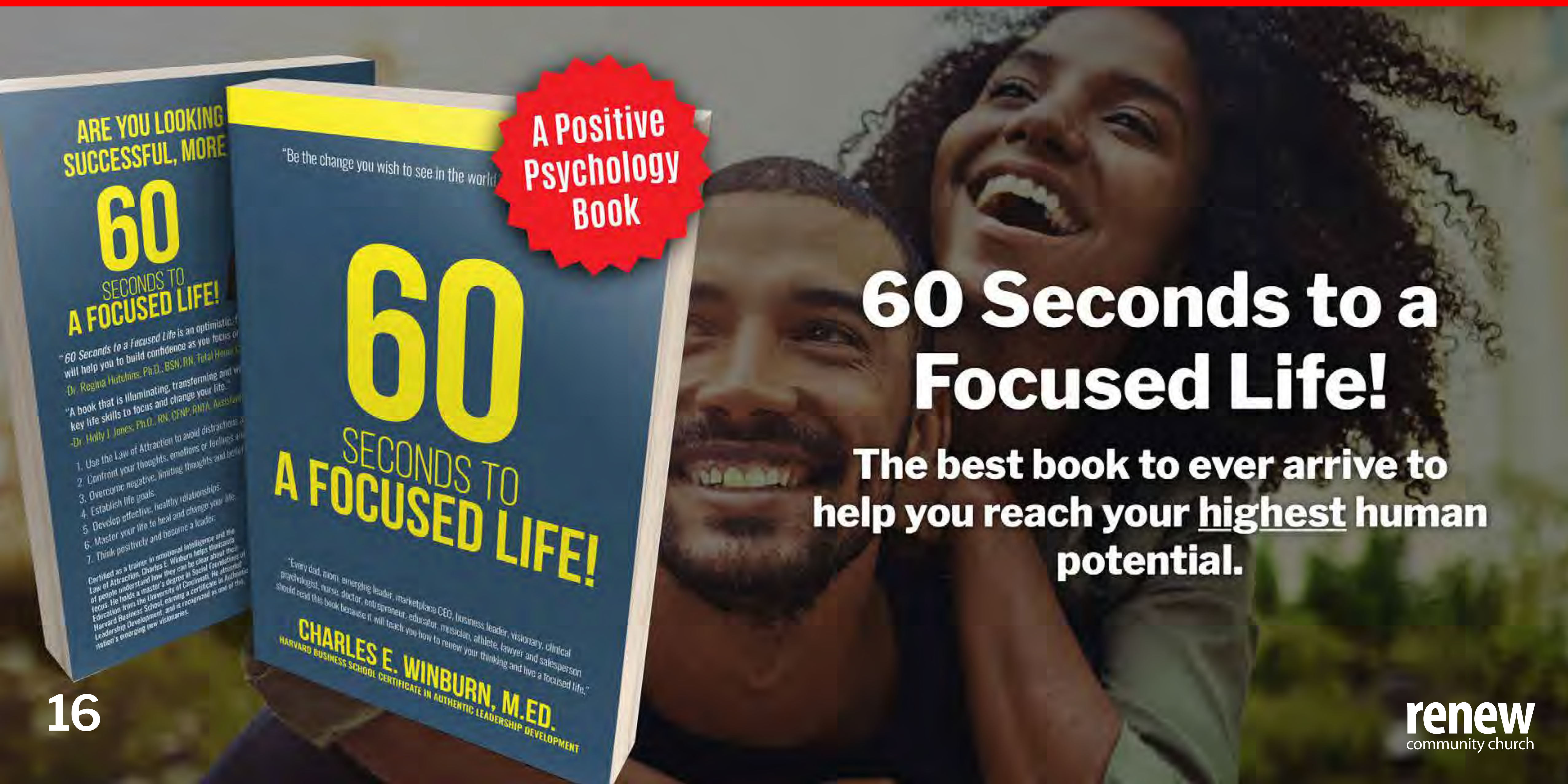
National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

www.thehotline.org

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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

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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.

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SECONDS TO
A FOCUSED LIFE!

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

Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.

Proverbs 3:5-6

**God is our refuge and strength, a
very present help in trouble.**

Psalm 46:1

**Commit thy way unto the LORD;
trust also in him; and he shall bring
it to pass.**

Psalm 37:5

**Fear thou not; for I am with thee:
be not dismayed; for I am thy God: I
will strengthen thee; yea, I will help
thee; yea, I will uphold thee with
the right hand of my righteousness.**

Isaiah 41:10

**Thou wilt keep him in perfect
peace, whose mind is stayed on
thee: because he trusteth in thee.**

Isaiah 26:3

**The LORD is good unto them
that wait for him, to the soul that
seeketh him. It is good that a man
should both hope and quietly wait
for the salvation of the LORD.**

Lamentations 3:25-26

**Therefore take no thought, saying,
What shall we eat? or, What shall
we drink? or, Wherewithal shall
we be clothed? (For after all these
things do the Gentiles seek) for your
heavenly Father knoweth that ye
have need of all these things. But
seek ye first the kingdom of God,
and his righteousness; and all these
things shall be added unto you.**

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

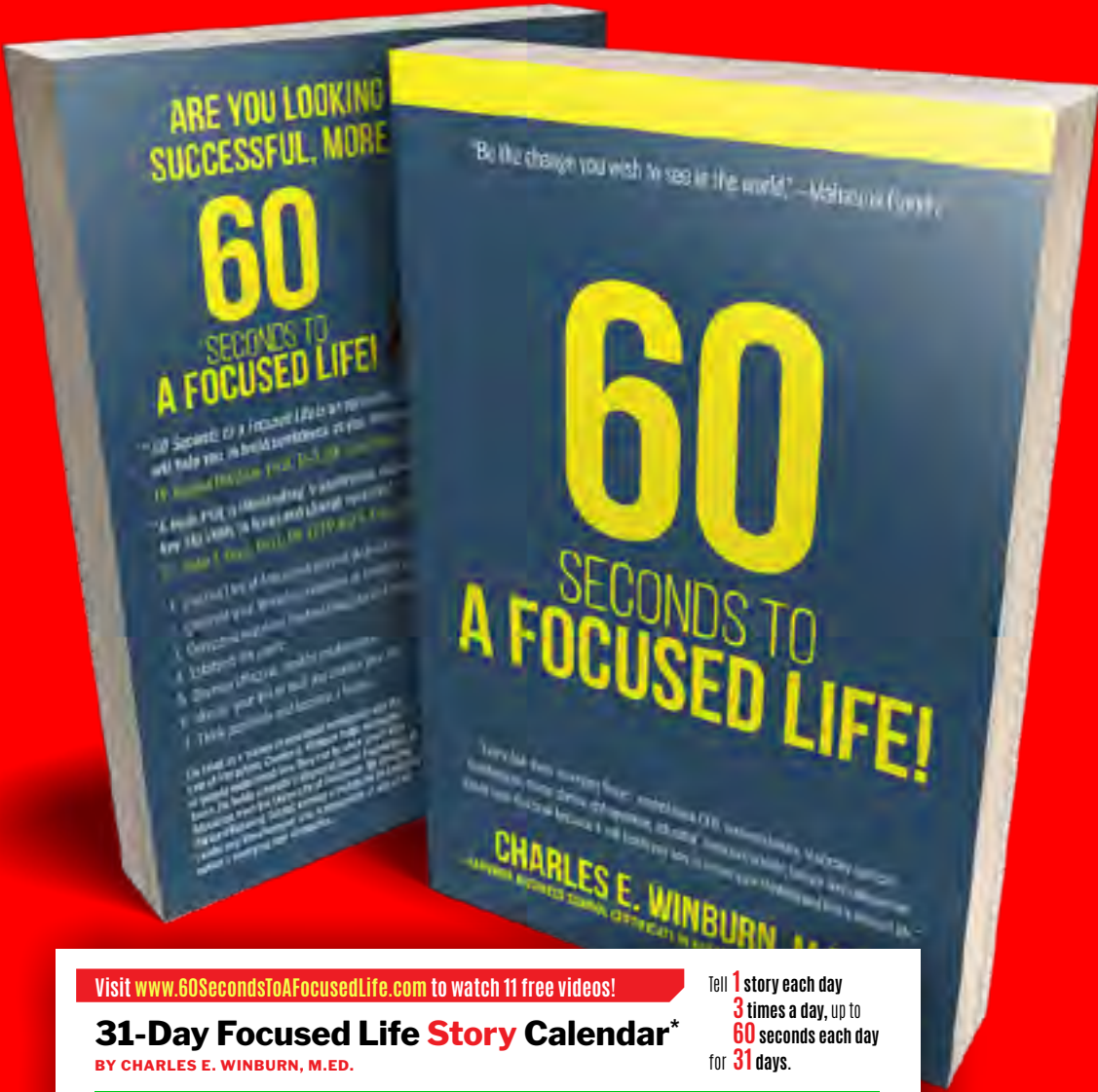
Philippians 4:6-7

**If any of you lack wisdom, let him
ask of God, that giveth to all men
liberally, and upbraideth not; and it
shall be given him.**

James 1:5

**Casting all your care upon him;
for he careth for you.**

1 Peter 5:7



12 steps to calm your mind and body when you don't know what to do in any situation in life

AI Research

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for 31 days.

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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.
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- 1. Do Nothing (and Allow Stillness):**
When you feel stuck, “doing nothing” is still action. You’re pausing long enough to stop the inner rush, reduce panic, and create space to think.

- 2. Find a Way to Calm Mind and Body:** Choose an immediate calming method (like breathing, relaxing muscles, or grounding). The goal isn't to solve life—it's to lower your stress level so solutions can appear.

3. Practice 5 Minutes of Breathing Exercises: Set a timer for 5 minutes. Focus on slow, steady breaths (in through the nose, out through the mouth). This tells your nervous system to downshift.

- 4. Meditate for 5 to 15 Minutes:**
Sit or lie down comfortably and let thoughts pass without grabbing them. If you can't "think nothing," that's okay—aim for quiet awareness.

- 5. Exercise: Walk Outside for About 30 Minutes:** Movement helps discharge stress hormones and improves mood. Sunlight and fresh air can also make your mind feel clearer and less trapped.

6. Ground Yourself Using Your Senses (5-4-3-2-1): Name...

- 5 things you can see**
- 4 things you can feel**
- 3 things you can hear**
- 2 things you can smell**
- 1 thing you can taste**

This pulls your brain out of “what if?” spirals and back into the present.

- 7. Do a Quick Muscle Release (Progressive Relaxation):** Tense a muscle group for 5 seconds, then relax for 10 seconds (shoulders, hands, jaw, stomach, legs). Your body learns “danger is over” when it feels safe and loose.

- 8. Try a “Pause + One Next Action” Technique:** Ask: “If I could do one small, helpful thing in the next 2 minutes, what would it be?” Then do only that. You don’t need the whole plan—just the next step.

- 9. Write a “Brain Dump,” Then Circle One Priority:** Spend 3–5 minutes writing everything you’re worried about or unsure of. Afterward, circle just one item that matters most right now. This turns chaos into clarity.

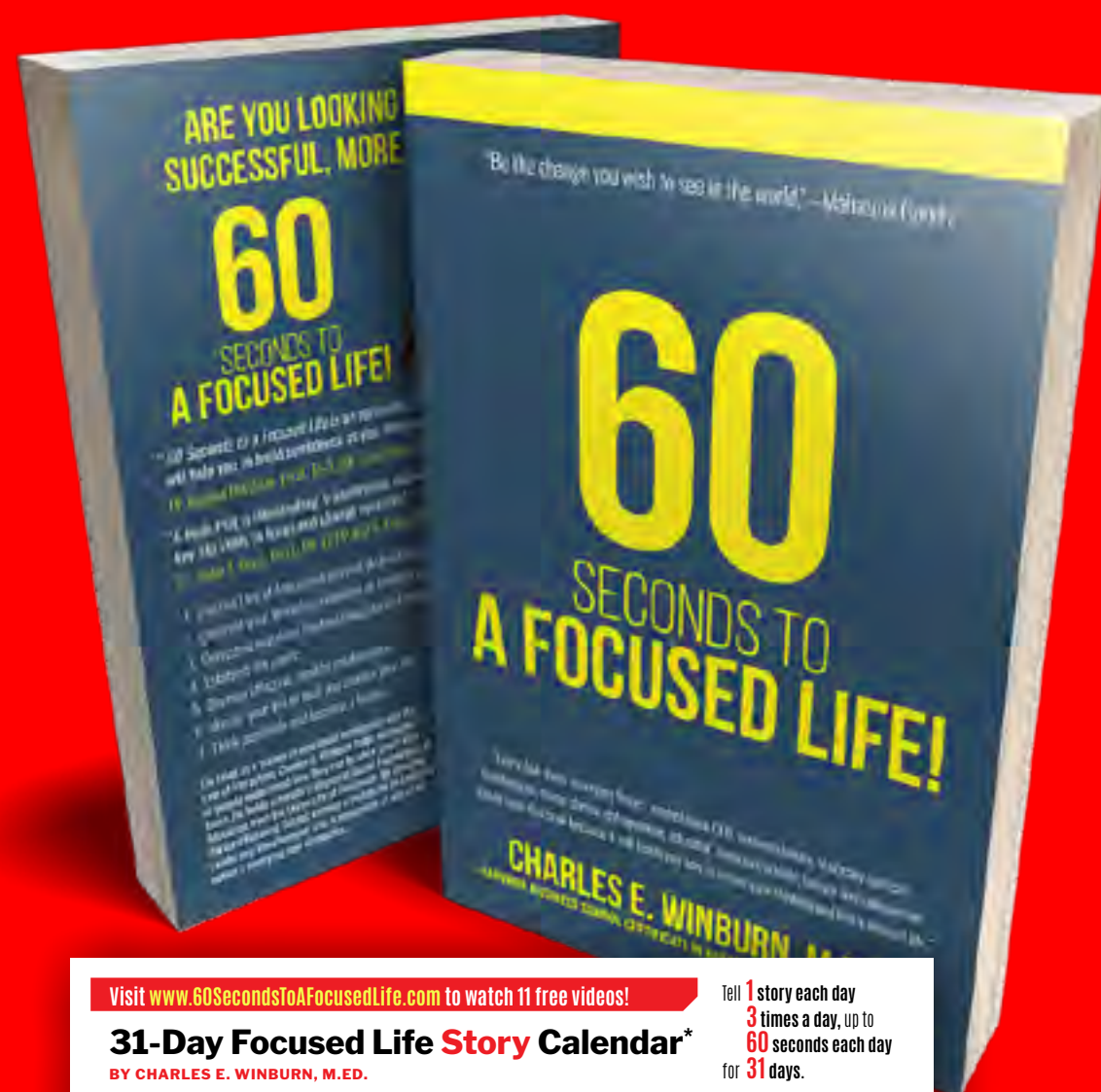
10. Use a Gentle Reset Phrase (Self-Talk Script): Repeat a calming sentence such as:

- **“I’m safe in this moment.”**
- **“I don’t have to solve everything at once.”**
- **“One step is enough.”**

Your language influences your body’s stress response.

11. Reduce Inputs for 10 Minutes (Silence or Limits): Step away from scrolling, loud noise, or confusing conversations for a short window. Lowering input helps your nervous system recover so you can think more clearly.

12. End with a Small “Care Action”:
Do something kind for your body: drink water, stretch for 2 minutes, take a warm shower, put on comfy clothes, or eat something simple. Care tells your mind, “I’m supported,” which reduces helplessness.



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What do you do when your manifestations are delayed or put on hold?

AI Research

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**Rejoicing in hope; patient in
tribulation; continuing instant in
prayer;**

Romans 12:12

**For the vision is yet for an
appointed time... though it tarry,
wait for it; because it will surely
come, it will not tarry.**

Habakkuk 2:3

**Wait on the LORD: be of good
courage, and he shall strengthen
thine heart: wait, I say, on the
LORD.**

Psalm 27:14

**The LORD is good unto them
that wait for him, to the soul that
seeketh him... It is good that a man
should both hope and quietly wait
for the salvation of the LORD.**

Lamentations 3:25-26

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

Isaiah 40:31

**Be patient therefore, brethren,
unto the coming of the Lord...
establish your hearts: for the
coming of the Lord draweth nigh.**

James 5:7-8

**Rest in the LORD, and wait
patiently for him... fret not thyself
because of him who prospereth in
his way...**

Psalm 37:7

**Cast not away therefore your
confidence, which hath great
recompence of reward... For ye
have need of patience...**

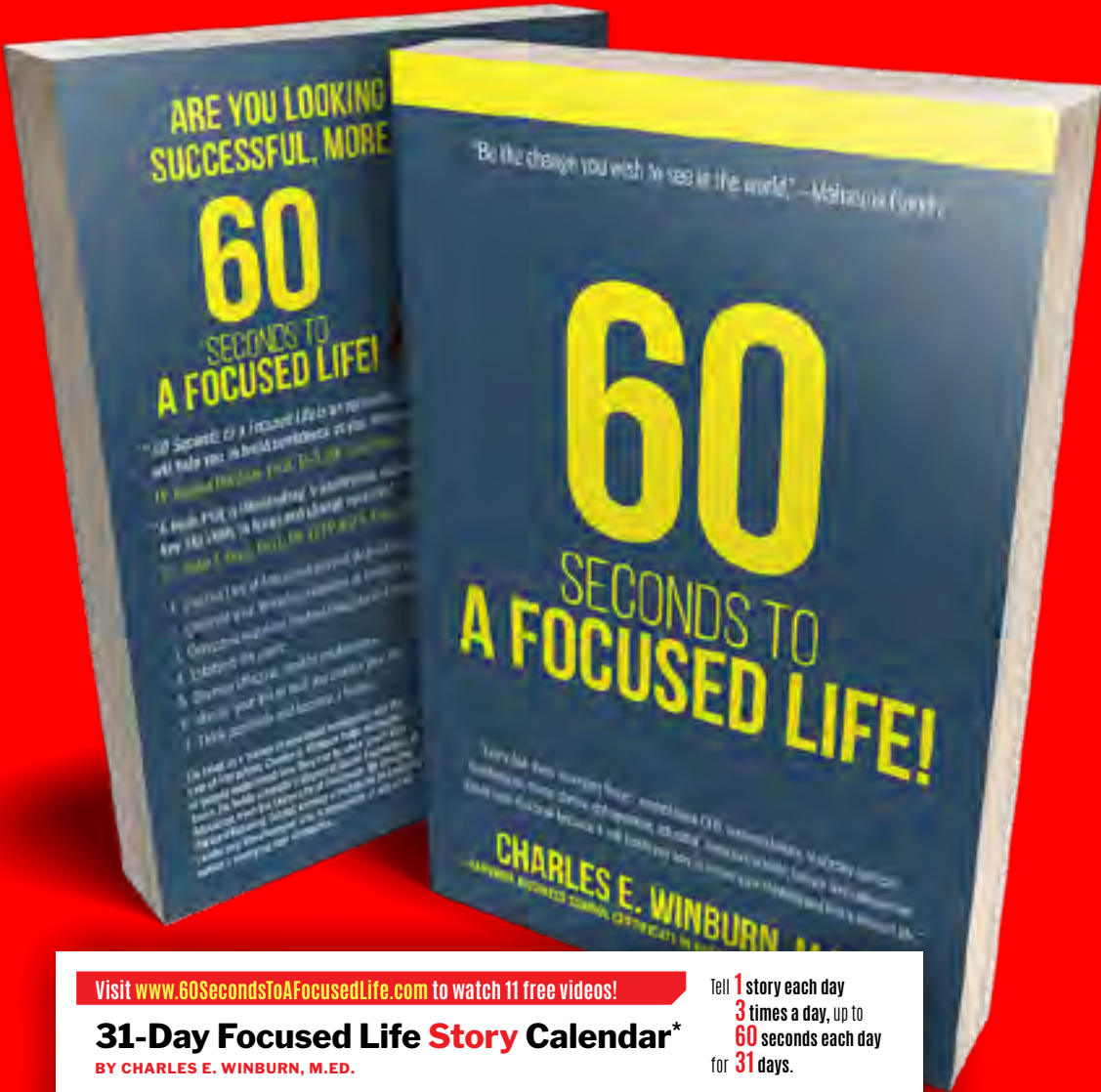
Hebrews 10:35-36

**And let us not be weary in well
doing: for in due season we shall
reap, if we faint not.**

Galatians 6:9

**For which cause we faint not...
though our outward man perish, yet
the inward man is renewed... while
we look not at the things which
are seen... for the things which are
seen are temporal...**

2 Corinthians 4:16-18



What do you do biblically when your manifestations are delayed?

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Keep praying and don't quit
(see Romans 12:12)

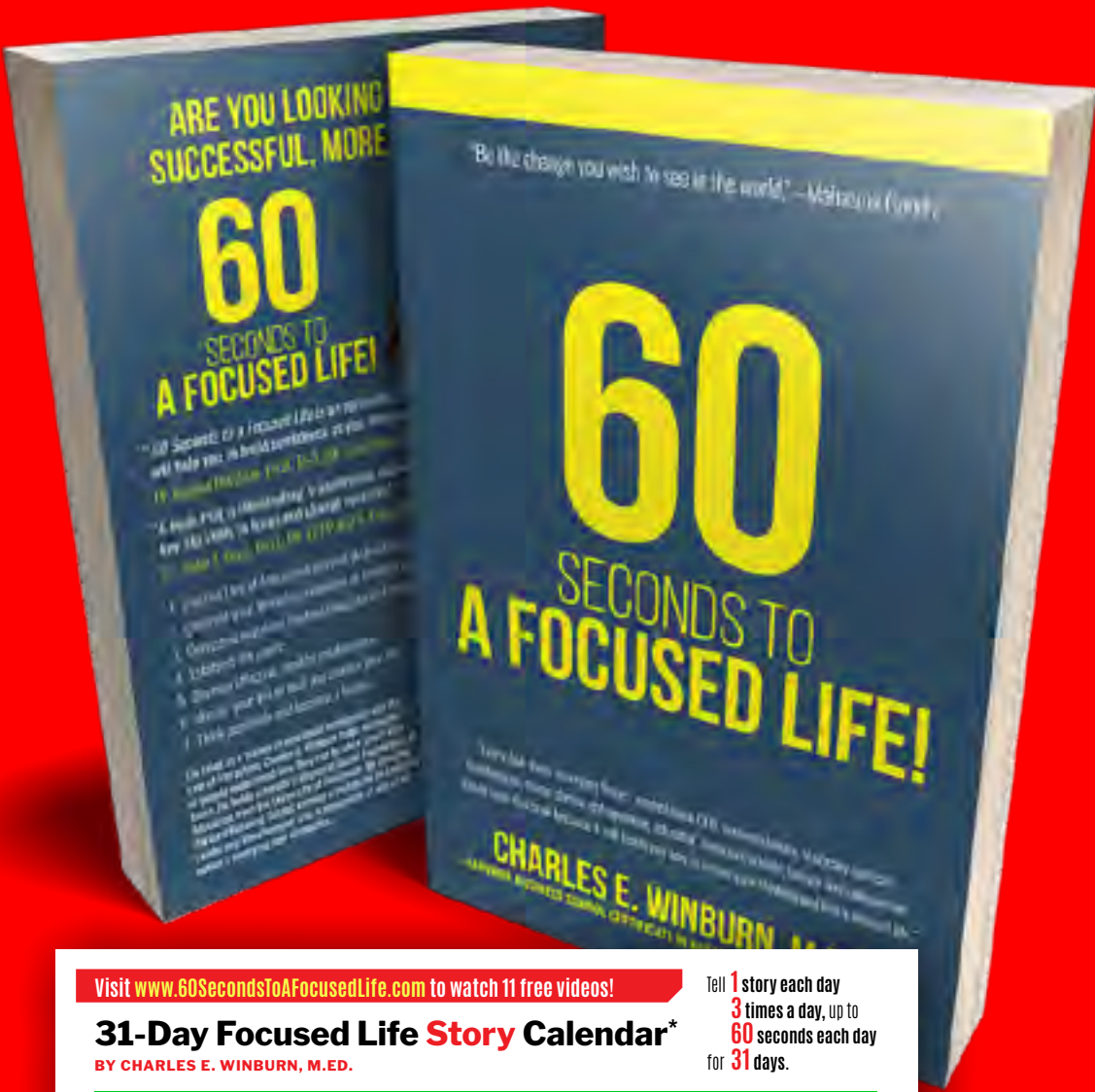
Wait on the Lord with courage
(see *Psalm 27:14, Habakkuk 2:3*)

Hold fast to hope and confidence
(see Hebrews 10:35-36)

Be patient in doing good
(see Galatians 6:9)

Rest your heart in God
(not in pressure)
(see Psalm 37:7)

**Look beyond what you can see
to God's timing**
(see 2 Corinthians 4:18)



When you don't know what to do,
ask God to speak to and through
you in 3 major ways

AI Research

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1. Study the Word of God (5 encouraging scriptures to study it)

- **Psalm 1:1-3 — Blessed is the man who delights in the law of the LORD and meditates day and night.**

- **Joshua 1:8 — This book of the law shall not depart out of thy mouth; thou shalt meditate therein day and night.**
- **2 Timothy 3:16-17 — Scripture is profitable for teaching, reproof, correction, and instruction in righteousness.**

- **Acts 17:11 — The Bereans searched the scriptures daily to see whether these things were so.**
- **1 Peter 2:2 — Desire the sincere milk of the word, that ye may grow thereby.**

2. God speaks to our regenerated human spirit (5 scriptures about God speaking by His Spirit)

- Romans 8:16 — The Spirit itself beareth witness with our spirit, that we are the children of God.**

- **John 14:26 — The Holy Ghost shall teach you all things, and bring all things to your remembrance.**
- **1 Corinthians 2:10-12 — God reveals them unto us by His Spirit; we receive the spirit which is of God.**

- **Romans 8:26-27 — The Spirit helpeth our infirmities... the Spirit maketh intercession for the saints.**
- **1 John 2:27 — The anointing teacheth you of all things, and abideth in you.**

- 3. God speaks through us through emotions, feelings, and compassion (5 scriptures showing His compassion/inner movings)**
 - Matthew 9:36 — When Jesus saw the multitudes, He was moved with compassion toward them.**

- **Romans 12:15 — Rejoice with them that do rejoice, and weep with them that weep.**
- **2 Corinthians 1:3-4 — God comforts us... that we may be able to comfort them which are in any trouble.**

- **Philippians 1:8 — Paul says he had compassion on them in the bowels of Jesus Christ.**
- **Colossians 3:12 — Put on bowels of mercies, kindness, humbleness of mind, meekness, longsuffering.**



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