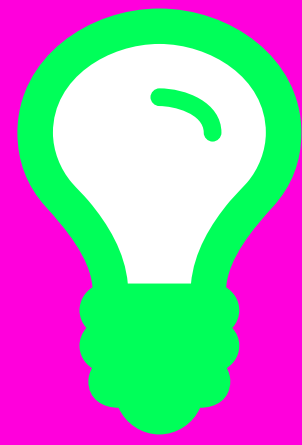




MASTERMIND CLASS & CLINIC 2026 E-BOOK AND TOOLKIT



Master Life Coach
Charlie Winburn



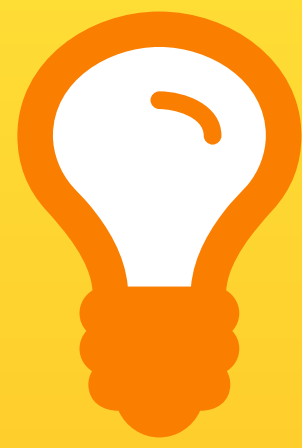
Coach Chuck Futel



Coach Dan Ray

6 WAYS TO MANIFEST WHAT YOU REALLY REALLY WANT IN LIFE! LEARN SUNDAY!

By Charles E. Winburn, M.Ed.



MASTERMIND CLASS & CLINIC 2026



Master Life Coach
Charlie Winburn



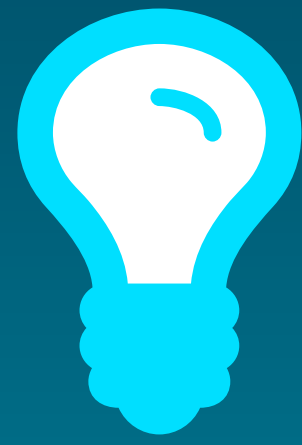
Coach Chuck Futel



Coach Dan Ray

WHAT DO YOU REALLY REALLY WANT IN DATING? FIND OUT SUNDAY!

By Charles E. Winburn, M.Ed.



MASTERMIND CLASS & CLINIC 2026



Master Life Coach
Charlie Winburn



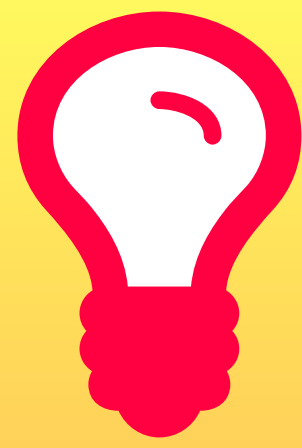
Coach Chuck Futel



Coach Dan Ray

WHAT DO YOU REALLY REALLY WANT IN A FRIENDSHIP? FIND OUT SUNDAY!

By Charles E. Winburn, M.Ed.



MASTERMIND CLASS & CLINIC 2026



**Master Life Coach
Charlie Winburn**



Coach Chuck Futel



Coach Dan Ray

WHAT DO YOU REALLY REALLY WANT IN AN ENGAGEMENT? FIND OUT SUNDAY!

By Charles E. Winburn, M.Ed.



MASTERMIND CLASS & CLINIC 2026



Master Life Coach
Charlie Winburn



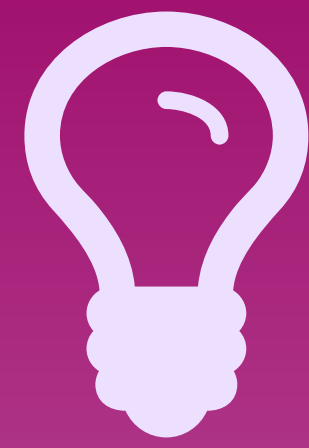
Coach Chuck Futel



Coach Dan Ray

WHAT DO YOU REALLY REALLY WANT IN A MARRIAGE? FIND OUT SUNDAY!

By Charles E. Winburn, M.Ed.



MASTERMIND CLASS & CLINIC 2026



Master Life Coach
Charlie Winburn



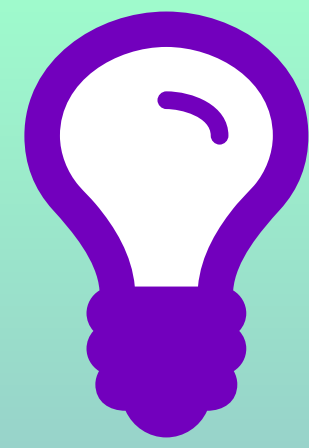
Coach Chuck Futel



Coach Dan Ray

WHAT ARE THE 6 THINGS IN LIFE THAT EVERYONE WANTS BUT FINDS SO DIFFICULT TO ACHIEVE? **LEARN SUNDAY!**

By Charles E. Winburn, M.Ed.



MASTERMIND CLASS & CLINIC 2026



Master Life Coach
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

**WHY CAN MOST PEOPLE NOT
ATTRACT THE RIGHT PERSON OR
THEIR REAL MATCH PARTNER?
FIND OUT 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

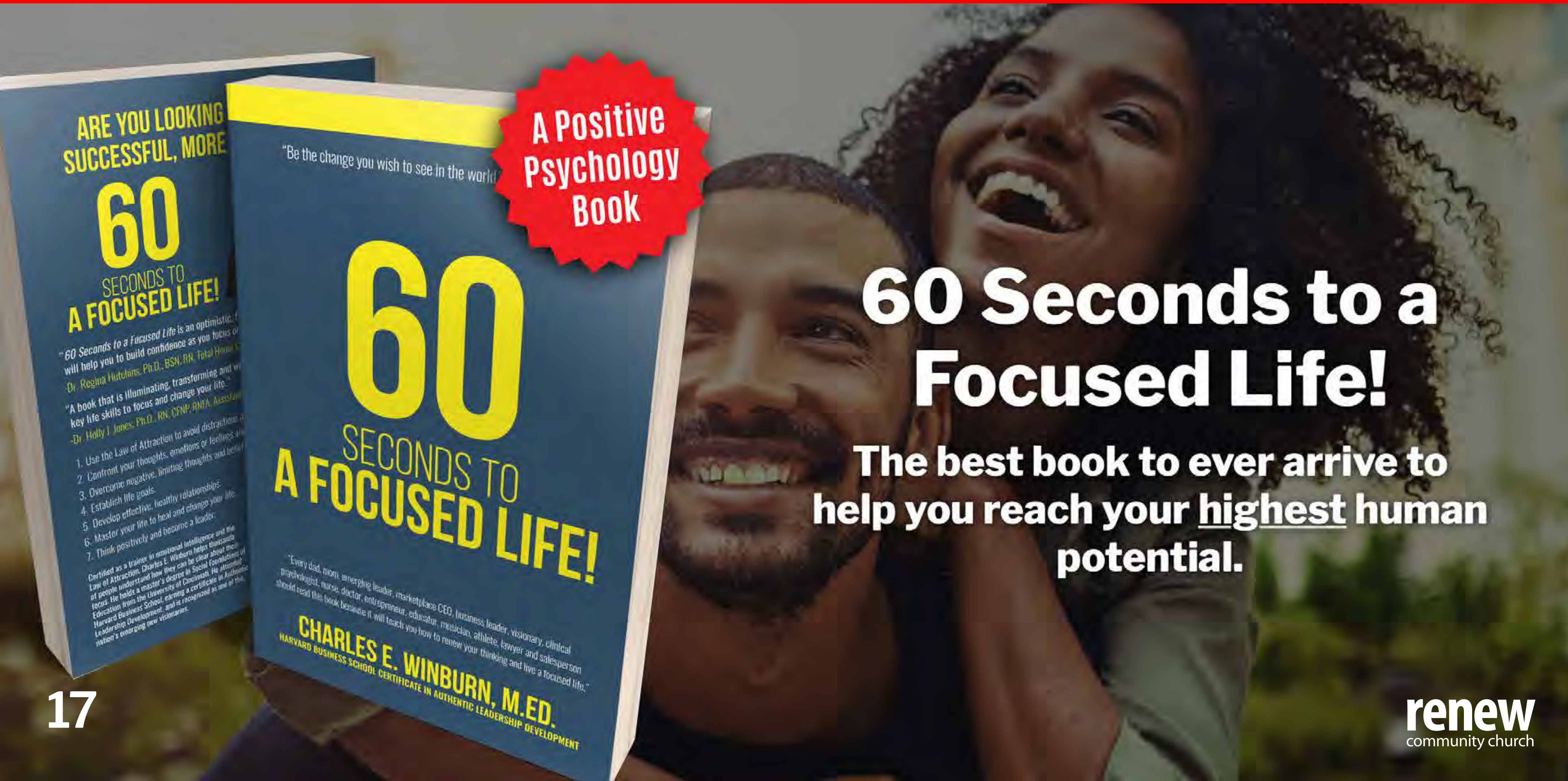
National Domestic Violence Hotline

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, 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

Love

**Charity suffereth long,
and is kind...**

1 Corinthians 13:4

**For God so loved the world, that
he gave his only begotten Son...**

John 3:16

Joy

**the joy of the LORD is
your strength.**

Nehemiah 8:10

**Rejoice in the Lord always:
and again I say, Rejoice.**

Philippians 4:4

Peace

**the God of hope fill you with all
joy and peace in believing...**

Romans 15:13

**Peace I leave with you...
Let not your heart be troubled...**

John 14:27

Laughter

**Then was our mouth filled
with laughter...**

Psalm 126:2

**A time to laugh, and a
time to weep...**

Ecclesiastes 3:4

Fun

**Go thy way, eat thy bread
with joy... and drink thy wine
with a merry heart...**

Ecclesiastes 9:7

**And wine that maketh glad
the heart of man...**

Psalm 104:15

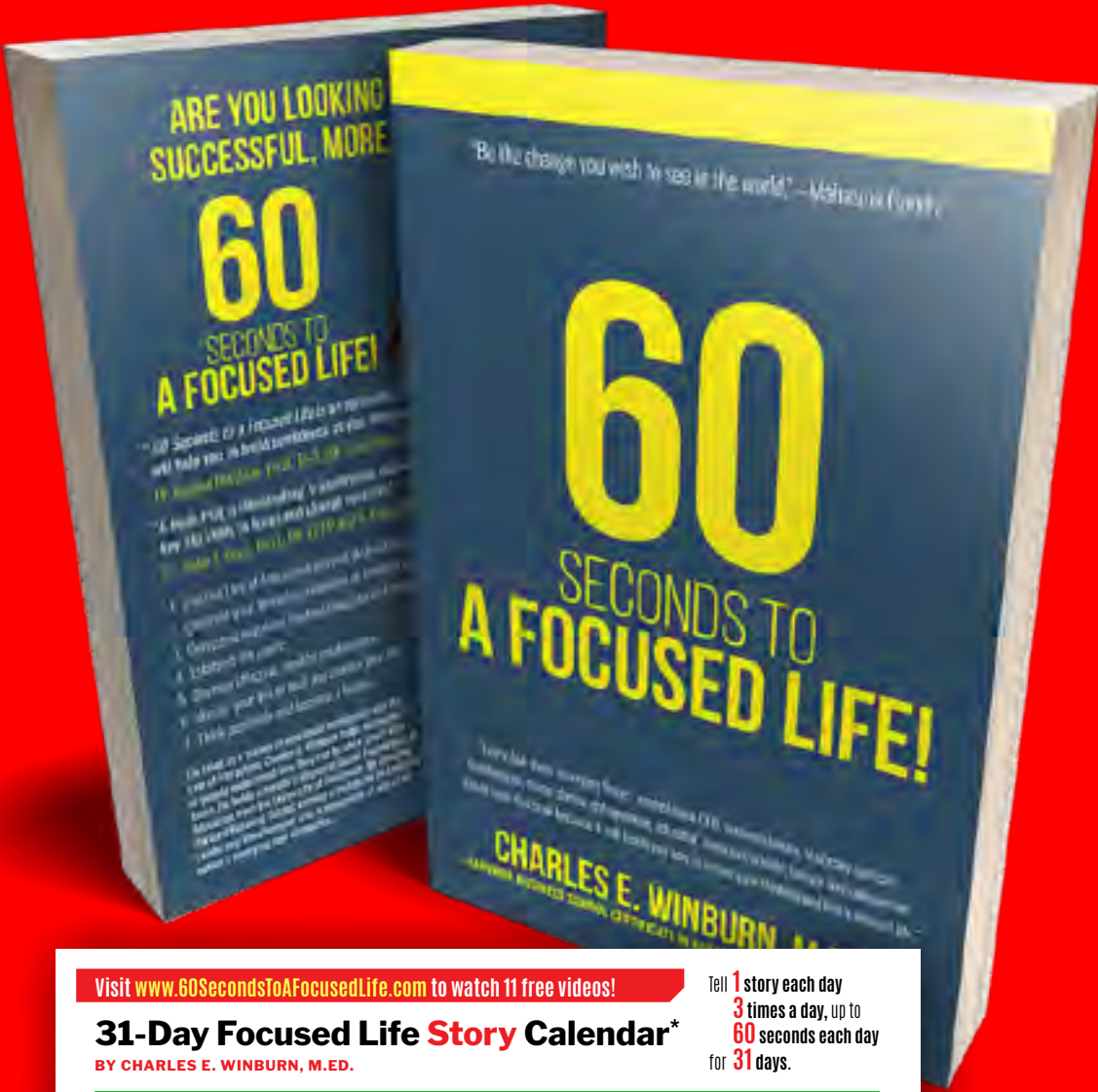
Feeling Good

**A merry heart doeth good
like a medicine...**

Proverbs 17:22

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

3 John 1:2



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	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
It is my divine and human right to have fun today.	It is my divine and human right to be happy today.	It is my divine and human right to walk in love and express my love today.	It is my divine and human right to walk in grace and be led by the Holy Spirit today.	It is my divine and human right to walk in wisdom and the skill of God today.	It is my divine and human right to experience serenity today.	It is my divine and human right to forgive myself and others today.
It is my divine and human right to love today.	It is my divine and human right to be joyful and give great thanks on this today.	It is my divine and human right to be peaceful, joy and peace in the universe and the earth today.	It is my divine and human right to feel safe today.	It is my divine and human right to walk in the illumination and kindness of God today.	It is my divine and human right to be kind to self and others today.	It is my divine and human right to be harmonious today.
It is my divine and human right to walk in courage today.	It is my divine and human right to be successful in all and others and share my success today.	It is my divine and human right to be free and speak the freedom today.	It is my divine and human right to live in the presence of God today.	It is my divine and human right to live, move and have my being in God today.	It is my divine and human right to renew my mind today.	It is my divine and human right to be more than a consumer over my spiritual, health and mental life today.
It is my divine and human right to do all things through Christ who strengthens me today.	It is my divine and human right to pray in the end of each I read in God today.	It is my divine and human right to walk in the end of each I read in God today.	It is my divine and human right to focus on what I want I focus on happiness today.	It is my divine and human right to have good every 60 seconds today.	It is my divine and human right to have great relationships today.	It is my divine and human right to prosper and walk in all the fullness of God's promises today.
It is my divine and human right to be transformed and renewed in my heart today.	It is my divine and human right to be transformed and renewed in my heart today.	It is my divine and human right to be transformed and renewed in my heart today.	It is my divine and human right to be transformed and renewed in my heart today.	It is my divine and human right to be transformed and renewed in my heart today.	It is my divine and human right to be transformed and renewed in my heart today.	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

6 ways to manifest what you really really want

AI Research

60SecondsToAFocusedLife.com

1. Love: Feel it. Walk in it. Radiate it.

- **Declare: “I choose love—today and always. Love leads me. Love protects me. Love guides my next step.”**
- **Practice: Put a hand on your heart and breathe slowly—then say, “I am safe to receive.”**

- **Walk it out: Speak to yourself with kindness, and treat your desires like they're already on the way.**
- **Focus: "I attract what I am—today I am love."**

2. Joy: Feel it. Carry it. Let it pull your destiny closer.

- Declare: “I’m joy. I move from joy. Everything about my life is improving.”**
- Practice: Do one small thing that makes you genuinely happy—then tell yourself, “That’s a sign. I’m aligned.”**

- **Walk it out: Expect good news and act like you already have it—because your energy is the invitation.**
- **Focus: “Joy is my power. Joy is my proof.”**

3. Peace: Feel it. Stay steady. Let calm become your magnet.

- Declare: “I am peaceful, and my life responds to that peace.”**
- Practice: When stress shows up, pause and say, “Not today. I return to peace.”**

- **Walk it out: Make decisions from clarity, not panic—because peace attracts progress.**
- **Focus: “I’m steady. I’m protected. I’m aligned.”**

- 4. Laughter: Feel it. Release pressure. Watch doors open.**
- Declare: “Laughter clears my mind and lights my path. I’m free to receive good things.”**
 - Practice: Laugh on purpose—watch a short funny clip, smile big, and breathe like your future is bright.**

- **Walk it out: Drop the heaviness. Don't rehearse fear—rehearse freedom.**
- **Focus: “Laughter activates miracles.”**

5. Fun: Feel it. Play on purpose. Become the version of you that wins.

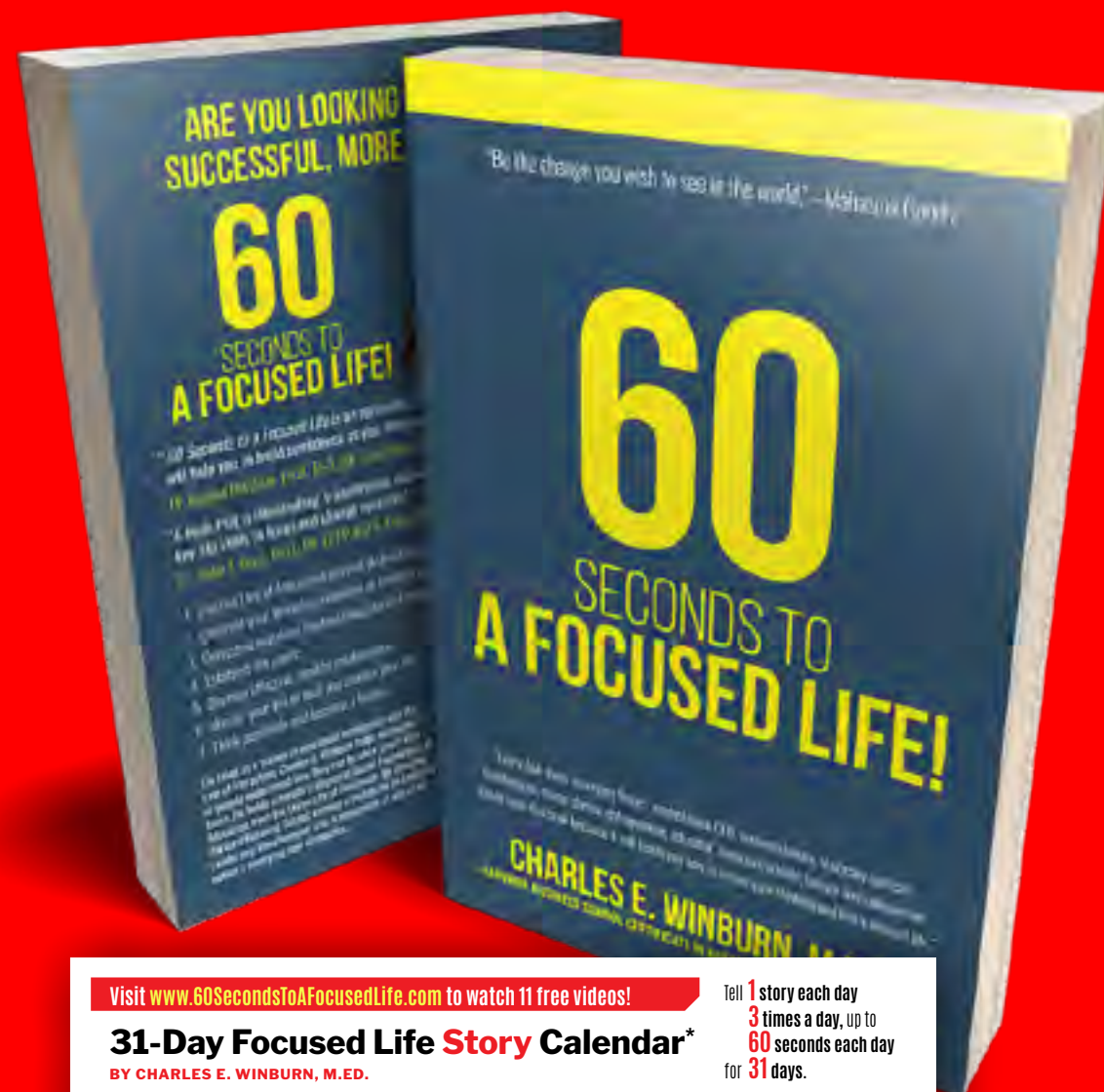
- Declare: “I don’t just endure—I enjoy. I’m building a life I love.”**
- Practice: Add something playful to your day—music, a walk, a hobby, a spontaneous “yes.”**

- **Walk it out: Let fun remind you: life is working for you. Your desires are not far—they're responding.**
- **Focus: “Fun is faith with a smile.”**

6. Feeling Good: Feel it now. Choose it daily. That's how you manifest fast.

- **Declare: “I feel good on purpose. I choose thoughts that feel great. My life matches my frequency.”**
- **Practice: Ask yourself: “What would make me feel 10% better right now?” Then do that immediately.**

- **Walk it out: Stop waiting to feel good—start feeling good and let results follow.**
- **Focus: “My feelings are my compass—and I’m heading to my best.”**



Visit www.60SecondsToAFocusedLife.com to watch 11 free videos!

31-Day Focused Life Story Calendar*
BY CHARLES E. WINBURN, M.D.

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 express 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 be joyful and to have a great outlook on life today.	DAY 10 It is my divine and human right to be peaceful, 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 successful in all that I do and to be a blessing to others today.	DAY 17 It is my divine and human right to be a blessing to others today.	DAY 18 It is my divine and human right to be in the presence of God today.	DAY 19 It is my divine and human right to live in the presence of 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 the name of Jesus 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

25 scientific positive examples why having positive emotions, feelings, vibes, vibrations, and energy each day is very important to a person's physical and mental health

AI Research

60SecondsToAFocusedLife.com

- 1. Lower cortisol (stress hormone):** Positive affect is linked with reduced cortisol levels and/or faster recovery after stress in multiple studies.

2. Reduced inflammatory signaling: Positive emotions/affect correlate with lower inflammatory biomarkers (e.g., CRP, IL-6) in population research.

-
-
- 3. Improved cardiovascular stress recovery:** People reporting more positive emotions often show better blood pressure recovery after stress tests.

- 4. Higher heart rate variability (HRV):** Positive emotional states are associated with higher HRV, reflecting healthier autonomic regulation.

- 5. Lower hypertension risk (associations):** Greater positive affect and lower hostility predict lower odds of developing hypertension over time in some longitudinal work.

- 6. Less depression severity:**
Meta-analytic and longitudinal findings show positive affect predicts fewer depressive symptoms and better mood trajectories.

- 7. Reduced anxiety symptoms:**
Positive affect is associated with lower anxiety levels and better emotion regulation under threat.

- 8. Better immune responses:**
Positive emotional experiences can correlate with stronger immune performance (e.g., vaccine antibody responses) in certain studies.

- 9. Improved coping during adversity:** Positive emotions broaden coping options and support better adaptation after stressful events.

10. “Broaden-and-build” cognition:
Research shows positive emotions expand attention and cognitive flexibility, supporting better problem-solving.

11. More social connection and support: Expressing positive emotions is linked with increased social closeness and received support—both protective for health.

12. Higher resilience: Longitudinal studies find optimism/positive affect predicts greater resilience after major life stressors.

13. Better sleep quality: Higher well-being/positive affect is associated with better sleep duration, sleep efficiency, and sleep satisfaction.

14. Lower pain intensity and improved pain coping:
Positive emotions correlate with reduced pain ratings and increased pain tolerance in studies of chronic and experimental pain.

15. Lower perceived stress:
Positive affect tends to reduce perceived stress, which is strongly tied to mental and physical outcomes.

16. Healthier behavior adherence:
Positive mood is associated with better adherence to health behaviors (exercise, nutrition, treatment routines).

17. Lower physiological “wear and tear”: Positive well-being measures correlate with lower allostatic load (physiological cumulative stress burden) in some cohorts.

18. Cardiovascular health associations: Psychological well-being/positive affect often correlates with better cardiovascular markers in epidemiological research.

19. Higher general mental well-being: Positive emotions are strongly associated with higher life satisfaction and overall mental health indices.

20. Faster recovery after negative events: Studies on emotion recovery show that positive affect/resources support quicker return to baseline after setbacks.

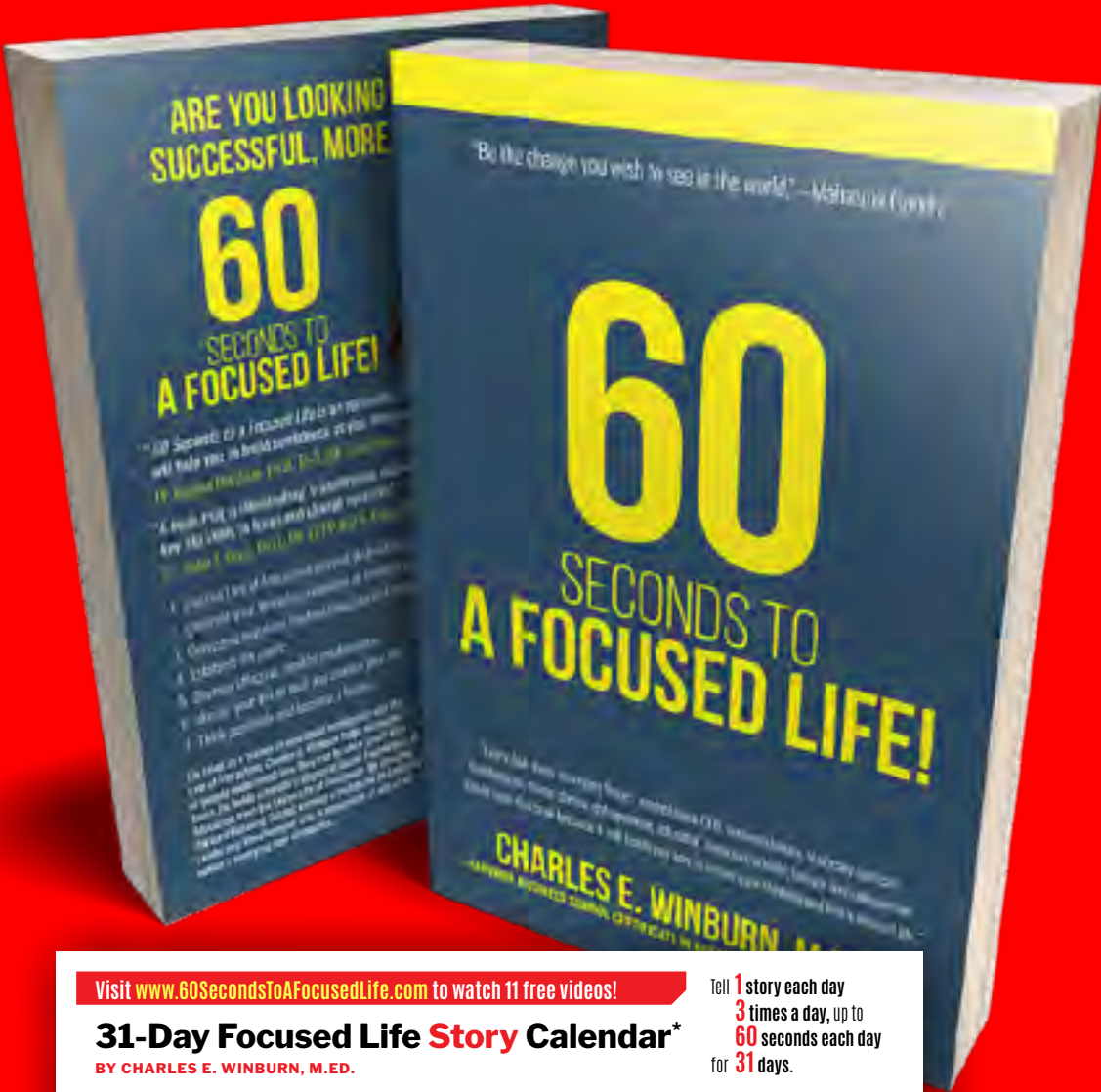
21. Reduced rumination: Positive affect predicts less repetitive negative thinking—a key contributor to depression and anxiety.

22. More constructive stress appraisal: Positive emotions can shift appraisal toward controllability/resources, improving coping outcomes.

23. Dampening of threat-related physiology: Positive states can reduce threat-driven physiological responses (e.g., lower sympathetic activation) during stress in lab paradigms.

24. Lower mortality associations:
Large epidemiological research links psychological well-being and some positive affect measures with reduced mortality risk.

25. Better cognitive outcomes with health resilience:
Positive psychological factors associate with better cognitive performance and brain-health related indicators in aging-focused research.



12 scientific data reasons negative emotions can harm physical and mental health

AI Research

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 express my love today.	DAY 4 It is my divine and human right to walk in grace and to be 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 to have a great outlook on life today.	DAY 10 It is my divine and human right to be in peace and to be at 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 successful in all I do and to be a blessing to others today.	DAY 17 It is my divine and human right to be free and to be free from sin today.	DAY 18 It is my divine and human right to be 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 strengthens me today.	DAY 23 It is my divine and human right to pray in the name of God, Jesus 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 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

60SecondsToAFocusedLife.com

- 1. Higher stress hormones (cortisol):** Negative emotions (especially chronic stress/anxiety) are linked with elevated cortisol and slower recovery after stress in lab and longitudinal studies.

- 2. Greater sympathetic nervous system activation:** Negative affect is associated with increased “fight-or-flight” activity (e.g., higher heart rate, reduced HRV), which dysregulates bodily systems.

- 3. Reduced heart rate variability (HRV):** HRV tends to be lower when people experience more negative mood/affect, reflecting poorer autonomic flexibility.

- 4. Increased inflammation:**
Negative emotions and chronic stress are associated with higher inflammatory biomarkers such as CRP and IL-6 in population studies.

- 5. Immune suppression or poorer immune performance:** Negative affect/stress can correlate with weaker immune responses (e.g., reduced vaccine antibody responses in some research).

- 6. Worse cardiovascular outcomes (risk associations):**
Negative emotions, hostility, and depression have been associated with higher risk of hypertension and certain cardiovascular events in epidemiological work.

7. Sleep disruption: Anxiety/ depression and negative mood commonly impair sleep onset, sleep quality, and sleep duration—directly affecting mental and physical health.

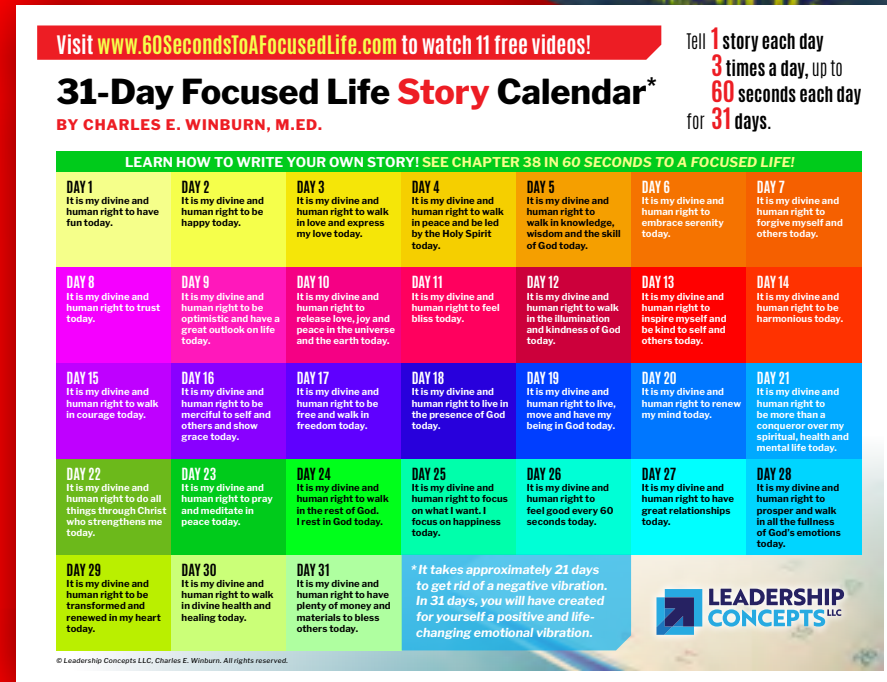
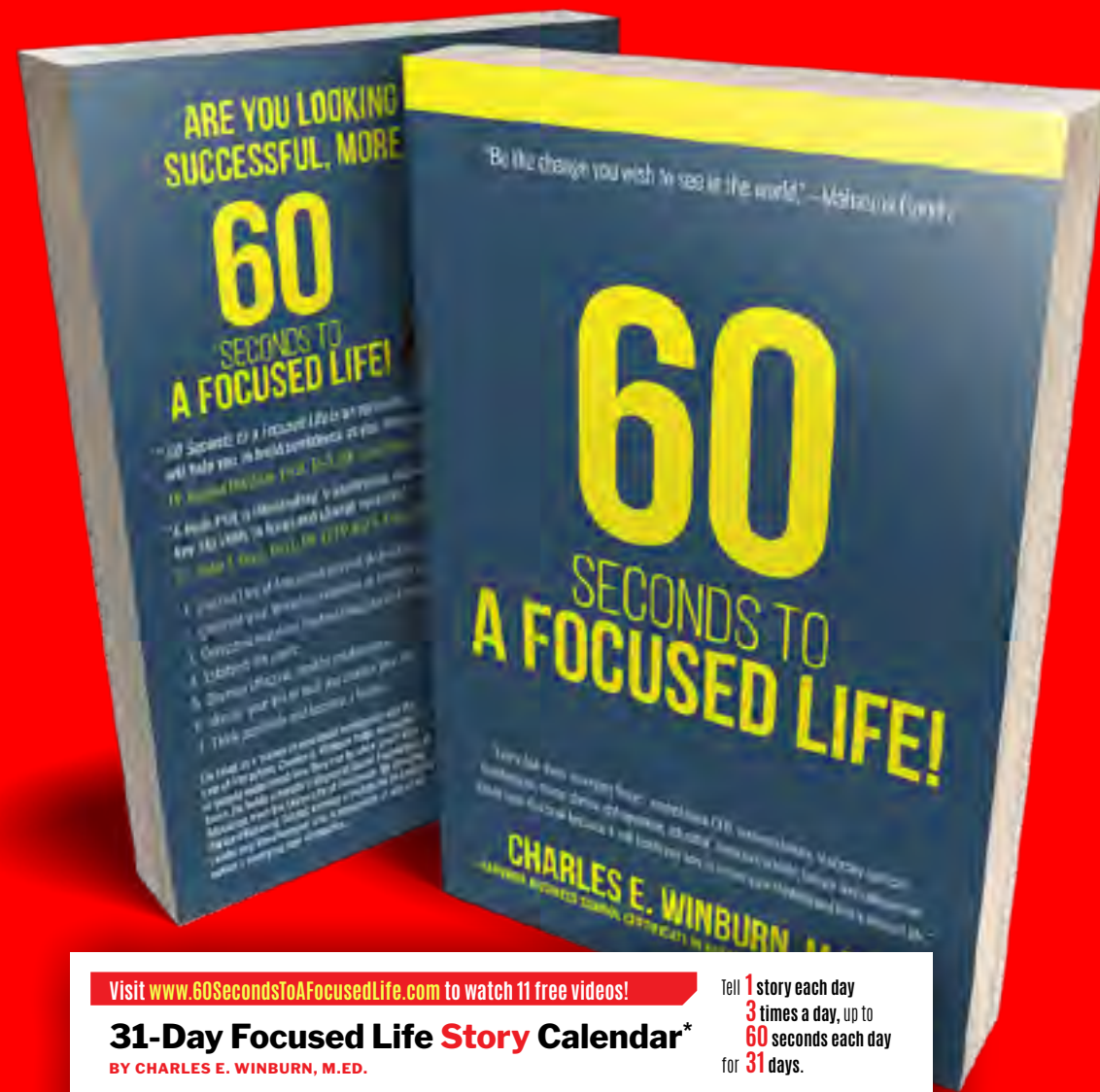
- 8. Higher risk of depression onset and relapse:** Negative moods increase vulnerability through maintaining negative cognitive patterns, reducing reward sensitivity, and worsening stress sensitivity.

- 9. Increased anxiety and threat perception:** Negative affect strengthens threat learning and avoidance behavior, which can amplify anxiety over time.

10. More rumination and impaired emotion regulation: Negative emotional states increase repetitive negative thinking and reduce cognitive control, worsening mental health trajectories.

11. Health behavior deterioration:
Negative emotions can drive less exercise, poorer diet, substance use, and reduced treatment adherence—indirectly harming health.

12. Higher allostatic load (“wear and tear”): Chronic negative emotional states are linked to higher allostatic load, reflecting cumulative physiological stress burden across systems.



25 ways to keep people from
disturbing your love, joy, peace,
laughter, fun, and feeling good

AI Research

60SecondsToAFocusedLife.com

- 1. Set clear boundaries early**
 - **Tell people what “my daily time” means to you.**
 - **Use simple phrases like “Not today—I’m offline.”**

2. Create a daily “protected block”

- Pick a consistent time each day for joy/focus.**
- Treat it like an appointment with yourself.**

- 3. Use a “no-answer until” rule**
 - **Don’t check messages for the first part of the day.**
 - **Decide a specific time to respond.**

4. Limit notifications

- **Turn off most alerts on your phone.**
- **Keep only calls from truly urgent contacts.**

5. Keep a “joy list”

- **Write 10–20 things that instantly lift your mood.**
- **Use it before you engage with anyone else.**

- 6. Practice the 60-second reset**
- Drink water, stretch, breathe, or step outside.**
 - Do this whenever you feel your mood being pulled down.**

- 7. Choose one uplifting playlist**
 - **Music is a fast mood-control tool.**
 - **Make it your “start-of-day” sound.**

8. Protect your morning routine

- **Decide what happens in the first 30–90 minutes.**
- **Don't let interruptions hijack the whole day.**

- 9. Use scripts for interruptions**
- **“I’ll get back to you after my morning.”**
 - **“I can’t talk right now—let’s schedule.”**

10. Make your availability visible

- **Put “best times to reach me” in your bio or notes.**
- **People disturb you less when expectations are obvious.**

11. Don't reward bad timing

- **If someone interrupts you, respond later rather than instantly.**
- **Consistency trains them (and you).**

12. Increase your “buffer time”

- **Leave a little gap between activities you value and social time.**
- **It reduces stress and spillover.**

13. Say “I’m not available” without over-explaining

- **Short, calm answers work best.**
- **You’re not required to justify your peace.**

14. Reduce high-drama inputs

- **Limit feeds/groups that reliably drain you.**
- **You can't “out-peace” constant negativity.**

15. Create a “personal rule” for meetings

- **No calls during your joy/fun window.**
- **If it must happen, set a strict end time.**

16. Use body language + cues

- **Headphones on, phone facedown, relaxed posture.**
- **Nonverbal signals reduce interruptions.**

17. Decline with kindness

- **“That doesn’t work for my schedule.”**
- **“I’m going to pass, but thank you for thinking of me.”**

18. Ask for what you want, not what you don't

- **“I’d love a chat at 4pm.”**
- **Avoid “Stop bothering me”—state the replacement.**

19. Keep conversations short when needed

- **Use an exit line: “I have to jump—talk soon.”**
- **Don’t stay longer just to be polite.**

20. Don't engage when your mood is fragile

- If you're irritated, wait before responding.**
- Protecting your mood prevents bigger conflicts later.**

21. Use a “karma pause”

- **Before you react, pause 10 seconds.**
- **Your peace grows when you delay the emotional response.**

22. Remove yourself from draining environments

- **Step away physically when possible.**
- **A quick change of space can reset everything.**

23. Surround yourself with “peace-aligned” people

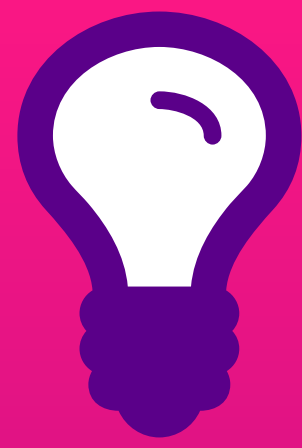
- **Spend more time with those who respect your energy.**
- **Pull back from those who consistently interrupt your vibe.**

24. Create a daily self-celebration

- **Something small: a treat, a walk, a funny video, a win.**
- **Reinforces “my day is for me.”**

25. Reinforce consequences (gently)

- **If someone repeatedly ignores boundaries, reduce access.**
- **Block/mute, limit time, or end the conversation when needed.**



Master Life Coach
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

HOW DO YOU ATTRACT THE RIGHT PEOPLE OR YOUR REAL MATCH PARTNER? **FIND OUT THIS SUNDAY!**

By Charles E. Winburn, M.Ed.