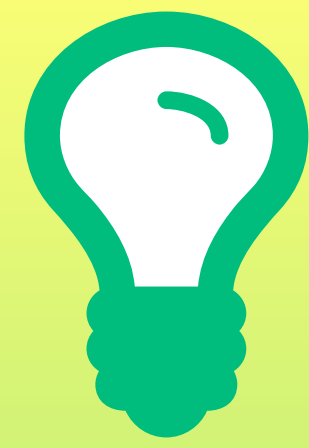




MASTERMIND CLASS & CLINIC 2026 E-BOOK AND TOOLKIT



Master Life Coach
Charlie Winburn



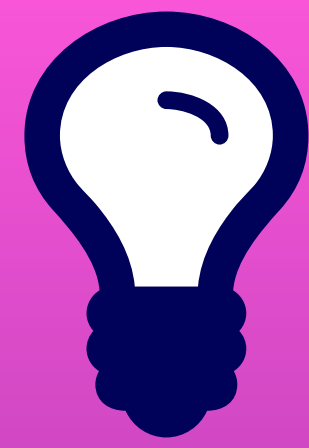
Coach Chuck Futel



Coach Dan Ray

LEARN HOW TO BE HAPPY WITHOUT A RELATIONSHIP! LEARN SUNDAY!

By Charles E. Winburn, M.Ed.



Master Life Coach
Charlie Winburn



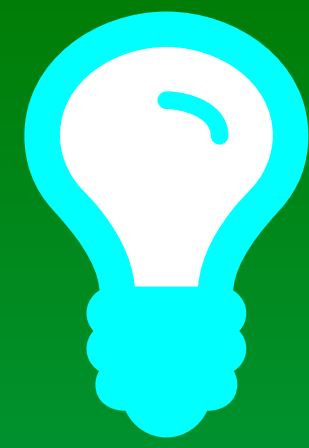
Coach Chuck Futel



Coach Dan Ray

WHAT IS YOUR LONG-TERM PLAN FOR EMOTIONAL HAPPINESS WITHOUT DEPENDING ON YOUR RELATIONSHIPS FOR HAPPINESS?

By Charles E. Winburn, M.Ed.



MASTERMIND CLASS & CLINIC 2026



Master Life Coach
Charlie Winburn



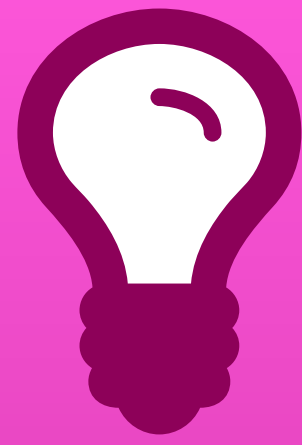
Coach Chuck Futel



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**FIND EMOTIONAL HAPPINESS
WITHIN YOURSELF AND YOU WILL
DISCOVER YOU WILL NEED THAT
RELATIONSHIP LESS AND LESS!**

By Charles E. Winburn, M.Ed.



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CAN YOU BE HAPPY WITHOUT SOMEONE ELSE MAKING YOU HAPPY? LEARN SUNDAY!

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STOP DEPENDING ON YOUR SIGNIFICANT OTHER FOR YOUR HAPPINESS!

LEARN WHY THIS 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

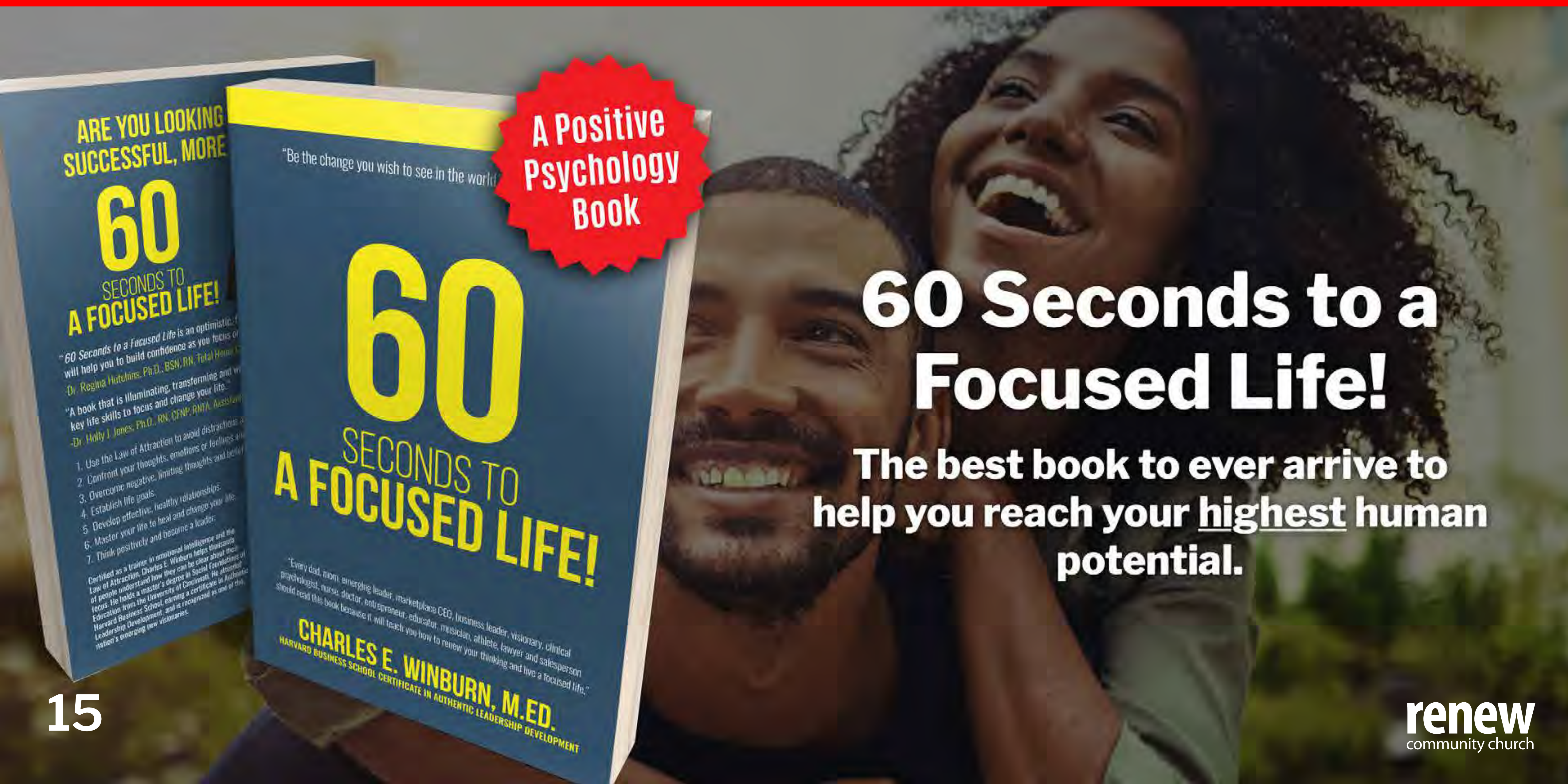
National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

www.thehotline.org

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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

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

**I will praise thee; for I am fearfully
and wonderfully made...**

Psalm 139:14

**For I say, through the grace given
unto me, to every man that is
among you, not to think of himself
more highly than he ought...**

Romans 12:3

Be of the same mind one toward another. Mind not high things, but condescend to men of low estate...

Romans 12:16

**What? know ye not that your body
is the temple of the Holy Ghost...**

1 Corinthians 6:19-20

Finally, brethren, whatsoever things are true, whatsoever things are honest... think on these things.

Philippians 4:8

**Therefore if any man be in Christ,
he is a new creature...**

2 Corinthians 5:17

**Fear thou not; for I am with thee...
I will strengthen thee...**

Isaiah 41:10

**Why art thou cast down, O my
soul? and why art thou disquieted
in me? hope thou in God...**

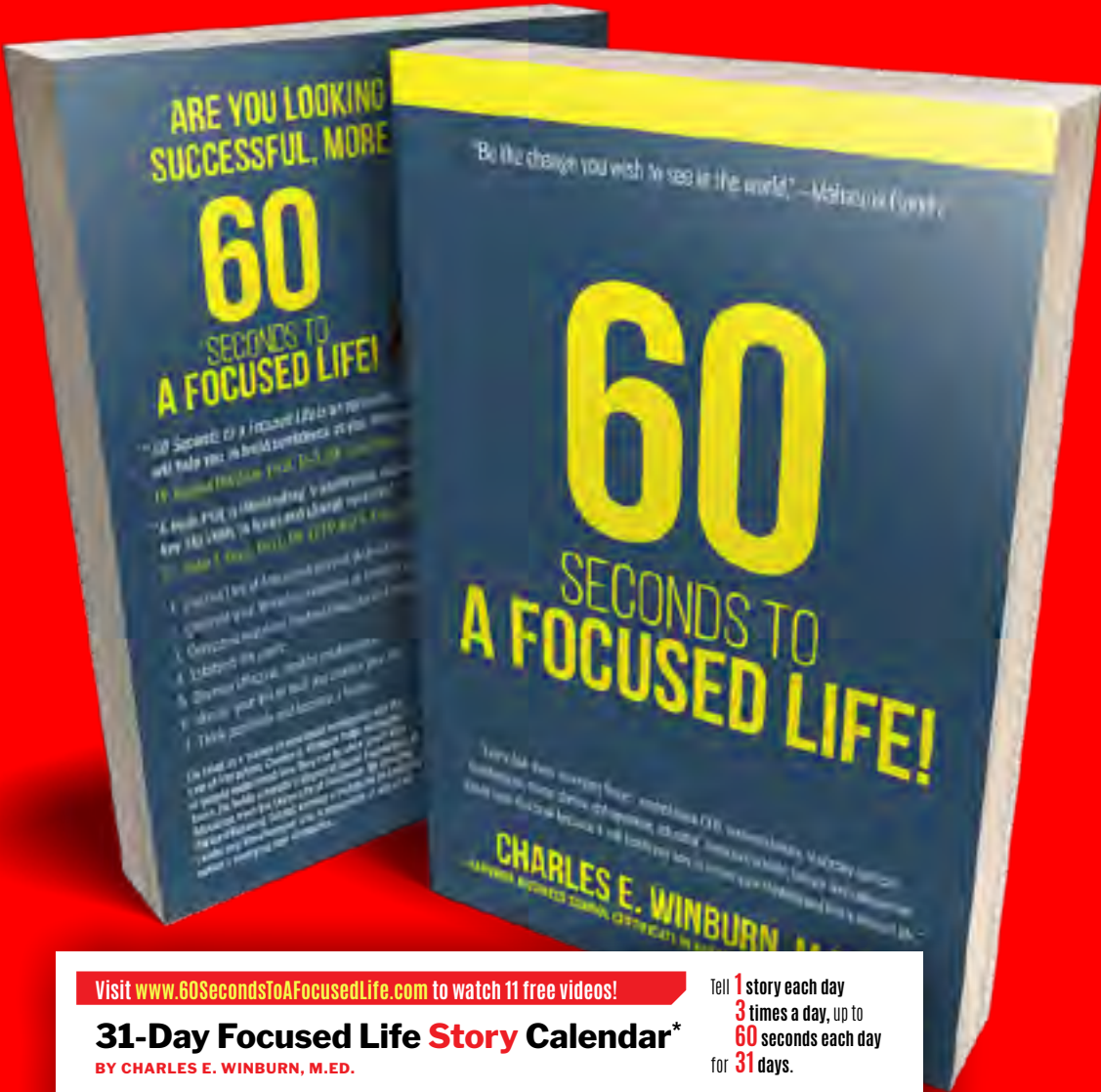
Psalm 42:11

**It is of the LORD'S mercies that
we are not consumed, because his
compassions fail not...**

Lamentations 3:22-23

**But ye are a chosen generation, a
royal priesthood, an holy nation, a
peculiar people...**

1 Peter 2:9



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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	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 joyful and give great thanks on this 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 joyful and give great thanks on this 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 joyful and give great thanks on this today.
It is my divine and human right to walk in grace 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 joyful and give great thanks on this 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 joyful and give great thanks on this 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 joyful and give great thanks on this 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 name of God, I trust in God today.	It is my divine and human right to walk in the name of God, I trust in God today.	It is my divine and human right to walk in the name of God, I trust in God today.	It is my divine and human right to walk in the name of God, I trust in God today.	It is my divine and human right to walk in the name of God, I trust in God today.	It is my divine and human right to walk in the name of God, I trust in God 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 walk in divine health and healing today.	It is my divine and human right to walk in divine health and healing today.	It is my divine and human right to walk in divine health and healing today.	It is my divine and human right to walk in divine health and healing today.	It is my divine and human right to walk in divine health and healing today.	It is my divine and human right to walk in divine health and healing 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

More Scriptures that encourage self-worth, renewing your mind, and encouraging yourself

AI Research

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

Psalm 27:14

**Being confident of this very thing,
that he which hath begun a good
work in you will perform it...**

Philippians 1:6

**For which cause we faint not; but
though our outward man perish,
yet the inward man is renewed day
by day.**

2 Corinthians 4:16

**But let every man prove his own
work, and then shall he have
rejoicing in himself alone...**

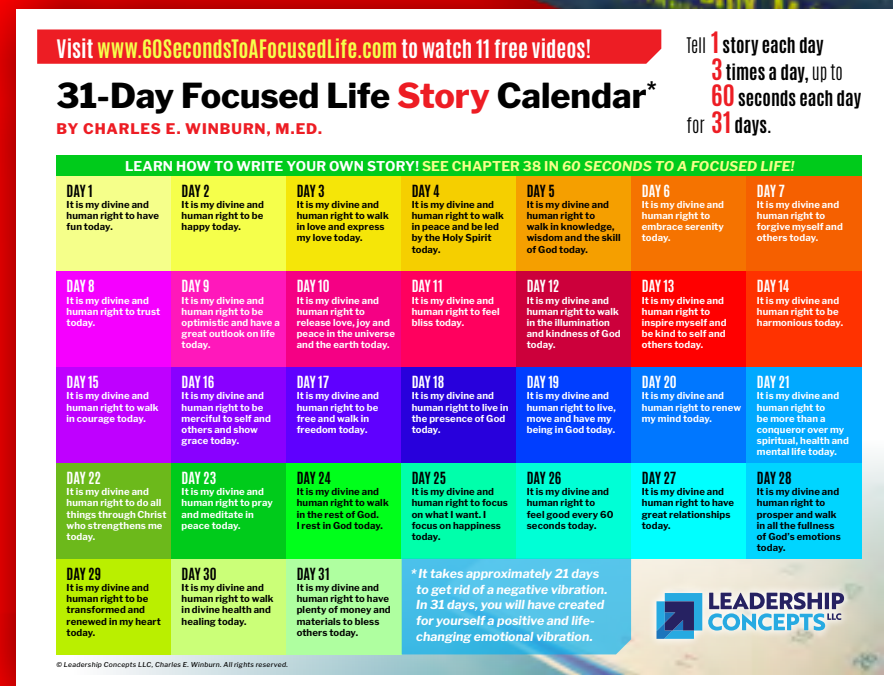
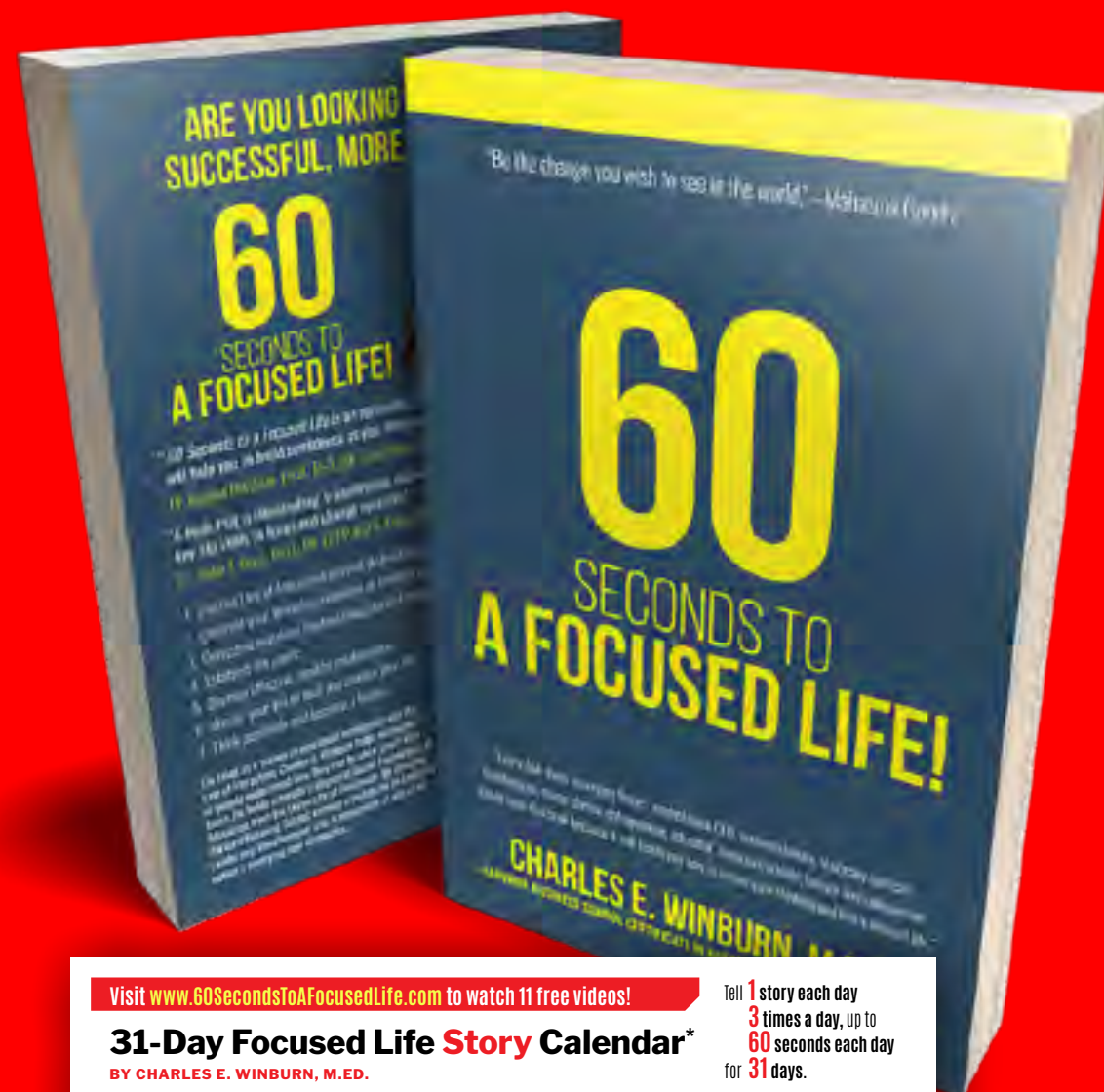
Galatians 6:4

**But ye, beloved, building up
yourselves on your most holy
faith...**

Jude 1:20

**And the second commandment is
this, Thou shalt love thy neighbour
as thyself...**

Mark 12:31



10 reasons to stop depending on
your significant other for your
emotional happiness, and why that
dependence can be harmful for
your mental health

AI Research

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1. Your partner becomes a single point of failure

- If your mood relies on one person's behavior, any conflict, distance, or change in attention can quickly destabilize your emotions.**

- **This keeps you in a constant state of emotional “alert,” which elevates stress and anxiety.**

2. It creates pressure to “perform” emotionally

- When you expect your partner to regulate your happiness, they may feel responsible for things they can't fully control (your self-worth, your joy, your healing).**

- **This can trigger resentment, guilt, and fear—feelings that commonly worsen depression and anxiety.**

- 3. It undermines your autonomy and self-esteem**
 - **Emotional dependence often teaches you that you're only okay when the relationship is going well.**

- **Over time, that can weaken self-confidence and reinforce negative self-beliefs, which are strongly linked to worse mental health.**

4. You're more likely to ignore your own needs

- If happiness is outsourced to your partner, your own boundaries, preferences, and emotional needs can get neglected.**

- **Long-term neglect of needs contributes to burnout, chronic dissatisfaction, and increased depressive symptoms.**

5. It increases rumination and fear of rejection

- When your emotional stability depends on your partner, small signals (tone changes, delayed replies, perceived disapproval) can feel catastrophic.**

- **That pattern fuels rumination and hypervigilance—both are common drivers of anxiety disorders.**

6. It reduces resilience during conflict

- Healthy relationships include hard moments; emotional dependence turns conflict into emotional collapse.**

- **Without internal coping tools, disagreements can feel unbearable, worsening stress and impairing problem-solving.**

7. It blocks personal growth and coping skills

- Relying on a partner for emotional regulation can prevent you from building skills like self-soothing, journaling, therapy insight, mindfulness, or healthy support networks.**

- **Lack of coping skills makes mental health issues more likely to intensify when the relationship faces challenges.**

- 8. It can lead to emotional bargaining**
 - Dependence often results in “If they do X, I’ll feel okay” thinking.**

- **This trains you to accept less than you deserve, increasing the risk of staying in unhealthy dynamics that harm mental well-being.**

9. It can create a cycle of control and fear

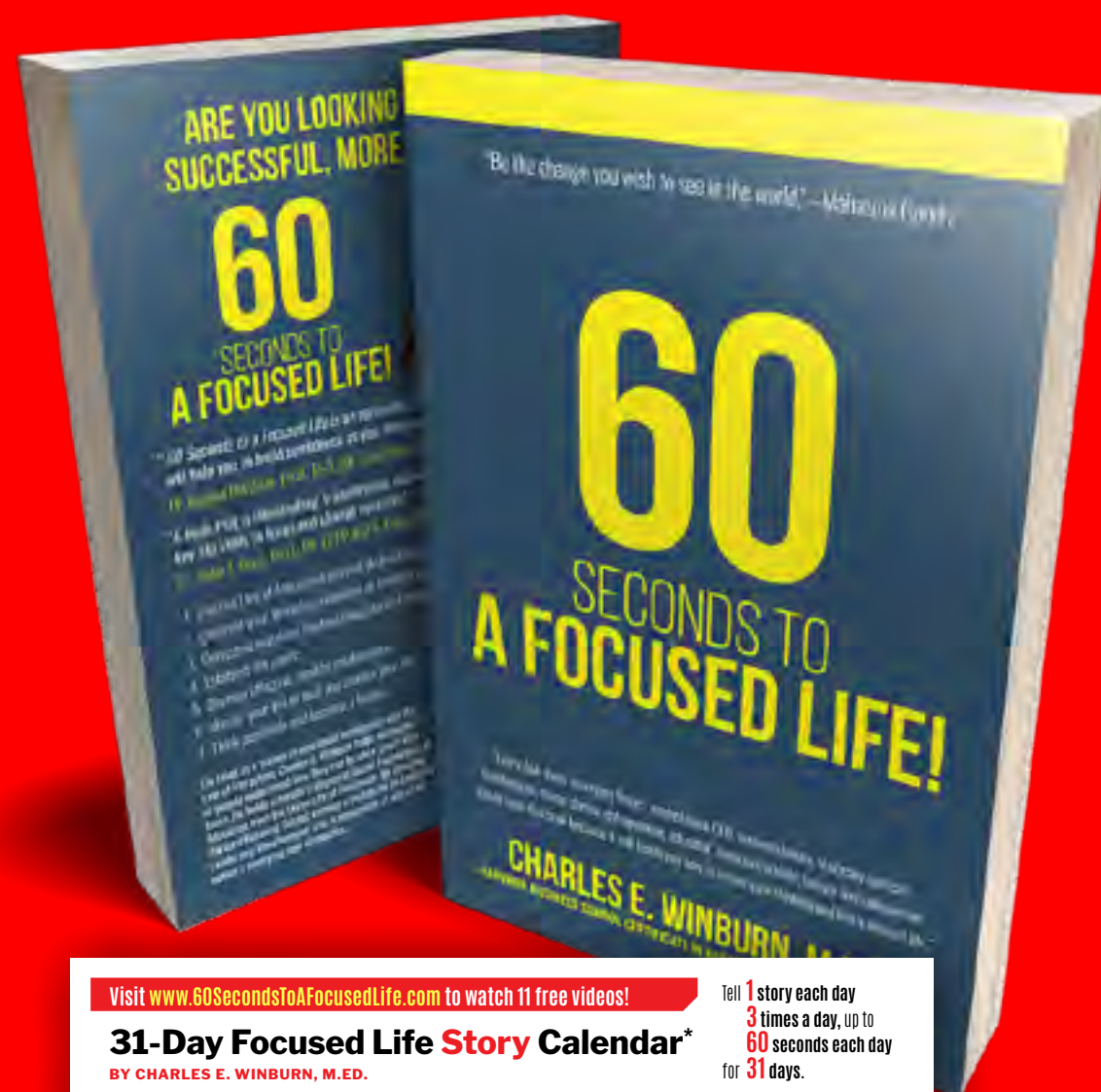
- When your happiness depends on your partner, you may start monitoring them more closely or adjusting your behavior to avoid upsetting them.**

- **That dynamic can feel like love but function like control—often escalating stress, insecurity, and conflict.**

10. It limits how you experience love and connection

- **A partner can help your life feel good, but they can't be your only source of meaning, safety, or purpose.**

- **When that role is assigned to one person, the relationship stops being a partnership and becomes an emotional “lifeline,” which increases pressure and decreases genuine intimacy—both of which protect mental health.**



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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 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 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 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 promises 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 walk in divine health 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

20 ways a person can be happy without a significant other (such as a husband or wife)

AI Research

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1. Build a strong solo routine

- **Exercise regularly (even short walks)**
- **Eat well and sleep consistently**
- **Put meaningful things on your calendar**

2. Cultivate close friendships

- Schedule regular hangouts or calls**
- Be the kind of friend you'd want to have**
- Try small “new friend” activities (classes, groups)**

3. Invest in community

- **Volunteer or join local organizations**
- **Attend meetups, faith groups, or hobby clubs**
- **Host casual events (game night, potluck)**

- ## **4. Pursue passions and hobbies**
- Keep a “fun list” and revisit it monthly**
 - Join beginner-friendly groups so you’re not doing everything alone**
 - Create something (art, music, cooking, writing)**

5. Set personal goals

- **Choose one or two goals and track progress**
- **Celebrate milestones (small wins count)**
- **Break goals into weekly actions**

6. Practice self-compassion

- Speak to yourself like a good friend**
- Reframe setbacks as lessons, not proof you “fail”**
- Let rest be part of your plan, not a reward**

7. Learn something new

- **Take a course, read deeply, or try a new skill**
- **Use learning as a way to meet like-minded people**
- **Teach what you learn to others (even informally)**

8. Strengthen your independence

- Manage your finances and daily needs with confidence**
- Make decisions you can stand behind**
- Learn to enjoy your own company without forcing it**

9. Create an enjoyable home environment

- Make your space comfortable and personal**
- Add routines like a morning coffee ritual or Sunday meal prep**
- Declutter one area at a time to reduce stress**

10. Get out of your head and into your life

- **Use mindfulness or meditation briefly each day**
- **Limit doom-scrolling and mindless comparison**
- **Focus on one task at a time**

11. Have a “support system” beyond romance

- Identify 3–5 people you can reach out to**
- Reach out regularly, not only in crises**
- Consider mentors, coaches, or groups for extra structure**

12. Make room for laughter and joy

- Watch something that reliably makes you laugh**
- Share jokes or funny stories with friends**
- Follow accounts that leave you feeling lighter**

13. Take care of your mental health

- **Consider therapy/coaching if you can**
- **Use journaling to process thoughts and feelings**
- **If needed, speak to a professional about anxiety or depression**

14. Serve and contribute

- **Help someone in small ways each week**
- **Donate time, skills, or items thoughtfully**
- **Choose causes that align with your values**

15. Celebrate your identity

- **Engage with culture, spirituality, or personal values**
- **Do things that reflect who you are (not who you think you should be)**
- **Redefine “success” beyond relationship status**

16. Stay physically active

- **Find movement you genuinely enjoy (dance, hiking, yoga)**
- **Spend time in sunlight when possible**
- **Consider strength training for confidence and energy**

17. Travel, even in small ways

- **Explore your city or nearby places**
- **Take day trips alone—use it as a reset**
- **Try a new restaurant or neighborhood regularly**

18. Practice healthy boundaries

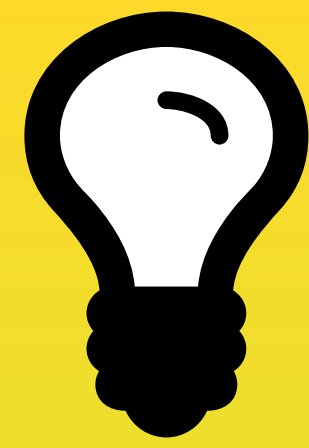
- **Limit draining interactions and keep distance when needed**
- **Say no without excessive explanation**
- **Protect your time and emotional energy**

19. Use meaningful solitude

- **Do activities that feel full, not empty (reading, long showers, walks)**
- **Turn solitude into intentional “me time”**
- **Avoid treating alone time as punishment**

20. Create romantic-like joy without a partner

- **Plan dates with yourself (nice meal, movie, museum)**
- **Buy flowers for no reason, take photos, dress up**
- **Do “couple-type” activities solo and enjoy them on your terms**



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Coach Chuck Futel



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