MASTERMIND CLASS & CLINIC 2026

# E-BOOK AND TOOLKIT










# POSITIVE THINKING! *part 2*

## LEARN HOW TO USE POSITIVE THINKING TO YOUR ADVANTAGE!

By Charles E. Winburn, M.Ed.



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# 4 THINGS THAT CAN ERASE YOUR POSITIVE THINKING OUT OF YOUR LIFE!

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# 3 REASONS WHY POSITIVE THINKING IS NOT WORKING FOR YOU!

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# FIND OUT WHY YOU MUST FEEL GOOD FIRST BEFORE POSITIVE THINKING CAN WORK FOR YOU!

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***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.***

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# 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

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**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***

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# Clifton Natural Foods

## 336 Ludlow Avenue
## Cincinnati, OH 45220

# 513-961-6111

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# Ohio Domestic Violence Network (ODVN) Helpline

# 1-800-934-9840

# www.odvn.org

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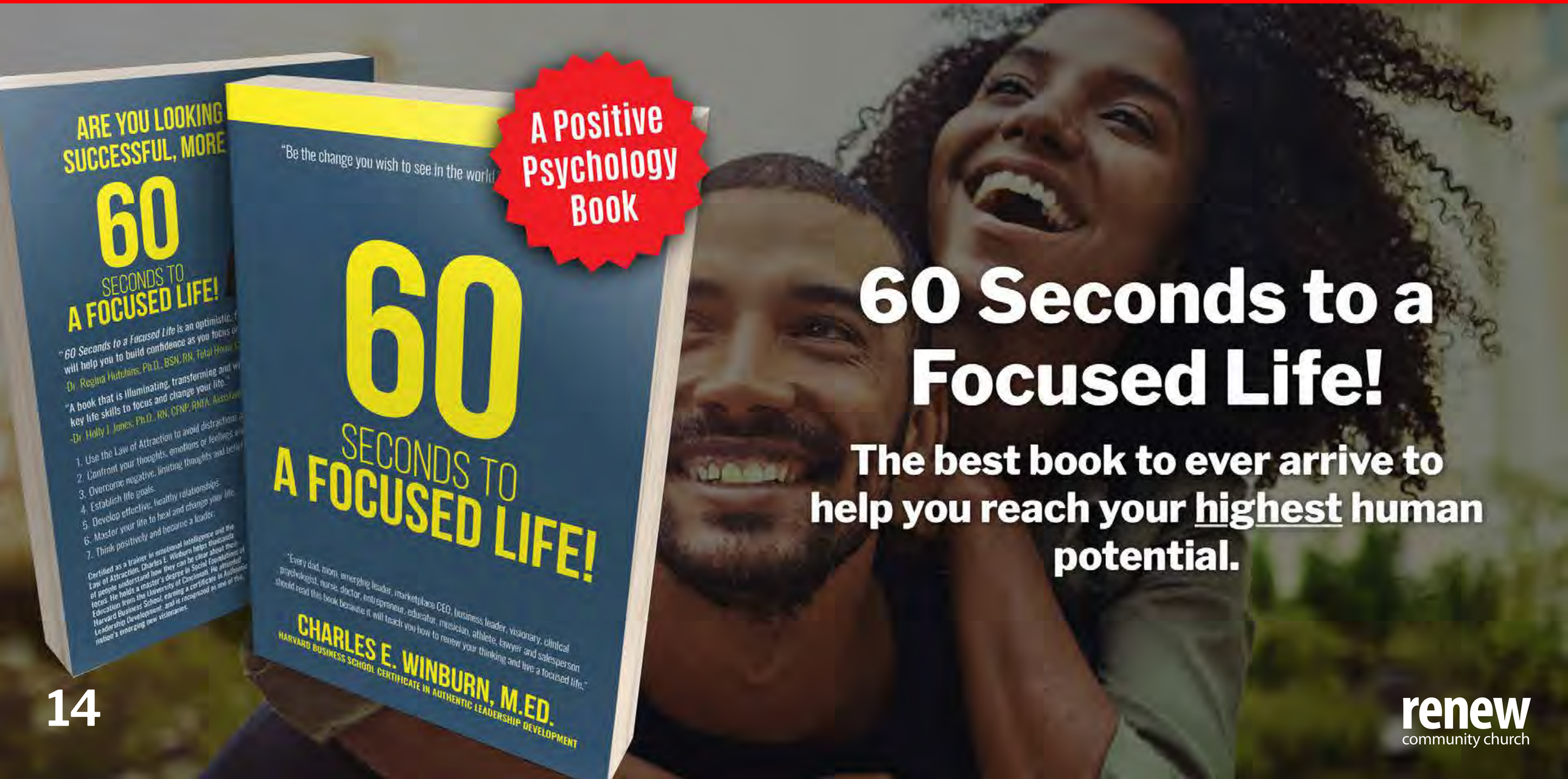
# National Domestic Violence Hotline

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

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

**www.thehotline.org**

# *Visit today:* **60SecondsToAFocusedLife.com**



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**Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest.**

***Joshua 1:9***

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

***Psalm 27:14***

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**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***

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**When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee.**

***Isaiah 43:2***

**For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.**

***Jeremiah 29:11***

**It is of the LORD'S mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness.**

***Lamentations 3:22-23***

**And said, O man greatly beloved, fear not: peace be unto thee, be strong, yea, be strong.**

***Daniel 10:19***

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**Therefore I will look unto the LORD; I will wait for the God of my salvation: my God will hear me.**

***Micah 7:7***

**Nay, in all these things we are more than conquerors through him that loved us.**

***Romans 8:37***

**Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.**

***Romans 15:13***

**Watch ye, stand fast in the faith,
quit you like men, be strong.**

***1 Corinthians 16:13***

**For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.**

***2 Timothy 1:7***

**Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.**

***Hebrews 4:16***

**My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience.**

***James 1:2-3***

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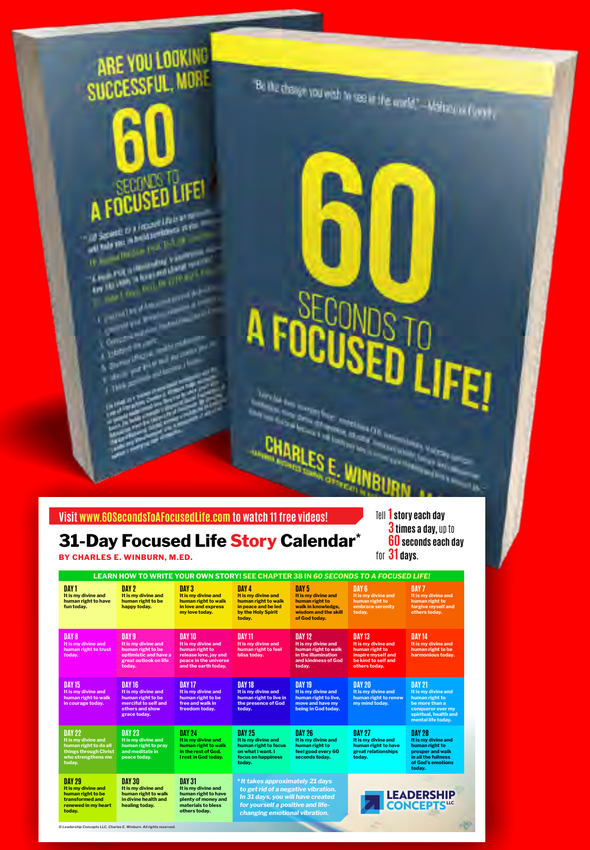
**But the God of all grace, who hath called us unto his eternal glory by Christ Jesus, after that ye have suffered a while, make you perfect, stablish, strengthen, settle you.**

***1 Peter 5:10***







# 7 reasons why positive thinking doesn't work for 90 percent of the people that you know

*AI Research*

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1. **Failure to understand that the brain has two minds and functions uniquely differently. (Romans 12:2)**

2. **Inability to articulate the difference between the conscious mind and the subconscious mind.**

3. **Failure to understand that the conscious mind makes up only 5 percent of human decisions.**

4. **Inability to understand that the conscious mind consists of our imagination, perception, spiritual awareness, intellectual reasoning, and creativity of the mind.**

5. **Inability to understand that the subconscious mind consists of our beliefs, emotions, vibrations, and the emotions of the mind.**

6. **Failure to resolve untreated childhood trauma from 0 to 100 years of age.**

7. **The failure to declare what you want in the present tense. For example, to say “I want to be healed” is not positive thinking; however, to say “I am healed” is declaring your positive thinking in present tense.**




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<br>It is my divine and human right to have fun today. | DAY 2<br>It is my divine and human right to be happy today. | DAY 3<br>It is my divine and human right to walk in love and express my love today. | DAY 4<br>It is my divine and human right to walk in peace and be led by the Holy Spirit today. | DAY 5<br>It is my divine and human right to walk in knowledge, wisdom and the skill of God today. | DAY 6<br>It is my divine and human right to embrace serenity today. | DAY 7<br>It is my divine and human right to forgive myself and others today. |
| DAY 8<br>It is my divine and human right to trust today. | DAY 9<br>It is my divine and human right to be optimistic and have a great outlook on life today. | DAY 10<br>It is my divine and human right to release love, joy and peace to the universe and the earth today. | DAY 11<br>It is my divine and human right to feel bliss today. | DAY 12<br>It is my divine and human right to walk in the illumination and kindness of God today. | DAY 13<br>It is my divine and human right to inspire myself and be kind to self and others today. | DAY 14<br>It is my divine and human right to be harmonious today. |
| DAY 15<br>It is my divine and human right to walk in courage today. | DAY 16<br>It is my divine and human right to be merciful to self and others and show grace today. | DAY 17<br>It is my divine and human right to be free and walk in freedom today. | DAY 18<br>It is my divine and human right to live in the presence of God today. | DAY 19<br>It is my divine and human right to live, move and have my being in God today. | DAY 20<br>It is my divine and human right to renew my mind today. | DAY 21<br>It is my divine and human right to be more than a conqueror over my circumstances and mental ills today. |
| DAY 22<br>It is my divine and human right to do all things through Christ who strengthens me today. | DAY 23<br>It is my divine and human right to pray and meditate in peace today. | DAY 24<br>It is my divine and human right to walk in the rest of God, I rest in God today. | DAY 25<br>It is my divine and human right to focus on what I want. I focus on happiness today. | DAY 26<br>It is my divine and human right to feel good every 60 seconds today. | DAY 27<br>It is my divine and human right to have great relationships today. | DAY 28<br>It is my divine and human right to prosper and walk in the fullness of God's emotions today. |
| DAY 29<br>It is my divine and human right to be transformed and renewed in my heart today. | DAY 30<br>It is my divine and human right to walk in divine health and healing today. | DAY 31<br>It is my divine and human right to have the testimony 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 | |

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# The subconscious mind must be reprogrammed in order for positive thinking to become effective

*AI Research*

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1. **The subconscious mind is like a tape recorder. It downloaded all of your positive and negative programs since conception, from 0 to 100.**

2. **Your subconscious mind tape recorder downloaded all of your beliefs, emotions, and memories since 0 to 100.**

3. **Your subconscious mind tape recorder has a file history of all your positive and negative programs since you were in your mother's womb.**

4. **A person needs to train their subconscious mind to line up with their conscious mind thinking in order for positive thinking to work.**

5. **Positive thinking doesn't work if you try to override a negative subconscious mind and an untreated childhood trauma.**

6. **The subconscious mind makes up your entire life, which makes up 95 percent of your decisions as it relates to your spiritual life, health, mental health, business, family, and relationship life.**




# 3 factors to make positive thinking work for you by rewriting your beliefs, emotions, and memory

*AI Research*

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1. **Factor 1: Reframe your negative beliefs**
   - **Change "what I think is true" so it becomes something supportive you can act on.**

## 2. Factor 2: Reframe your negative emotions

- Shift “what I feel” into more useful feelings (even if you still acknowledge the original emotion).

3. **Factor 3: Reframe your negative memories**

- **Update "what happened" into a story that includes learning, strength, or progress.**

1. **Rewrite negative belief statements >> positive belief statements**
   - **Negative belief: “I’m not good enough.”**
   - **Positive belief: “I’m learning and I’m improving.”**
   - **Negative belief: “I always fail.”**

- Positive belief: “I can handle challenges and I learn from them.”
- Negative belief: “People will reject me.”
- Positive belief: “I can connect with the right people over time.”

- Negative belief: “I can’t change.”
- Positive belief: “I can grow step by step.”
- Negative belief: “Nothing will work out.”
- Positive belief: “Even if it’s hard, I can find solutions and keep going.”

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## 2. Rewrite negative emotion statements >> positive emotion statements

- Negative emotion: “I feel hopeless.”
- Positive emotion: “I feel encouraged.”
- Negative emotion: “I feel angry.”

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- Positive emotion: “I feel motivated to change things.”
- Negative emotion: “I feel anxious.”
- Positive emotion: “I feel alert and ready to handle what comes.”
- Negative emotion: “I feel guilty.”

- **Positive emotion: “I feel accountable and able to make things right.”**
- **Negative emotion: “I feel worthless.”**
- **Positive emotion: “I feel proud of myself for showing up.”**

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## 3. Rewrite 5 negative memories >> 5 positive memories

- Negative memory: “I embarrassed myself in front of others.”
- Positive memory: “I faced a fear and survived—it makes me stronger.”
- Negative memory: “I got rejected.”

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- Positive memory: “I learned what doesn’t fit, and it brought me closer to the right opportunity.”
- Negative memory: “I failed that test/goal.”
- Positive memory: “I gained feedback and built the skills to improve.”

- Negative memory: “I had a bad argument.”
- Positive memory: “I learned how to communicate better and respect differences.”
- Negative memory: “I lost something important.”
- Positive memory: “I discovered what truly matters and I moved forward with wisdom.”










# POSITIVE THINKING CAN MAKE YOU SICK IF NOT DONE RIGHT!

## LEARN HOW TO USE POSITIVE THINKING THE RIGHT WAY!

By Charles E. Winburn, M.Ed.