



60-Second Storytelling

By Charles E. Winburn, M.Ed.

The 5 Inabilities to a Focused Life

By Charles E. Winburn, M.Ed.



The 5 Inabilities to Positive Storytelling



James 1:22



**But be ye doers of
the word, and not
hearers only,**



**deceiving your
own selves.**



2 Timothy 2:25



**In meekness
instructing those
that oppose
themselves**



1. Inability to Listen



Jump to conclusions



**Know-it-all
attitude**



Missing the point



**Don't want to
hear the truth
about you or the
situation**



Unconcerned



Distracted



**‘Kill the
messenger’**



Closed mind



2. Inability to comprehend and understand



**Hard to
understand**



**Impossible to
understand**



3. Inability to change



Changeless



Unchanging



4. Inability to do or execute



Inability to perform



Inability to engage



Inability to demonstrate



Focus



Storytelling



5. Resistance



**Oppose people,
places, and things**



**Storytelling is
the self-talk you
tell yourself every
60 seconds.**





The Major Impact of Negative Storytelling Facts

Negative Storytelling Is Linked to:



- **Stress**
- **Anxiety**
- **Mental**



- **Physical Health Challenges**



**95% of Sickness
and Disease:**



- **Negative Beliefs**
- **Negative Emotions**
- **Negative Memories**



- **Stress**
- **Toxins**
- **Inflammation**



Adverse Childhood Experiences Study

1-18 years old



First 7 Years of Childhood Development

70% Negative Impact



A smiling woman's face is visible in the background, partially obscured by the red overlay and the text.

The Positive Science of Storytelling

**Storytelling is a
focusing tool that
helps turn on...**

**...the Law of
Attraction for you
or against you.**



**Every 60 seconds,
you're telling
a negative or
positive story.**



**Built-in clock that
ticks in your life
every 60 seconds.**



**The Law of
Attraction
matches your:**



- **Story**
- **Negative
or Positive
Emotions**



First 7 Years: Negative Stories by Parents, Peers and Teachers



Positive Story Linked to Happy Hormones



Positive Storytelling



- **Dopamine:**
Pleasure



- **Serotonin:**
Calmness



- **Oxytocin:**
*Compassion
and love*



- **Endorphins:**
*Boosts
pleasure and
reduces pain*



**It takes 21-30 days
to change negative
beliefs, emotions
and memories.**



60-Second Story



**Pulling the three
story scenes
together into
one...**



60-Second Big Story

By Charles E. Winburn, M.Ed.



First Positive 20-Second Story Energy Scene

33 Words



Second Positive 20-Second Story Energy Scene

33 Words



Third Positive 20-Second Story Energy Scene

33 Words



60-Second Storytelling Practice Scripts



Health Story 1



***It is my divine and
human right to walk
in healing, health, and
wholeness today. I am
well and healthy.***



***I am spiritually well,
psychologically well, and
emotionally well. Today,
I walk in divine health
and divine healing.***



***My health is getting
better and better today.***



Mental Story 2



***It is my divine and human
right to embrace inner
peace, calmness, and
happiness today.***



***I confess that my mind
is calm, alert, sharp, and
focused. I focus on what I
really, really want today.***



***Today I allow love, joy,
and peace in my life.***



Financial Story 3



***Today, I accept my divine
and human right to have
more than enough money
to be a financial blessing
to self, family, & others.***



***I will use my financial
abundance today to
bless so many people
in this universe.***



***Money is my friend and
I share my friend with
others.***



Relationship Story 4



***It is my divine and human
right to attract new,
wonderful, and dynamic
relationships today.***



***I use my respectful,
honest relationships to
help others to get where
they hope to go in life.***



***I am attracting and
allowing new and exciting
people in my life. I am
a blessing to all of my
family and friends.***



Business Story 5



***It is my divine and human
right as an entrepreneur
to grow and prosper my
business so that I can
bless others.***



***My business is growing,
expanding, increasing
in revenue and profits
today.***



My business is flourishing financially, which allows me the ability to bless my employees and more people.



Attract a Real Man Story 6



***It is my divine and
human right to attract
a dynamic man into
my life.***



Attract a Superwoman Story 7



***It is my divine and
human right to attract
a woman who is
wonderful, exciting,
and dynamic.***

