

THE HIGH-PRESSURE CALM PROTOCOL

COMPANION GUIDE · PRESSURE MAP, REFERENCE CARD & TRACKER



This guide sits beside the audio — it doesn't replace it. Listen to the full session first, eyes closed, undisturbed. Then use this document to lock in your personal cues, run the reference card before high-stakes moments, and track how your baseline shifts over time.

Not therapy. Not medical advice. This is a mental-conditioning and focus tool for founders, executives, and high performers. Do not use while driving or operating machinery. Consult a licensed professional for any medical or mental health concern.

HOW TO USE THIS PROTOCOL

- 01 — First run.** Listen once, start to finish, somewhere quiet and undisturbed. Do not multitask through it. This first pass is what installs the pattern.
- 02 — Map your pressure points.** Before your next high-stakes moment — a pitch, a negotiation, a hard conversation — fill in the Pressure Map on page 2.
- 03 — Rehearse daily.** The Pause, the Cue, and the Focus are meant to be drilled, not just heard once. Two minutes of mental rehearsal a day is enough.
- 04 — Deploy live.** In the actual moment: one exhale, feet grounded, one sentence of focus. That's the entire protocol compressed to three seconds.
- 05 — Log it.** After the moment passes, use the Post-Event Debrief on page 3. This is what turns one good outcome into a repeatable system.

CORE ANCHORS (keep these visible)

"I do not fight pressure. I consume it. Pressure is my biological competitive advantage."

"I am grounded under pressure. My calm dictates the room. I act with absolute clarity."

"Park it. Not now."



YOUR PRESSURE MAP

Fill this in once, in a calm moment, so it's ready before you need it.

The specific situations where pressure hits hardest for me:

Where I feel it first in my body (chest, hands, jaw, stomach):

My cue — the one sentence I say to myself:

My single next step when pressure spikes (not the outcome — the next action only):

THE THREE STEPS (reference)

01	The Pause	One full exhale through the mouth before you speak or react.
02	The Cue	Feet pressed into the floor. Silently: "I am the calmest presence in this room."
03	The Focus	Narrow to the immediate next sentence, slide, or decision. Nothing further out.



POST-EVENT DEBRIEF

Complete within a few hours of any high-pressure event where you used the protocol.

What was the situation?

Did I use the Pause before reacting? What happened?

What did calm cost me, and what did it earn me?

One adjustment for next time:

21-DAY REHEARSAL TRACKER

Mark a day complete each time you run the two-minute mental rehearsal or deploy the protocol live. The goal is repetition, not perfection.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21

StoneMindCEO — repeatable protocols for founders and high performers. This guide is a companion reference only; the audio session is the primary training.