



STONEMINDCEO — PEAK PERFORMANCE PROTOCOLS
COMPANION WORKBOOK

AI DELEGATION PROTOCOL

Brief It. Release It. Return To Your Craft.

20-MINUTE GUIDED PROTOCOL · PRACTICE SHEET · 21-DAY TRACKER



StoneMind**CEO**



BEFORE YOU BEGIN

This workbook pairs with the 20-Minute AI Delegation Protocol on YouTube and Spotify. Listen to the full session first — sitting or lying down, somewhere you won't be disturbed — then use these pages to turn what you installed into a repeatable habit.

This protocol is built on one shift: treating AI like a brilliant but context-blind apprentice, not a search bar. You brief it fully. You release the small work. You return to the work only you can do.

This is not therapy or medical advice. It's an operator tool for founders and high performers who are ready to delegate with confidence instead of control.

WATCH / LISTEN

youtube.com/@StoneMindCEO

Get every free protocol workbook:

stonemindceo.com/#guide-ai-delegation





CORE CUES

Repeat internally. Use them exactly as written.

THE CUE

"Park it. Not now."

ANCHOR 1 — THE FULL BRIEF

"I brief it like I'd brief my best hire."

ANCHOR 2 — THE RELEASE

"I release it. Then I review it like a CEO — not redo it like an employee."

ANCHOR 3 — THE RETURN

"I return to the work only I can do."

THE DOJO PRINCIPLE

The master doesn't sweep the floor. The student sweeps the floor — so the master is free to do the one thing only the master can do. AI is your student. Hand it the broom.

Your job is to decide what deserves you.

Brief the rest. Release the rest. Return to your craft.





PRACTICE SHEET

Fill this in right after the session.

The one task I've been doing myself that AI could carry:

THE FULL BRIEF

Outcome — what exactly do I need?

Context — what does it need to know?

Audience — who is this for?

Constraints — what must / mustn't happen?

Reference — what does "good" look like?

Success — how will I judge the result?

Where I'll run the three questions (sales collateral / business plan / pricing):

My CEO-review rule — how I correct the brief instead of the sentence:





21-DAY HABIT TRACKER

Mark a day each time you brief, release, and return — instead of doing it yourself.

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

NOTES

