



THE BURNOUT RECOVERY PROTOCOL

Recovery Companion Workbook — For Founders & High Performers

21 MIN

Not therapy. Not medical advice. A repeatable performance protocol.

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StoneMindCEO

BEFORE YOU BEGIN

Burnout doesn't happen because you're weak. It happens because the tank ran past empty while the gauge was ignored. You cannot sprint on a system with no recovery cycle — that's not a mindset problem, that's physiology.

This workbook is the companion to the 21-Minute Burnout Recovery Protocol. Listen to the full session first, then use these pages to install the three repairs and put them to work today — not just while your eyes are closed.

WATCH THE FULL PROTOCOL

youtube.com/@StoneMindCEO

stonemindceo.com/#guide-burnout-recovery-protocol

This is a repeatable protocol — not therapy, not medical advice.

CORE CUES

The anchor phrase: when guilt shows up, you don't argue with it.

"Park it. Not now."

1. THE NON-NEGOTIABLE OFF SWITCH

Pick one clear line each day where work stops. Not "try to stop." Stops.

2. THE REAL RECOVERY LIST

Scrolling is not recovery — it's low-grade stimulation. Real recovery is sleep, movement, silence, and time with people who don't need anything from you.

3. THE PERMISSION STATEMENT

You do not need to earn rest by exhausting yourself first.
Rest is scheduled, not rationed.

"My output depends on my recovery. I protect both."



PRACTICE SHEET

Tonight's Non-Negotiable Off Switch time:

The guilt-voice moment I expect today:

My one Real Recovery action (not a screen):

My Permission Statement for today:

Reflection — what did recovery actually feel like tonight?

21-DAY RECOVERY TRACKER

Check the box each day you honored your Non-Negotiable Off Switch.

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Day 1

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Day 2

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Day 3

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Day 4

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Day 5

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Day 6

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Day 7

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Day 8

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Day 9

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Day 10

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Day 11

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Day 12

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Day 13

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Day 14

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Day 15

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Day 16

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Day 17

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Day 18

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Day 19

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Day 20

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Day 21

Recovery is maintenance. Not a reward.

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