

COMPANION NOTES — READ IN DAYLIGHT

Deep Work Switch Workbook

Read this before your next work block — the notes behind the 10-minute plan.

STONEMINDCEO

Before You Begin

This is the companion workbook for the Deep Work Switch protocol — a short session that locks in one target and a simple, executable 10-minute plan. Watch the full guided protocol first; use these pages right before you open your laptop.

In This Session, You'll Build

- A single-target focus statement
- A 10-minute executable plan
- The “Park It” distraction cue

Watch the Full Protocol

The complete 10-minute guided session is on YouTube now. Subscribe to StoneMindCEO and add it to your pre-work playlist so locking in takes seconds, not minutes.

■ youtube.com/@StoneMindCEO

The Core Cues

This page is deliberately for daytime reading. The session itself is where you practice — this is just the reference.

Park It

Anything that isn't the one target goes on the Later List — not solved, just stored.

The One Target

"The one thing I'm moving forward right now is _____. " One outcome. Not five.

The 10-Minute Plan

Next action, finish line, and the most likely blockade — with one countermeasure chosen in advance.

Daytime Reflection

Tomorrow's one target:

Its finish line, in one sentence:

A gentle reminder, not a checklist

☐ If you try to move five things forward, you move none of them. One target, every time.

21-Day Deep Work Tracker

Mark a box for every day you ran the switch before starting work — one target, one plan, one block.

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
☐	☐	☐	☐	☐	☐	☐

Reminder: this tracker builds the habit of switching on purpose, not of finishing every target. Some blocks will run long. That's fine — the switch is what matters.