

COMPANION WORKBOOK

The Discipline Protocol

Turn the video's cues into a repeatable daily habit — your Minimum Standard, your sixty-second start, and a plan for the days you slip.

STONEMINDCEO

Before You Begin

This is the companion workbook for the Discipline Habits Protocol — a repeatable session that builds your Minimum Standard, your trigger, and your relapse plan, so consistency survives your worst days. Watch the full guided protocol first; use these pages to install the system.

In This Session, You'll Build

- A Minimum Standard for your key habit
- A trigger + start-line pairing
- A “never miss twice” relapse rule

Watch the Full Protocol

The complete guided session is on YouTube now. Subscribe to StoneMindCEO and add it to your daily planning playlist so raising your floor becomes automatic.

■ youtube.com/@StoneMindCEO

The Core Cues

These are the exact tools from the session. Keep this page somewhere you'll actually see it — not just the day you listen.

The 2.0 Version

The identity you're building: someone who runs on standards, not moods.

Minimum Standard

The smallest version of your habit you'll still do on your worst day. Not the ideal version — the floor.

The Sixty-Second Start

Resistance always shows up in the first sixty seconds. You only need to survive that, not the whole task.

Never Miss Twice

One missed day is data. Two is the start of a new pattern. Re-enter at the standard immediately.

Self-Forgiveness Is a Tool for Discipline

Not an excuse — a mechanism. Shame makes the second miss more likely, not less.

How to use this workbook

Fill in the fields on the next page right after you finish the video, while the protocol is still fresh. Then use the 21-day tracker daily — mark a box every day you hit your Minimum Standard, even on the days you only just scrape it.

Your Practice Sheet

My Minimum Standard is:

My first sixty-second action today is:

One friction I'll remove to make this easier:

Before you close this page

- ☐ Say your Minimum Standard out loud once.
- ☐ Picture the exact first physical action you'll take tomorrow.
- ☐ Decide, right now, what "re-entering at the standard" looks like if you miss a day.

21-Day Minimum Standard Tracker

Mark a box every day you hit your Minimum Standard — not your ideal day, your floor. A partial day still counts if you hit the floor.

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
☐	☐	☐	☐	☐	☐	☐

Never Miss Twice: if you miss a day, the only rule is to hit the standard again tomorrow. Don't try to make up for it — just re-enter.