

COMPANION NOTES — READ IN DAYLIGHT

Discomfort Tolerance Workbook

Read this before your next avoided task — the notes behind the two-minute start.

STONEMINDCEO

Before You Begin

This is the companion workbook for the Discomfort Tolerance Protocol — a repeatable session that reframes discomfort as the gate to growth and installs the two-minute start as your default response. Watch the full guided protocol first; use these pages before your next avoided task.

In This Session, You'll Build

- A reframe for physical or mental discomfort
- The two-minute start technique
- A rehearsal for tomorrow's resistance point

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 starting stops requiring motivation.

■ 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

The response to any excuse, delay, or negotiation your mind offers before starting.

This Is Not Danger. This Is Growth.

The reframe for physical or emotional discomfort — named, not fought.

The Two-Minute Start

Shrink any avoided task to the smallest version you can do for two minutes. After that, you're allowed to stop — you rarely will.

Daytime Reflection

The task I've been avoiding:

Its two-minute version:

A gentle reminder, not a checklist

☐ Action creates emotion — not the other way around. You don't need to feel ready before you start.

21-Day Discomfort Tracker

Mark a box for every day you ran the two-minute start on something you were avoiding. The size of the task doesn't matter — only that you started.

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 measures whether you started, not how far you got. A two-minute start that stayed two minutes still counts.