

COMPANION NOTES — READ IN DAYLIGHT

Energy ROI Workbook

Read this before your next workday — the notes behind protecting your peak hours.

STONEMINDCEO

Before You Begin

This is the companion workbook for the Energy ROI Protocol — a repeatable session that helps you identify your peak cognitive window and build a hard boundary around it. Watch the full guided protocol first; use these pages to plan tomorrow's boundary tonight.

In This Session, You'll Build

- Identification of your personal peak window
- A zero-input boundary rule
- One daily energy rule to install tomorrow

Watch the Full Protocol

The complete 18-minute guided session is on YouTube now. Subscribe to StoneMindCEO and add it to your evening-planning playlist so protecting your peak hours becomes automatic.

■ 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.

Not Now

The response to any input that threatens the peak window — message, meeting request, or urge to check the phone.

The Peak Window

The 2–4 hour window where your cognitive clarity is highest. Usually first thing in the morning, or late morning.

The Boundary

Inside the peak window: zero meetings, zero reactive messaging, zero scrolling. Creation and building only.

The Energy Rule

One specific rule chosen the night before — e.g. “no phone for the first 30 minutes” — to protect tomorrow’s window.

Daytime Reflection

My actual peak window (be honest, not aspirational):

The one energy rule I'll run tomorrow:

A gentle reminder, not a checklist

- ☐ This protocol works through repetition — some days your boundary will hold easily, other days it won't. That's data, not failure.

21-Day Energy Tracker

Mark a box for every day you protect your peak window — whether the boundary held perfectly or not. Consistency is what trains it, not any single day's result.

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 exists to build the habit of protecting your window, not to measure how well you defended it. Some days will be messier. That's normal, not a sign it isn't working.