



THE EXECUTIVE CONFIDENCE RESET

Turn Down The Noise. Turn Up The Evidence.

15 MIN

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

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BEFORE YOU BEGIN

That voice that says you don't belong in the room isn't evidence — it's noise. Most high performers try to argue with it, out-achieve it, or ignore it, and it just gets louder. This protocol installs a different move: separate the feeling from the fact, and start keeping an evidence file the doubt can't out-talk.

Listen to the full session first, then use these pages to build your own Evidence File and rehearse the Room Reframe before your next high-stakes room.

WATCH THE FULL PROTOCOL

youtube.com/@StoneMindCEO

stonemindceo.com/#guide-executive-confidence-reset

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

CORE CUES

The anchor phrase: when the doubt gets loud, you don't argue with it.

"Park it. Not now."

ANCHOR 1 — THE EVIDENCE FILE

"My feelings are not my evidence. My track record is my evidence."

"I have an evidence file, and it's longer than the noise."

ANCHOR 2 — THE ROOM REFRAME

"I was put in this room on purpose."

"I trust my track record. I belong in the room I'm already in."

ANCHOR 3 — THE COMPETENCE GAP IS NORMAL

"The gap is the job, not proof I don't belong."

"I trust my track record. I belong in the room I'm already in."



PRACTICE SHEET

One specific problem I solved that I wasn't sure I could solve:

The next high-stakes room I'm walking into:

Why I was put in this room, on purpose:

My Room Reframe line for that moment:

Evidence File — log proof points here as they happen



21-DAY HABIT TRACKER

Check the box each day you ran the Room Reframe before a high-stakes moment.

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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 19

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Day 20

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Day 21

The gap is the job. Not proof you don't belong.

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