

COMPANION WORKBOOK

Founder's Day Workbook

Install all five rituals — Launch, Pivot, Reset, Override,
Shutdown — into your actual calendar, one day at a time.

STONEMINDCEO

Before You Begin

This is the companion workbook for the Founder's Day Protocol — a full workday framework covering five rituals: the execution launch, the mid-morning pivot, the bio-reset lunch, the slump override, and the shutdown sequence. Watch the full guided protocol first; use these pages to plan tomorrow's rituals tonight.

In This Session, You'll Build

- A 09:00 execution launch ritual
- A meeting-pivot and slump-override system
- A 17:00 shutdown sequence for real recovery

Watch the Full Protocol

The complete guided session is on YouTube now. Subscribe to StoneMindCEO and add it to your Sunday-planning playlist so the day runs on rituals, not reactions.

■ youtube.com/@StoneMindCEO

The Core Cues

Five short rituals, not five hours of extra work. Each one is a transition, not a task.

Launch (Morning)

Posture switch, environment lock, day's headline, first block decision, start cue.

Pivot (Late Morning)

Capture open loops before switching contexts. Every meeting gets one defined output.

Reset (Lunch)

Downshift breathing, eyes off screens, a short walk, one-sentence afternoon plan.

Override (Afternoon Slump)

Hydrate, ninety-second activation, match the task to your energy, two-minute start if resistance hits.

Shutdown (Evening)

Completion scan, Tomorrow tray, tomorrow's first block chosen tonight, the off-duty cue.

How to use this workbook

You don't need to run all five perfectly on day one. Most founders get traction fastest by installing Launch and Shutdown first — the two that bookend the day — then adding the middle three once those two are automatic.

Your Practice Sheet

Today's headline (five words or fewer):

Today's first block (one task, one block):

Tonight's completion scan — three things I finished:

Which rituals will you run today?

- ☐ Launch — posture, environment, headline, first block, start cue.
- ☐ Pivot — capture open loops before every context switch.
- ☐ Reset — real break at lunch, not a scroll.
- ☐ Override — matched today's task to today's energy.
- ☐ Shutdown — completion scan, Tomorrow tray, tomorrow's first block chosen.

21-Day Ritual Tracker

Mark a box for each ritual you actually ran that day. You don't need all five every day — track what's real, not what looks complete.

Day	L	P	R	O	S
1	☐	☐	☐	☐	☐
2	☐	☐	☐	☐	☐
3	☐	☐	☐	☐	☐
4	☐	☐	☐	☐	☐
5	☐	☐	☐	☐	☐
6	☐	☐	☐	☐	☐
7	☐	☐	☐	☐	☐
8	☐	☐	☐	☐	☐
9	☐	☐	☐	☐	☐
10	☐	☐	☐	☐	☐
11	☐	☐	☐	☐	☐
12	☐	☐	☐	☐	☐
13	☐	☐	☐	☐	☐
14	☐	☐	☐	☐	☐
15	☐	☐	☐	☐	☐
16	☐	☐	☐	☐	☐
17	☐	☐	☐	☐	☐
18	☐	☐	☐	☐	☐
19	☐	☐	☐	☐	☐
20	☐	☐	☐	☐	☐
21	☐	☐	☐	☐	☐

stonemindceo.com/#guide-founders-day | Companion workbook — pairs with the guided protocol video, not a replacement for it.

Reminder: Launch and Shutdown matter most — they're the two ends of the day that prevent the other three from being necessary in the first place.