

COMPANION NOTES — READ IN DAYLIGHT

Morning Peak Performance Workbook

Read this before you start your day — the notes behind the Standard-Driven identity shift.

STONEMINDCEO

Before You Begin

This is the companion workbook for the Morning Peak Performance Protocol — a repeatable session that clears open loops with the Mental Parking Lot and installs the Standard-Driven identity before the day demands your attention. Watch the full guided protocol first; use these pages to set tomorrow's priority tonight.

In This Session, You'll Build

- The Mental Parking Lot for closing open loops
- The Reactive vs. Standard-Driven identity shift
- A single highest-leverage priority with a defined finish line

Watch the Full Protocol

The complete 18-minute guided session is on YouTube now. Subscribe to StoneMindCEO and add it to your morning playlist so stepping into Standard-Driven mode 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.

Park It. Not Now.

The cue for any open loop, task, or worry that surfaces before you've started the day.

The Mental Parking Lot

A secure, neutral space for unfinished business — parked, not solved, until the time is right.

Reactive vs. Standard-Driven

The Reactive Version negotiates with mood. The Standard-Driven Version executes from identity, not emotion.

The One Thing

The single highest-leverage priority for today, with a defined finish line — not “work on it,” a completed outcome.

Daytime Reflection

Today's one highest-leverage priority:

Its finish line, in one sentence:

A gentle reminder, not a checklist

☐ You don't need to feel ready. The Standard-Driven Version acts from identity, not mood.

21-Day Morning Tracker

Mark a box for every morning you ran the protocol — parking lot, identity shift, one thing — whether or not the day went to plan afterward.

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 ran the morning protocol, not whether the whole day went perfectly. Some days will still go sideways. That's not a failure of the protocol.