

COMPANION WORKBOOK

Morning Reset Workbook

Win the first hour on purpose — one outcome, one first action,
and a plan for the moment your phone buzzes.

STONEMINDCEO

Before You Begin

This is the companion workbook for the Morning Reset Protocol — a repeatable session that builds a calm baseline, a clear priority, and a controlled first action for your day. Watch the full guided protocol first thing in the morning, then use these pages to plan tomorrow tonight.

In This Session, You'll Build

- A calm nervous-system baseline
- One clear priority outcome for the day
- A controlled first physical action to start with

Watch the Full Protocol

The complete guided session is on YouTube now. Subscribe to StoneMindCEO and add it to your morning playlist so the first hour stays controlled.

■ youtube.com/@StoneMindCEO

The Core Cues

The first-hour mechanism, condensed for the actual morning — not the session.

The First-Hour Rule

If you start reactive, you stay reactive. The first hour sets the tone for everything after it.

One Outcome + Two Support Outcomes

One thing that matters most today, plus two small ones — health, relationships, or admin.

The First Physical Action

The exact, small, physical thing your body does before your mind has time to negotiate. Shoes on. Document open.

Not Now

The response to every notification, message, and "urgent" email that shows up before your hour is done.

How to use this workbook

Fill this in tonight, before you sleep, not tomorrow morning — deciding your first action in advance is the entire mechanism. Deciding it half-awake defeats the point.

Tonight's Practice Sheet (fill in before bed)

Tomorrow's one outcome is:

My first physical action is:

My two support outcomes are:

Before you close this page

- ☐ Is my first physical action small enough that there's no real argument against doing it?
- ☐ Have I decided, in advance, what I'll say to the first notification?

21-Day First-Hour Tracker

Mark a box every day you protect your first hour — meaning you complete your first physical action before checking messages.

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 tracks the first hour only. A reactive afternoon doesn't erase a protected morning — mark the box if the first hour held.