

COMPANION NOTES — READ IN DAYLIGHT

The Standard Protocol Workbook

Read this before you pick tomorrow's floor — the notes behind raising your standard.

STONEMINDCEO

Before You Begin

This is the companion workbook for The Standard Protocol — Raise Your Floor — a repeatable session that installs one specific, non-negotiable daily standard and a plan for the days you slip. Watch the full guided protocol first; use these pages to choose and tighten your standard.

In This Session, You'll Build

- One measurable, non-negotiable daily standard
- A friction-removal plan
- A relapse rule for when you slip

Watch the Full Protocol

The complete 12-minute guided session is on YouTube now. Subscribe to StoneMindCEO and add it to your weekly-planning playlist so raising your floor 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 response to any bargain your mind offers — “skip today,” “you’ve earned a break,” “just this once.”

The Minimum Standard

Specific, measurable, non-negotiable. The smallest version of the habit you’ll do even on your worst day.

The Friction Remover

One concrete setup move — clothes laid out, phone in another room — that makes tomorrow’s standard easier.

Never Miss Twice

You will slip. The rule: don’t spiral. Return to the Minimum Standard immediately, without trying to “catch up.”

Daytime Reflection

My one non-negotiable standard:

The friction I'm removing today, to make it easier tomorrow:

A gentle reminder, not a checklist

☐ You don't rise to your goals. You fall to your standards. Build the floor, not the ceiling.

21-Day Standard Tracker

Mark a box for every day you hit at least the Minimum Standard — full effort or bare minimum, both count as a mark.

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 rewards showing up at the minimum, not going big. A bare-minimum day marked honestly is worth more than a skipped day left blank.