



StoneMindCEO

THE THREE STORIES PROTOCOL

"The Waiter, the Monk and the Farmer."

Companion Workbook

Your workload isn't your task list. It's everything you carry.

Before You Begin

Your workload isn't your task list. It's everything you carry — the open loops, the finished things you're still replaying, and the verdicts you reached before you had the full picture. This workbook is the daytime reference for the protocol: a place to actually sort what's running in your head using the three questions the session installs.

Use it right after listening, and again at the end of any day that followed you home.

The Three Questions

The Waiter — Is it genuinely unfinished? → owner, next action, time.

The Monk — Is it finished, or not mine? → take the lesson, put it down.

The Farmer — Do I actually know what it means yet? → maybe; don't carry a verdict.

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Core Anchors

Repeat internally, especially at the end of the day.

- *"My workload isn't my task list. It's everything I carry."*
- *"Open loops get a next action and a time."*
- *"I take the lesson. I leave the weight."*
- *"Seeing a problem doesn't make it mine."*
- *"I know what happened. I don't know what it means yet."*

The waiter closes the table. The monk puts her down. The farmer says maybe.

Your workload isn't only what you have to do. It's everything you refuse to put down.

Self-Assessment

Rate each honestly, 1 (rarely) to 5 (constantly), before you start the 21-day run.

1. How often does work keep running in your head after the laptop closes?

1	2	3	4	5
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2. How often do you replay something that's already finished or decided?

1	2	3	4	5
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3. How often are you carrying a problem that actually belongs to someone else?

1	2	3	4	5
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4. How often do you reach a verdict ("this ruined everything") before you have the full picture?

1	2	3	4	5
---	---	---	---	---
5. How heavy does your workload feel by 9 PM, independent of your actual task list?

1	2	3	4	5
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Carry Audit

Everything that's running in your head right now. One row each. Sort it.

Item	Open → owner / next action / time	Finished or not mine → lesson	Unclear → what I'm putting down

If / Then — Implementation Intentions

Pre-decide your response before the moment hits.

1. If a meeting follows me home, then I sort it: open, finished, or unclear.

2. If I'm still thinking about it at 9 PM, then I ask which pile it's in.

3. If it's someone else's problem, then I hand it back — I don't adopt it.

4. If I've already decided what something means, then I ask: do I actually know that yet?

21-Day Tracker

Check off each day you run the sort — at the end of the day, or right after listening.

Week 1

1	2	3	4	5	6	7
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Week 2

8	9	10	11	12	13	14
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Week 3

15	16	17	18	19	20	21
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Reflection Checkpoints

Day 7

- Which pile do you find yourself in most — open, finished/not mine, or unclear?

- What's one thing you put down this week that you'd normally still be carrying?

Day 14

- Has anything changed about how fast you can sort a new item into a pile?

- What's the hardest pile for you to let go of, and why?

Day 21

- What does your evening carry-load feel like now, compared to Day 1?

- Which anchor phrase has stuck the most — and where do you use it?

- What will you keep running past the 21 days?

Closing Recap

Your task list won't get any shorter from this. What you carry can. Every time something follows you out of the room, run the three questions:

THE WAITER

Is it genuinely unfinished?

Owner, next action, time. Let the system carry it.

THE MONK

Is it finished, or not mine?

Take the lesson. Leave the weight.

THE FARMER

Do I actually know what it means yet?

Maybe. Don't carry a verdict you haven't earned.

***Your workload isn't only what you have to do.
It's everything you refuse to put down.***