WINNER MIND PROTOCOL

THE LOCK-IN SESSION

The 30-minute reset for men who are done feeling stuck.

Pick your one thing. Close your back doors. Know exactly who you're becoming.



ANTHONY CARTER

Greatness isn't luck. It's a system.

READ THIS FIRST

Fellas, that feeling in your gut is not confusion.

It's unfulfilled potential. It's the pain of knowing you could be doing more, becoming more, and building a better life, and you haven't locked in yet.

Most men stay in that spot for years. Not because they're lazy. Because they never sat down for 30 minutes and made the decisions that everything else depends on.

That's what this session is. **Six decisions. One sitting. No fluff.**

WHAT YOU'LL WALK OUT WITH

- The name of the exact thing that's been stopping you (most men have never named it).
- The ONE thing you're going all in on, and a list of everything you're putting down.
- Your excuses on paper, with every back door closed.
- An honest read on the five people around you.
- A clear picture of the man you're becoming, and three promises to back it up.
- Your **Lock-In Card**: one page with all of it, signed and dated.

HOW TO RUN IT

1. One sitting. Block 30 minutes. Don't spread this over a week.

2. Phone face down. Or type right into this file. Every box is fillable.

3. Be honest. Nobody sees this but you. If you write what sounds good, you wasted seven dollars.

4. Don't skip steps. Each one sets up the next.

Let's get it.

Anthony Carter

STEP 1 5 minutes

THE STUCK DIAGNOSIS

You can't beat what you can't name. Every man who's stuck is stuck for one main reason, and it's usually not the one he thinks.

Score each line from **0** (never me) to **3** (that's me all the time). Move fast. Your first answer is the true one.

A

I put off starting because I'm worried it won't work. ☐

I think more about what could go wrong than what could go right. ☐

I've had an idea for 6 months or more that I still haven't acted on. ☐

BLOCK A TOTAL ☐

B

I wait for conditions to be right before I move. ☐

I keep tweaking things instead of finishing them. ☐

I hold my work back because it's "not ready yet." ☐

BLOCK B TOTAL ☐

C

I change my plans based on what people might think. ☐

I explain my goals to people hoping they'll back me. ☐

Criticism from friends or family throws me off for days. ☐

BLOCK C TOTAL ☐

D

I've got several goals going at once and none of them are moving. ☐

I end most days not sure what I actually got done. ☐

I spend more time planning and researching than doing. ☐

BLOCK D TOTAL ☐

E

Most nights I pick the couch, the phone, or hanging out over the work. ☐

I quit when the excitement wears off. ☐

I already know what to do. I just don't do it. ☐

BLOCK E TOTAL ☐

YOUR RESULT

Your highest block is your **primary friction**. That's the thing that's been running your life. Second highest is the one that shows up when you're tired.

A | FEAR

What it is: You're not short on ideas. You're scared of finding out one doesn't work. So you stay in the safe spot where it's still "potential."

What it costs you: Years. The idea you never tested doesn't fail. It just dies.

Your first move: Do the smallest version of the scary thing in the next 24 hours. Small enough that failing costs you nothing.

B | PERFECTIONISM

What it is: You're waiting on the clouds to part and every lane to open up. It feels like high standards. It's a hiding place.

What it costs you: Everything you never finished. You have to be willing to be bad before you can be great.

Your first move: Ship one thing today at 80%. Don't fix it. Let it be out there.

C | APPROVAL

What it is: You're living by other people's opinions. You explain your vision to people who can't see it, then let their doubt set your pace.

What it costs you: Your direction. Opinions are not commands, but you've been treating them like they are.

Your first move: Stop explaining. Tell nobody about your next move. Let the results do the talking.

D | OVERWHELM

What it is: Five paths, zero progress. Every time you split your focus you split your results. Busy all day with nothing to show for it.

What it costs you: Momentum. You keep starting over, so you never get past the hard part of anything.

Your first move: Step 2 of this session is built for you. Pick one. Park the rest.

E | COMFORT

What it is: The world pushes comfort on you all day and you keep saying yes. You know exactly what to do. You just don't feel like it.

What it costs you: Your edge. Comfort now is discomfort later, with interest.

Your first move: Tonight, trade one hour of leisure for one hour on your one thing. Just tonight.

My primary friction is:

STEP 2 6 minutes

THE ONE THING

Kobe didn't master five sports. Tiger didn't chase ten careers. Every high performer you admire picked one path and said, "I'm going to be great at this."

You don't need the perfect plan. You need to decide.

Brain dump. Write down everything you're chasing or thinking about chasing right now.

Now run every item on that list through three questions:

1. The 5-year test. If I gave this my full focus for five years, would I be proud of who I became?

2. The boring test. Am I willing to do the boring fundamentals of this every day, long after the excitement is gone?

3. The domino test. If this one thing worked, would it make the rest of my list easier or unnecessary?

The one that passes all three is your one thing. If two pass, pick the one that scares you more.

MY ONE THING (write it as a decision: "I am going all in on...")

THE PARK LIST. Everything I'm putting down for the next 90 days. Not forever. Just not now.

STEP 3 6 minutes

CLOSE THE BACK DOORS

In the end, nobody really cares. The world don't care. People may nod and sympathize when you explain why you're not where you want to be. But in the back of their mind, they can see the room where you could improve.

An excuse is a back door. As long as it's open, part of you is already planning to walk out of it.

Write your top excuses. The real ones. Then answer each one with the only question that matters: **what am I going to do about it?**

THE BACK DOOR (my excuse)	DOOR CLOSED (what I'm going to do about it)

> *This happened. It sucks. I made this mistake. But I'm going to get over it. The next question is: what am I going to do about it?*

From today, that is the only conversation you have with yourself when something goes wrong. No wiggle room. Not even an inch.

If it is to be, it's up to me.

STEP 4 5 minutes

THE CIRCLE AUDIT

You'll be at the level of your five closest friends. If all five are goofing off and going nowhere, you're number six.

List the five people you spend the most time with. Mark each one **F** (fuel: they push you forward), **N** (neutral), or **D** (drag: you leave them with less drive than you came with).

NAME	F / N / D	HOURS A WEEK WITH THEM

Read this before you do anything drastic.

You don't have to be mean. You don't even have to cut anybody off. There's no bad guy here. Most people who give you static don't know they're doing it.

You just take the time you were spending and put it on your one thing. Love them from a distance. Stay a phone call away.

Hours a week I'm taking back from the D's, and where those hours go now:

Two rooms I need to get into where I'm the one who's uncomfortable (people ahead of me):

STEP 5 5 minutes

SET THE STANDARD

There's only one opinion that decides the quality of your life: your opinion of yourself.

And that opinion isn't built on hype. It's built on evidence. Every promise you keep to yourself is a deposit. Every one you break is a withdrawal, even if nobody else ever finds out.

THE MAN I'M BECOMING. Write it in present tense, like it's already true. ("I am a man who...")

How does that man walk, talk, and carry himself differently than I do today?

THREE PROMISES FOR THE NEXT 7 DAYS

Make them small enough that you can't miss. The size doesn't matter this week. Keeping your word does.

1.

2.

3.

> *When you respect yourself, the world has no choice but to follow suit.*

STEP 6 3 minutes

BUY BACK ONE HOUR

Time is your ally. But only if you stop throwing it away.

You don't need to give up everything. I still catch a big fight or a good movie. The difference is I schedule it. It doesn't take up all my time. It's something I do every now and then, and in between I'm working.

Be honest about where your hours go on a normal day:

Phone and social media

TV, sports, streaming, games

Hanging out with no purpose

THE HOUR I'M TAKING BACK. Which hour of the day, and what I'm cutting to get it:

WHAT GOES IN THAT HOUR. One specific action on my one thing:

Bonus move: fix your feed.

For the next 7 days, only watch things that help you get to the next level. Skip everything that's just entertainment. Whatever account you're on will start feeding you more of what you watch. Your phone goes from working against you to working for you.

MY LOCK-IN CARD

Copy your answers here. Screenshot it. Make it your lock screen.

MY ONE THING

MY PRIMARY FRICTION

THE BACK DOOR I'M CLOSING FOR GOOD

THE MAN I'M BECOMING

MY THREE PROMISES THIS WEEK

MY HOUR, AND WHAT GOES IN IT

SIGNED **DATE**

If it is to be, it's up to me.

YOUR FIRST 24 HOURS

A decision without action is a wish. Before this time tomorrow, do these four things. Check them off.

- [ ] **Move in silence.** Tell nobody what you just decided. Not your friends, not social media. They'll see the results.
- [ ] **Put in your first 20 minutes** on your one thing. Not planning. Doing. Start before you're ready.
- [ ] **Keep promise number one.** The first deposit is the most important one you'll ever make.
- [ ] **Run your first move** from your friction result on page 4.

WHEN IT GETS HARD (AND IT WILL)

Somewhere around day four or five, the excitement wears off. The voice in your head starts telling you to take a break, that you've done enough.

That's not a sign you picked wrong. That's the test. The setbacks and the slow days are the price of admission, and most of the world refuses to pay it.

> *Resilience is just remembering what you wanted when you made the decision.*

That's why you have the card. When the voice gets loud, read it.

WHAT COMES NEXT

You just did what most men never do. You know your one thing. You know what's been stopping you. You know who you're becoming.

That's the What.

Here's the honest part. This session can't make you show up on day nine. It can't catch you on a Wednesday afternoon when you're fading. It can't tell you what to do when your friction shows up at 6 a.m.

Knowing what to do was never the hard part. Doing it every day is. That takes a system, and that's the **How**.

THE WINNER MIND DAILY PROTOCOL

The 10-minute daily system that turns your Lock-In Card into results.

- **Morning Momentum Trigger (5 min).** Lock onto the one task that matters before the day gets a vote.
- **Mid-Day Inertia Reset (2 min).** Catch the fade and get moving again.
- **Evening Mastery Audit (3 min).** Score your effort and set up tomorrow.
- **The counter-move for all five frictions,** including the one you just scored highest on.
- **30 daily tracking sheets,** four weekly reviews, and a 30-day scorecard.

START DAY 1 TOMORROW MORNING

stan.store/WinnerMindProtocol/p/the-winner-mind-daily-protocol

You've got the target. The Protocol is how you hit it every day.

Greatness isn't luck. It's a system. Let's get it.

Anthony Carter