

UPSELL 2 PRODUCT • RESELL RIGHTS INCLUDED

The Stoic Deep Work & Evening Reset System (Upsell 2 Deliverable)

Included inside your Plug-In Funnel Kit as your ready-made Upsell 2 product.

How High-Output Operators Protect 4 Hours of Deep Work Daily

This deliverable is the second upsell product inside your Stoic Morning Ritual funnel. While the front-end product conquers the first 30 minutes of the morning, this system structures the workday and the final 60 minutes before sleep:

- **The 90/20 Monastic Block:** How to run two 90-minute zero-distraction sprints before 1:00 PM.
- **The Communication Containment Window:** Batching Slack, email, and calls into a single 45-minute afternoon window.
- **The Shutdown Ritual & Seneca Evening Reset:** Closing open cognitive loops at 5:30 PM so work stress never follows you to the dinner table or your pillow.

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