

# Satdish Trade Journal

A printable companion to the Trading Psychology Series.

## How to use this journal

This journal mirrors article 4.2 of the Trading Psychology Series. Print the trade pages double-sided. Keep one journal per month so you can flip back and read your own writing six weeks later.

## The nine essential fields

|  |  |
|--|--|
| <b>1. Date / Time / Symbol</b>                 | Basic identifier.  |
| <b>2. Setup</b>                                | Which of your defined setups was this? If you can't name it, the trade was discretionary — flag it.      |
| <b>3. Planned entry / stop / target / size</b> | What you decided BEFORE entry. Filled at execution, not reconstructed.                                   |
| <b>4. Actual entry / exit / size</b>           | What really happened. Any deviation from the plan is a data point.                                       |
| <b>5. Process grade (A/B/C/D)</b>              | Did you follow your plan? A = textbook. D = you broke your own rules. Outcome does NOT enter this grade. |
| <b>6. Pre-trade state</b>                      | One word: Calm, Focused, Confident, Bored, Anxious, Chasing, Tilted, Tired, FOMO, Revenge.               |
| <b>7. Deviation reason</b>                     | If actual differed from planned, why? Honesty is the whole game.   |
| <b>8. Result in R-multiples</b>                | Not cash. Gain or loss as a multiple of planned risk.  |
| <b>9. One sentence: what did I learn?</b>      | Force a moment of reflection while the trade is fresh.   |

## The three-cadence review

|  |  |
|--|--|
| <b>Per-trade</b> — 2 minutes at exit.      | Fill the row. Write the lesson. Move on.                     |
| <b>Daily</b> — 10 minutes, end of session. | Read the day's rows back. Note grade trend, mistakes, state. |
| <b>Weekly</b> — 45 minutes, end of week.   | Open the stats. Pick ONE leak. Fix that one thing.           |

*This journal is free. There are no affiliate links anywhere on satdish.co.uk.*

# DAILY — Plan and Review

One page per trading day.

DATE \_\_\_\_\_ SESSION \_\_\_\_\_ SLEPT WELL?  Yes  No

## PRE-SESSION

Market context (HTF bias, key levels, calendar events):

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My state right now (one word):

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Setups I am allowed to take today:

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Daily loss limit (cash or R):

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## POST-SESSION

TRADES TAKEN

R FOR DAY

BEST GRADE

WORST GRADE

What went right today?

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What went wrong today?

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One thing to fix tomorrow:

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**TRADE**

DATE \_\_\_\_\_ TIME \_\_\_\_\_ SYMBOL \_\_\_\_\_ DIR.  L  S

SETUP \_\_\_\_\_ PRE-TRADE STATE \_\_\_\_\_

|                | ENTRY | STOP | TARGET | SIZE |
|----------------|-------|------|--------|------|
| <b>Planned</b> |       |      |        |      |
| <b>Actual</b>  |       |      |        |      |

PROCESS GRADE  A  B  C  D R-MULTIPLE \_\_\_\_\_

Deviation reason (if planned ≠ actual):

One sentence: what did I learn from this trade?

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# WEEKLY REVIEW

Open this page Sunday evening. 45 minutes. Honest.

WEEK OF

TRADES

R TOTAL

WIN RATE

## PROCESS GRADE TREND

Did your A/B grades improve or decline this week?

## STATE vs OUTCOME

Tag your trades by state. Where did your money come from? Where did it leave?

## R-MULTIPLE DISTRIBUTION

Where are your winners landing? At 1R, 1.5R, 2R, 3R? Are you cutting at +1R when your edge is +2R?

## THE ONE LEAK

The single most common mistake this week. One. Not five. This is the focus of next week.

## HOW WILL I FIX IT?

A specific rule, checklist item, or environment change — not 'try harder'.