

Today, My Trading Goals Are...

Fill in before you open the platform. Every single session.

Date: _____

Session: AM / PM / Both

MENTAL CHECK-IN

State (circle one): CALM FOCUSED ANXIOUS TILTED ANGRY BORED

Sleep last night: ____ hours How I'm feeling 1-10: _____

If under 6, do not trade today.

WHAT I'M TRADING

Instrument: _____

Setup: _____

Timeframe: _____

TODAY'S TARGETS & LIMITS

Profit target (£): _____

Daily loss limit / hard stop (£): _____

Amber warning level / 50% of DLL (£): _____

Max risk per trade (£): _____

STOP RULES — RED ZONE

If I hit the daily loss limit: Close platform. Walk away. Do not return today.

If I take 3 losing trades in a row: Pause for 30 minutes minimum. State check before resuming.

If I catch myself revenge trading: Close the position. Walk away. The day is over.

If I'm about to break my own rules: Don't.

ONE INTENTION FOR TODAY

Behaviour-based, not P&L-based. e.g. "Take only A-grade setups."