

CHECKLIST **TO STOP IMPULSIVE** **TRADING**

Before a trading session

- ☐ I've reviewed my trading plan
- ☐ I've consulted the economic calendar
- ☐ I've decided how many trades I will open (1–2)

Before entry

- ☐ The setup is real; it is not something that I feel should work
- ☐ Risk is \leq 1–2%
- ☐ I've specified Stop Loss and Take Profit values
- ☐ I've described the setup
(out loud or in my trading journal)

Self-check

- ☐ I've counted to 5 before acting
- ☐ I am calm and control my emotions
- ☐ No external noise can distract me (alerts are off)

After trade

- ☐ I've logged the reason for entry and result
- ☐ I will now take a break before switching to the next idea
- ☐ I don't have any intentions for revenge

End of day

- ☐ What has triggered any emotions today?
- ☐ Have I followed my rules strictly?