

# Pre-Trade Checklist

Ten questions. All ten must be 'yes' or the trade does not exist.

## The 10 Boxes

- 1. I know the trend on the higher timeframe.
- 2. My setup matches my written trading plan exactly.
- 3. I have written down entry, stop, and target BEFORE entering.
- 4. Reward-to-risk ratio is at least 1.5:1.
- 5. Position size respects my 1% risk rule.
- 6. No major news in the next 60 minutes.
- 7. I am not revenge trading the last loss.
- 8. I have fewer than three positions open already.
- 9. I have slept more than six hours and eaten today.
- 10. If price hits my stop, I accept the loss in advance.

## After the Trade

Within 30 minutes of closing, log: setup, emotion, what I did right, what I did wrong, one-sentence lesson.

Review your journal every Sunday. Patterns emerge fast.