TRADING EXECUTION & DISCIPLINE CHECKLIST

A Process-Oriented Guide to Surviving Market Uncertainty

CORE EXECUTION PRINCIPLES

- **Prediction Is Not Profitability**
  You can correctly identify a trend and still lose money if timing, risk management, or discipline fail. Profitability requires holding your position through volatility.
- **Prioritize Decision Quality Over Outcomes**
  A reckless trade with too much risk and no stop loss that happens to win is a failure of execution and reinforces dangerous behavior.
- **Risk Size Governs Psychology**
  A manageable risk level allows you to trade the chart. An oversized position forces you to trade your emotions, leading to panic and relief-based exits.
- **Patience is an Active Trading Position**
  Patience is not passive waiting. It is the active discipline of sitting out until your setup actually confirms and triggers a signal.
- **Design Asymmetric Setups**
  Your primary goal is to create trading scenarios where being wrong is cheap and being right is highly meaningful. Let your winners run.
- **Embrace Uncertainty & Volatility**
  The market rarely moves in a straight line. Expect pullbacks and do not let short-term adverse price action shake your trade structure.

DEFENSIVE PRE-TRADE QUESTIONS

Before clicking enter, always ask yourself:

1. How much am I willing to lose on this specific trade if the market moves against me?
2. What is my logical exit level, and am I prepared to sit through normal pullbacks?
3. Is my position size small enough that I can think clearly and execute without emotion?
4. Is this trade backed by my established strategy, or am I rushing out of FOMO?

THE 'DOS' OF TRADING EXECUTION

- [ ] **Do: Manage Your Reactions**
  Focus exclusively on managing your behavioral responses under pressure rather than attempting to control or predict market directions.
- [ ] **Do: Expect and Plan for Pullbacks**
  Always map out your risk and support levels beforehand, accepting that the market rarely moves in a straight line toward your target.
- [ ] **Do: Focus on Process Over Outcomes**
  Judge your performance based on whether you made a logical, rule-based decision rather than whether the trade made money.
- [ ] **Do: Wait for Setup Confirmation**
  Stay patient in your trading position and wait until your setup actually confirms and triggers a signal before risking capital.
- [ ] **Do: Execute Strategy Consistently**
  Follow your plan systematically. Never alter, move, or ignore your stop levels or exit rules in the middle of a live trade.

THE 'DON'TS' OF TRADING EXECUTION

- ☒ **Don't: Don't Search for More Indicators**
  Avoid overcomplicating your charts with new filters when the real issue is execution, patience, and emotional discipline.
- ☒ **Don't: Don't Risk Too Much Without Stops**
  Never risk an oversized amount or trade without an active stop loss, even if a reckless gamble occasionally works.
- ☒ **Don't: Don't Enter Early Out of FOMO**
  Do not jump into a trade before the signal confirms. Being early is just as painful and financially costly as being wrong.
- ☒ **Don't: Don't Trade Too Large**
  Avoid position sizes that make you feel terrified. Trade the chart setup, not your financial anxieties or desperate hopes.
- ☒ **Don't: Don't Take Profits Too Early**
  Do not exit winning trades prematurely out of a nervous desire for relief. Let your correct ideas achieve meaningful size.
- ☒ **Don't: Don't Let Ego Overrule Logic**
  Never engage in destructive habits like revenge trading, chasing momentum, moving stops further out, or seeking constant validation.

MY PERSONAL TRADING RULES & NOTES