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Trading Discipline Rules for Beginners

Your daily guide to mastering discipline and patience in trading

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★ THE 10 GOLDEN DISCIPLINE RULES

01
Trade Your Plan Only
Never enter a trade not on your written plan. No plan = no trade.

02
Always Use a Stop-Loss
Set your stop-loss before entry. Never remove it once live.

03
Risk Only 1–2% Per Trade
Protect capital. Consistent small risk keeps you in the game long-term.

04
Respect the Daily Loss Limit
Decide a max daily loss (e.g. 3%) and stop trading when you hit it.

05
No Revenge Trading
After a loss, walk away. Revenge trades are emotional — not strategic.

06
Wait for Confirmation
Do not enter on guesses. Wait for all signal conditions to be met.

07
Do Not Chase the Market
Missed a move? Let it go. FOMO trades almost always lose money.

08
Keep Position Size Consistent
Win streak or loss streak — your position size stays the same. Always.

09
Journal Every Trade
Record entry, exit, reason, result, and emotions. Review every week.

10
Accept Losses as Part of the Game
Every trader loses sometimes. A loss only hurts if you don't learn from it.

✓ DAILY TRADING CHECKLIST

Pre-Market
- [ ] Check economic calendar for news events
- [ ] Review previous session journal
- [ ] Mark key support & resistance levels
- [ ] Set daily risk limit for today
- [ ] Confirm trading plan is ready
- [ ] Emotional state: calm? Yes / No

During Trade
- [ ] Stop-loss set before entry
- [ ] Trade matches my plan criteria
- [ ] Not moving stop-loss further away
- [ ] Not adding to a losing position
- [ ] Following take-profit target
- [ ] Alerts set — not over-watching

Post-Trade
- [ ] Recorded trade in journal
- [ ] Noted emotional state during trade
- [ ] Did I follow my plan? Yes / No
- [ ] Lessons learned for tomorrow
- [ ] Daily P&L; within acceptable range
- [ ] Ready to stop for the day

EMOTION VS. DISCIPLINE — QUICK REFERENCE

Emotional Behaviour ✕	Disciplined Behaviour ✓	Impact
Chasing fast-moving trades (FOMO)	Waiting for your defined setup	Saves capital
Revenge trading after a loss	Following daily loss limit rule	Prevents blow-ups
Overtrading out of boredom	Only trading during planned hours	Higher win rate
Moving stop-loss to avoid a loss	Respecting stop-loss every time	Risk management
Doubling size after winning streak	Keeping position size consistent	Protects profits

FOMO Prevention • Emotion Tracker

Use these tools daily to build lasting discipline and patience in trading

FOMO PREVENTION — 5-STEP REMINDER CARD

When you feel the urge to jump into a trade — STOP and follow these 5 steps:

1. **Pause for 10 minutes.** Do not touch the buy/sell button. The market will still be there.
2. **Check your criteria.** Does this trade meet ALL my plan conditions? If not — skip it.
3. **Ask: "Am I chasing?"** If the move already happened, the setup is gone. Wait for the next one.
4. **Check your emotions.** Excited, anxious, or desperate? These are FOMO signals — not trading signals.
5. **Remind yourself:** "The best traders miss trades every day. Patient traders win long-term."

WEEKLY EMOTION TRACKER

Rate each emotion from 1 (low) to 5 (high) after each session. Spot patterns. Fix them.

Emotion	Monday	Tuesday	Wednesday	Thursday	Friday
Fear					
Greed					
Frustration					
Overconfidence					
Calm / Neutral					
FOMO					

TRADER MINDSET — RIGHT VS. WRONG

✓ Growth Mindset (Keep These)

- *"I trade my plan, not my emotions."*
- *"Losses are tuition fees — I learn from them."*
- *"I focus on process, not profits."*
- *"I wait for my setup — patience pays."*
- *"My consistency builds my account."*
- *"One bad trade does not define my week."*

✕ Losing Mindset (Avoid These)

- *"I need to win back my losses NOW."*
- *"This trade feels right — I'll take it."*
- *"I can risk more this time — I'm on a streak."*
- *"The market owes me a winning trade."*
- *"I'll move my stop-loss — it will come back."*
- *"I can't miss this move — I'm jumping in."*

Weekly Review • Your Discipline Challenge

Reflect, track progress, and commit to 30 days of disciplined trading

WEEKLY TRADING REVIEW TEMPLATE

Review Question	My Answer This Week
Total trades taken	_______ trades
Trades that matched my plan	_______ out of _______
Did I revenge trade?	Yes / No
Did I respect my stop-losses?	Always / Sometimes / Never
My dominant emotion this week was	________________________________
One thing I did well this week	________________________________
One thing I will improve next week	________________________________
Net result this week (P&L)	+ / - _______ %

Your 30-Day Discipline Challenge — Start Today

Print this PDF. Tick every checklist item before and after each session for 30 days.
Review your journal at day 30 — you will see measurable improvement, guaranteed.

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