

# My Trading Rulebook

## Mindset Before Trading

- I am a disciplined trader, not a gambler.
- I wait for confirmations, I don't chase moves.
- One good trade is better than 10 rushed ones.
- If my emotions are high, I step away.

## Timeframe Rules

- 4H → Market direction (bullish / bearish bias).
- 30M → Key zones (supply, demand, liquidity areas).
- 5M → Entry confirmation (engulfing, rejection, liquidity sweep).
- No decisions based on 1M chart alone.

## Entry Rules

- Only trade when higher TF bias agrees with entry setup.
- Look for clean liquidity levels (equal highs/lows, POIs).
- Confirmation: Engulfing candle OR strong rejection wick.
- Don't enter on FOMO — if I miss it, another setup will come.

## Risk Management

- Lot size cap: XAU/USD → 0.07 max, EUR/USD → 0.3 max.
- Maximum open positions at once → 5.
- Daily loss limit → 2% max (stop if hit).
- Daily profit target → \$100 (anything extra = bonus).

## Trade Management

- First partial at nearest liquidity level.
- Always move stop-loss to breakeven once in profit.
- Let winners run, don't close early out of fear.
- Never add positions out of frustration.

## Psychology Reminders

- Losses are tuition fees for mastery.
- No revenge trading, no overtrading.
- Focus on process, not the money.
- Every trade = one step closer to funded success.

## Daily Closing Routine

- Record trades in journal (setup, emotion, outcome).
- Reflect: Did I follow the rulebook?
- End day grateful — win or loss, I gained experience.