

REPEAT THIS MANTRA

I WILL ONLY DO THE RIGHT THING I WILL ONLY DO THE RIGHT THING I WILL ONLY DO THE RIGHT THING

BUT WHAT IS THE RIGHT THING TO DO?

WHY AM I TRADING ???????

I will ACCEPT every small stop loss with PLEASURE

I will trade only when I get what I want

This is not 20/20 but a test match

I will always follow a PROCESS & not run behind profits

I will focus on the GOLDEN GOOSE & not on the golden eggs

I will focus only on the INPUT I give & not outcome I get

I will stay NEUTRAL

I will only FOLLOW CHARTS

I will NOT OVERTRADE (maximum 2 trades)

I have to SAFEGAURD MY CAPITAL

I am here to take the BEST TRADES only and will not think about money

Be STUBBORN with your WINNING TRADES

Be IMPATIENT with your LOOSING TRADES

Do NOT HOPE for price to move in your favor

FOCUS on the CHARTS, not your P&L

Only take DECISIONS after CANDLE CLOSING

If you made a mistake, close the trade

If you broke your rules, close the trade

CAPITAL PRESERVATION is key

Always TAKE NOTES from the market

Have NO REGRETS

RISK MANAGEMENT CHECKLIST

Risk Per Trade Maintained

Risk Per Day Maintained

Maximum 2 STOP LOSS taken

Good Risk Reward Ratio

Correct Position Sizing

Oversizing while trading Options

Logical Stop Loss Placement

LIFE MANAGEMENT CHECKLIST

Daily Meditation

Daily Workout

Daily Book Reading

BEFORE ENTERING A TRADE CHECKLIST

I did my HOMEWORK ANALYSIS on this script

I have a REASON to take this trade

I have an ENTRY PLAN

I have an EXIT PLAN

My stoploss is LOGICAL

Risk: Reward ratio is minimum 1:1

My quantity selection is correct

This trade fits in my TRADING PLAN

I can ACCEPT this stoploss

Taking trade in the direction of overall trend

Big news announcement on this script today

I feel good emotionally

I feel good physically

I feel good mentally



TECHNICAL ANALYSIS CHECKLIST

CHART PATTERN SPOTTED

CANDLESTICK PATTERN SPOTTED

RSI DIVERGENCE SPOTTED

VWAP IN FAVOR

PIVOT BREAK

VOLUME CONFIRMATION

HIGHER TIMEFRAME CONFIRMATION

[PDL / PDH / CDL / CDH]

PULLBACK CONFIRMATION

MULTIPLE ATTEMPTS AT AN AREA OF INTEREST

TRENDLINE BREAK/SUPPORT

[1 Hour TF or above]

SIGNAL NEAR SUPPORT/RESISTANCE

MOVING AVERAGE CONFIRMATION

INDIA VIX IS IN FAVOR

MARKET SENTIMENT IS CLEAR



















































WEEKLY EVALUATION CHECKLIST

Money Management	
Your profit expectations are too high for your account size	Y
Your daily goal is unrealistic or difficult to achieve	YN
You struggle to accept a losing trade or a red day	YN
You have a problem with small green days or breaking-even	YN
You trade sideways movement or low volume hours	YN
You lack hard rules for when to stop for the day	YN
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Risk Management	
You risk too much of your account on individual trades	Y
You let losing trades go past your stop loss	Y
You average down into losing trades	Y
You double down or increase size after a losing trade	Y
You let day trades turn into swing trades	Y
Execution & Management	
You take a trade without a trading plan	Y
You copy other traders or follow their tips blindly	Y
Your losing trades are larger than your winning trades	Y
Your stops loss positions are very tight	Y
You trade against the trend on smaller timeframes	Y
You exit early from your winning trades	Y
You do not book profit after achieving your target	Y
Emotional Regulation	
You trade based on fundamentals/buzz/hope	Y
You get nervous after entering a trade	Y
You let your emotions dictate your trading	Y
You watch every candle and get nervous quickly	Y
You try to predict more and react less	Y
You get FOMO after a movement & enter late	Y
You get impulsive and take trades	Y
You take trades based on a hunch/gamble	Y
You trade for the adrenaline rush or desire for action	Y
Psychology & Mindset	
You lack discipline and have very little self control	Y
You revenge trade multiple times	Y
You tend to overtrade	Y
You hesitate to take a trade even if it fits your plan	Y
Vou think about hoing proven wrong	Y
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You think more about losing money than winning a trade	Y
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