

**I WILL ONLY DO THE RIGHT THING
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Psychology Checklist

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	<input type="checkbox"/>	<input type="checkbox"/>
CANDLESTICK PATTERN SPOTTED	<input type="checkbox"/>	<input type="checkbox"/>
RSI DIVERGENCE SPOTTED	<input type="checkbox"/>	<input type="checkbox"/>
VWAP IN FAVOR	<input type="checkbox"/>	<input type="checkbox"/>
PIVOT BREAK	<input type="checkbox"/>	<input type="checkbox"/>
VOLUME CONFIRMATION	<input type="checkbox"/>	<input type="checkbox"/>
HIGHER TIMEFRAME CONFIRMATION	<input type="checkbox"/>	<input type="checkbox"/>
[PDL / PDH / CDL / CDH]		
PULLBACK CONFIRMATION	<input type="checkbox"/>	<input type="checkbox"/>
MULTIPLE ATTEMPTS AT AN AREA OF INTEREST	<input type="checkbox"/>	<input type="checkbox"/>
TRENDLINE BREAK/SUPPORT	<input type="checkbox"/>	<input type="checkbox"/>
[1 Hour TF or above]		
SIGNAL NEAR SUPPORT/RESISTANCE	<input type="checkbox"/>	<input type="checkbox"/>
MOVING AVERAGE CONFIRMATION	<input type="checkbox"/>	<input type="checkbox"/>
INDIA VIX IS IN FAVOR	<input type="checkbox"/>	<input type="checkbox"/>
MARKET SENTIMENT IS CLEAR	<input type="checkbox"/>	<input type="checkbox"/>

WEEKLY EVALUATION CHECKLIST

Money Management

Y **N**

Y **N**

Y N

Y **N**

Y **N**

Y **N**

Risk Management

Y **N**

Y **N**

Y **N**

Y **N**

Y N

Execution & Management

Y **N**

Y **N**

Y **N**

Y **N**

Y **N**

Y **N**

Y **N**

Emotional Regulation

☐ Y ☐ N

Y N

Y N

Y **N**

Y N

Y **N**

Y **N**

☐ Y ☐ N

Y **N**

Psychology & Mindset

☐ Y ☐ N

Y **N**

Y N

Y N

Y **N**

Y N

☐ Y ☐ N

YN

Y N

Y N