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

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

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]

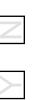
SIGNAL NEAR SUPPORT/RESISTANCE

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	YN
Your daily goal is unrealistic or difficult to achieve	Y
You struggle to accept a losing trade or a red day	Y
You have a problem with small green days or breaking-even	Y
You trade sideways movement or low volume hours	Y
You lack hard rules for when to stop for the day	YN
·	
Risk Management	
You risk too much of your account on individual trades	YN
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	YN
You revenge trade multiple times	YN
You tend to overtrade	Y
You hesitate to take a trade even if it fits your plan	Y
You think about being proven wrong	YN
You think more about losing money than winning a trade	Y
You follow multiple plans and not stick to a system	Y
You don't journal or review your trades	Y
You don't evaluate your performance very often	Y
You are losing money overall	Y