

Daily Psychology Log

Date:

Session:

Instrument:

Pre-Market Intention

What's your #1 goal today? What setups are allowed?

Energy level ☐ High ☐ Medium ☐ Low

Risk per trade: Max daily loss:

In-Session: Emotion Tags

Trade #1

Emotion: FOMO / Fear / Overconf / Revenge / Tilt / Calm

Trigger:

Counter-action:

Trade #2

Emotion: FOMO / Fear / Overconf / Revenge / Tilt / Calm

Trigger:

Counter-action:

Trade #3

Emotion: FOMO / Fear / Overconf / Revenge / Tilt / Calm

Trigger:

Counter-action:

Cooldown Events

Rule breaks: Y / N

Cooldown triggered? Y / N

Reason:

Post-Session Reflection

What helped today?

What hurt or could be improved?

Tomorrow's #1 rule to reinforce: