



Trading Journal

Track habits. Break patterns. Trade better.

How to use this journal

Trading success starts with self-awareness and reflection, not just strategy. Use this journal to spot your patterns, develop discipline, and track your progress as discussed in *Trader's Playbook*.

Instructions:

- Log each trade on the **Daily trade log**
- Complete a **Weekly review** at the end of each week
- Use the **Mindset checklist** and **Emotional loop tracker** to break negative cycles
- Monitor your growth with the **Progress tracker**

Daily trade log

Date: _____ Instrument: _____

Pre-trade

- **Emotional state:** ☐ Calm ☐ Focused ☐ Anxious ☐ Frustrated
☐ Other: _____
- **Setup rationale:**
 - Why this trade? Setup/strategy: _____
 - Is this a setup you've planned in advance? ☐ Yes ☐ No
- **Plan in place?** Entry: _____ Stop: _____ Target: _____

During trade

- **Stuck to plan?** ☐ Yes ☐ No
- **If not, what changed (e.g., FOMO, impatience)?** _____

Post-trade

- **Result:** ☐ Profit ☐ Loss **P/L:** _____
- **After-trade emotion:** ☐ Satisfied ☐ Upset ☐ Relieved ☐ Revenge urge
☐ Indifferent ☐ Other: _____
- **Lesson or self-coaching:** What would you do differently next time?

Weekly review

- **Week of:** _____
- **Biggest win/loss (trade or emotion):** _____
- **Most common emotion this week:** ☐ Calm ☐ Impatient ☐ Frustrated
☐ FOMO ☐ Disciplined
- **Repeating pattern or mistake?** ☐ Revenge trades ☐ Overtrading ☐ Missed setups ☐ FOMO entries ☐ Not following plan ☐ Other: _____
- **Did I improve vs. last week?** ☐ Yes ☐ No **How/Why:** _____
- **Action step for next week:** _____

Mindset checklist

Pre-Trade:

- ☐ Am I trading my plan or my emotions?
- ☐ Is this a setup I planned in advance?
- ☐ Am I risking the right amount?

Post-Trade:

- ☐ Did I follow my process, not chase profit?
- ☐ Did I accept mistakes and reflect honestly?
- ☐ Did I reset if I felt emotional?

Emotional loop tracker

Map out ‘emotion–thought–action’ patterns that lead to mistakes and break the loop!

Emotion triggered	Thought ("story in head")	Action taken	What to do next time
<i>Example: Frustration → "I'll win it back" → Revenge trade → "Pause, step away next time"</i>			

Progress tracker

Week	Daily log? (Y/N)	Fewer mistakes?	Focus level	Notes

You are the pattern—improve your response, not just your setup.

Disclaimer

The information presented in this journal and its related Trader's Playbook episode is intended for educational purposes only. It does not constitute financial advice, trading recommendations, or a comprehensive trading guide.

