

## Rules to protect yourself from yourself

*"If you want to have different results from the 90% that loses, you need to do something different than they do."*

### My Golden Trading Rules

- ☐ Be disciplined every day and in every trade.
  - ☐ I will trade according to my own plan, never act according to another's plan.
  - ☐ I love to take small losses.
  - ☐ I'm not addicted to trading; I just want to see what happens.
  - ☐ I only trade based on a good risk/reward that has the probabilities in my favor.
  - ☐ Build the Great Wall of China – lay the same stone (strategy) repeatedly until I reach perfection.
  - ☐ Once I find a setup, I don't hesitate; When I'm in, I don't overanalyse.
  - ☐ A detailed trading journal will always be used, and I will act on what it tells me.
  - ☐ Everything I do will be the success of my trading company!!
- Mindset Rules

- ☐ I accept that I have no control over how my trade will go.
- ☐ I accept that today may be a day I lose.
- ☐ I NEVER act on emotions but follow my rules and only place "Good Trades".
- ☐ With every loss I get, my winnings get closer.
- ☐ I let my profits go and stop my losses quickly.
- ☐ "Anything" can happen.
- ☐ I don't need to know what's going to happen next to make money.
- ☐ There is a random distribution between wins and losses for a given variable that defines an edge.

- ☐ An Edge is nothing more than an indication of a higher probability of one thing happening over another.
- ☐ Every moment on the market is unique.

### **Rules to protect yourself from yourself.**

- ☐ I always trade with the trend.
- ☐ I only lose MAXIMUM 2% on my trading per day.
- ☐ If I feel emotions, I take a break.
- ☐ If I have a bad day and cannot be at my best, I do not trade.
- ☐ I take 100% responsibility for my trading and my actions.
- ☐ I do not act on my emotions but stick to my playbook.
- ☐ I do not listen to traders on Youtube OR my buddies and only follow my playbook.
- ☐ I follow my strategy no matter what.
- ☐ I backtest once a week
- ☐ I keep adding "Good Trades" to my playbook.
- ☐ If I am in a losing streak, I lower my risk until I am in flow again.
- ☐ I maximise my profits by staying in the trades as long as I can as I let my profits run.