

Emotion-Free Trading Cheat Sheet

Core Rule

- Control yourself, not the market.

Daily Mindset

- Think in probabilities, not certainty
- Accept losses as normal
- Focus on process, not money
- Stay calm and avoid emotional decisions

Golden Rules

- Always use stop loss
- Cut losses quickly
- Let winners run but protect profits
- Follow your trading plan
- Never trade emotionally

Loss Management

- Loss is not failure
- Exit immediately when wrong
- Keep losses small and controlled

Profit Management

- Avoid greed
- Take what the market gives
- Trail stop to lock profits
- Avoid turning winners into losers

Avoid These Mistakes

- Revenge trading
- Overtrading
- Doubling losing positions
- Hoping and praying
- Fear and greed decisions

Execution Rule

- Act immediately without hesitation
- No second-guessing
- Trust your setup

Flexibility

- Do not get attached to trades
- Be ready to exit anytime
- The market is always right

Goal Setting

- Set realistic, measurable, achievable goals
- Start small and grow gradually

Risk Control

- Risk small percentage per trade
- Stop after multiple losses
- Protect your account first

Pre-Trade Checklist

- Do I have a valid setup?
- Is my risk defined?
- Where is my stop loss?
- Am I calm?
- Am I following my rules?

Post-Trade Checklist

- Did I follow my rules?
- Did I control emotions?
- What can I improve?

Final Formula

- Discipline + Risk Control + Consistency = Profit