TRADE90X

FREE GUIDE · BOOK 1

The 30-Day Trading Habit Check

Find the one rule you break most, and why.



By Gregg D. at Trade90X. A short, fill-in guide. One idea per page.

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START HERE

What is a 30-day trading habit check?

SHORT ANSWER

A 30-day trading habit check helps you find the one trading rule you break most. Write down your rules. After each session, mark each one kept or broken, and note what you felt when one broke. On day 30, count. The biggest count is the rule to protect first.

WHAT YOU NEED

- [ ] This guide, printed or open on your phone
- [ ] A pen, or a notes app
- [ ] A few quiet minutes after each session

You don't need to buy anything to do this check. You don't need to change your strategy either. You only need to watch yourself run it.

YOU KNOW THIS MOMENT

You wrote the rule calm. You broke it hot.

It's 9:47. You just took a loss. Your plan says wait. Your hand is already back on the mouse.

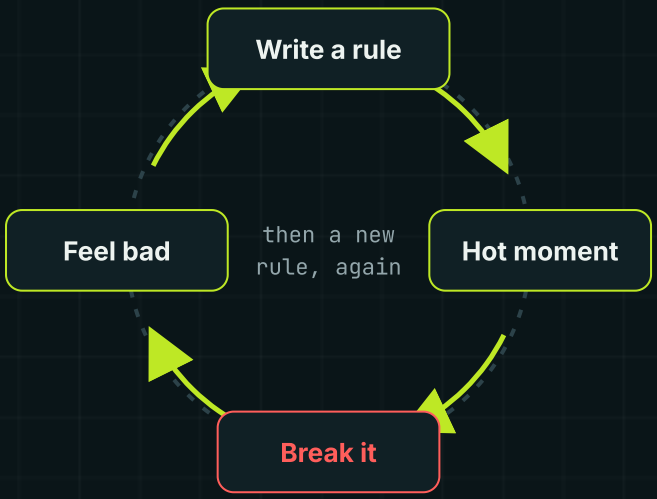
Two minutes later you're in a new trade. It's bigger than your plan allows, and you can't say why you took it.

That night you promise yourself it won't happen again. You write a new rule. Maybe two.

> The rule was never the problem. Keeping it was.

THE LOOP

Same mistake. New costume.



You may not have a rules problem. You may have one rule you keep breaking, wearing a different outfit each week.

Adding rules makes the list longer. It doesn't stop the loop.

WHY IT HAPPENS · 1

Calm you writes the plan. Hot you trades it.



When you're calm, it's hard to picture how strong the pull will feel later. When you're upset, the urge feels like the only sensible choice.

Carnegie Mellon economist George Loewenstein calls this a **hot-cold empathy gap**. People in a calm state misjudge how a "hot" state will change what they do.

His review covers people in general, not traders. You may still recognize it at your own desk.

WHY IT HAPPENS · 2

A loss feels heavier.



On average, a loss weighs about **twice** as much as a gain of the same size.

That's from a 2024 review by four economists, including Caltech's Colin Camerer. They pooled 607 estimates from 150 research articles.

So after a loss, "get it back now" feels urgent. That urgency can be the exact moment a rule breaks.

Those studies looked at people in general, mostly in lab and survey tasks, not traders' accounts.

THE GOOD NEWS

You don't need a new strategy. You need to find one rule.



Your mistakes look like many problems. Sometimes they share one root. Find the rule that breaks first, and you know where to start.

Fix the habit, not the trade.

WHY WE COUNT

What you write down, you can change.



A 2016 review in *Psychological Bulletin* pulled together 138 experiments with 19,951 people. On average, getting people to track their progress more often helped them reach their goals.

The effect was bigger when people **physically recorded** their progress, or shared it.

These goals were things like health and study habits, not trading. It's a reason to use a pen, not a promise about your results.

STEP 1 · TODAY

Write down the rules you already have.

Don't invent new ones. Up to five. Short enough to say out loud.

RULE A

RULE B

RULE C

RULE D

RULE E

STEP 1 · STUCK?

Rules traders often write

EXAMPLES

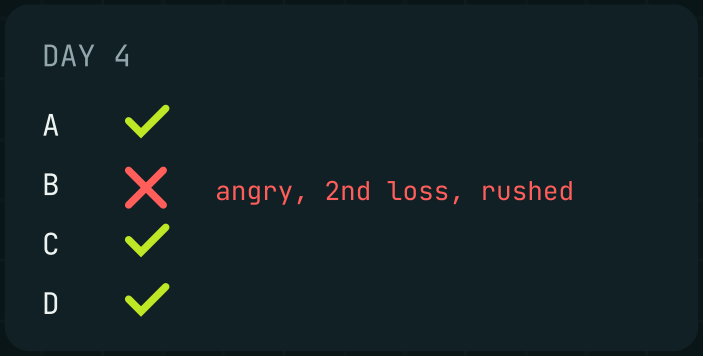
- [ ] Only take the setups my plan names
- [ ] Same size as my plan, even after a loss
- [ ] The stop goes in with the order and stays put
- [ ] Done for the day at my daily loss limit
- [ ] Stand up before the next order after a loss
- [ ] Stop at my planned finish time

These are examples of habits, not advice on what or how to trade. Use your own rules.

STEP 2 · AFTER EVERY SESSION

Kept or broken. That's it.

1. Close your platform first.
2. Go down your rules, A to E. Kept gets a check. Broken gets an X.
3. For every X, write one line about the moment it broke. (Step 3 shows how.)



No grades. No essays. A day where you only fill in checks still counts. Notice what went right, too.

Your 30-day grid

Check = kept. X = broken. Leave days you don't trade blank.

DAY 1	A	B	C	D	E
DAY 2	A	B	C	D	E
DAY 3	A	B	C	D	E
DAY 4	A	B	C	D	E
DAY 5	A	B	C	D	E
DAY 6	A	B	C	D	E
DAY 7	A	B	C	D	E
DAY 8	A	B	C	D	E
DAY 9	A	B	C	D	E
DAY 10	A	B	C	D	E

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Keep going

Halfway is where tracking starts to feel boring. A blank day is fine. A skipped check isn't.

DAY 11	A	B	C	D	E
DAY 12	A	B	C	D	E
DAY 13	A	B	C	D	E
DAY 14	A	B	C	D	E
DAY 15	A	B	C	D	E
DAY 16	A	B	C	D	E
DAY 17	A	B	C	D	E
DAY 18	A	B	C	D	E
DAY 19	A	B	C	D	E
DAY 20	A	B	C	D	E

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Finish the 30

Ten more days. Same rules, same pen.

DAY 21	A	B	C	D	E
DAY 22	A	B	C	D	E
DAY 23	A	B	C	D	E
DAY 24	A	B	C	D	E
DAY 25	A	B	C	D	E
DAY 26	A	B	C	D	E
DAY 27	A	B	C	D	E
DAY 28	A	B	C	D	E
DAY 29	A	B	C	D	E
DAY 30	A	B	C	D	E

STEP 3 · FIND THE WHY

Every X has a moment behind it.

When a rule breaks, write three quick notes. One word each is enough.



what you told yourself

what you felt

what your body did

Head: "I'll just make it back."

Heart: angry, bored, scared, rushed

Body: tight jaw, fast breathing, leaning in

Add the time and what happened just before. "Right after a loss" is a clue.

WORKSHEET · BREAK LOG

When a rule breaks

BREAK 1

DAY

RULE

JUST BEFORE

HEAD

HEART

BODY

BREAK 2

DAY

RULE

JUST BEFORE

HEAD

HEART

BODY

BREAK 3

DAY

RULE

JUST BEFORE

HEAD

HEART

BODY

BREAK 4

DAY

RULE

JUST BEFORE

HEAD

HEART

BODY

Need more? Copy this page. Your notes stay with you.

STEP 4 · DAY 30

Count it. Don't cash it.

Ignore the account balance for now. It mostly shows what the market did. Count your X marks for each rule.

RULE A · TIMES BROKEN

RULE B · TIMES BROKEN

RULE C · TIMES BROKEN

RULE D · TIMES BROKEN

RULE E · TIMES BROKEN

THE RULE I BREAK MOST

A tie? Pick the one that broke first on the worst day.

STEP 5 · READ YOUR LOG

Now find the why.

Look only at the X marks for your top rule. Check each one that's true for most of them.

- [ ] It broke right after a loss
- [ ] It broke right after a big win
- [ ] It broke at about the same time of day
- [ ] The same feeling showed up each time
- [ ] The same body sign showed up first
- [ ] It broke when I was tired, hungry, or rushed

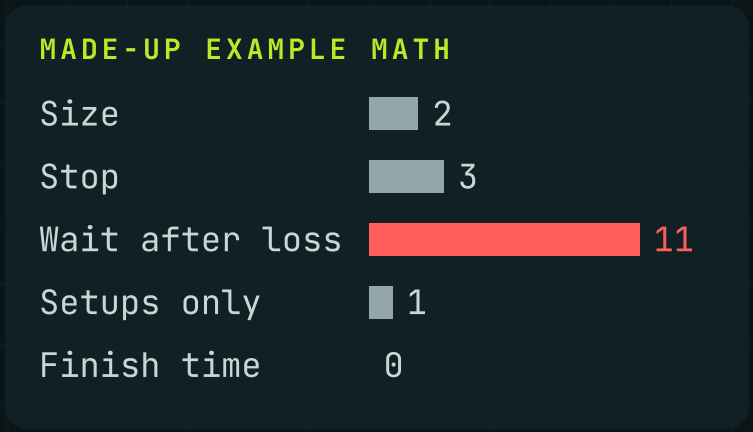
FINISH THIS SENTENCE

"I break this rule most when _____."

A FICTIONAL EXAMPLE

Casey's 30 days

Casey is made up. Casey wrote five rules and tracked them for a month.



Casey's conclusion: "I'm just undisciplined."

A better observation: "Almost every break came right after a loss, when I felt rushed. One rule fails first, and it isn't the stop."

That doesn't say Casey's strategy is good. It says which rule to protect first.

STEP 6 · YOUR ONE FIX

Turn it into an if-then plan.



An if-then plan names the moment and your move ahead of time. A review of 94 studies found these plans helped people follow through on their goals, compared with only setting the goal.

If _____

then I will _____

Example: "If I close a losing trade, then I stand up and refill my water before I look at the next chart."

The studies covered goals like health, school work and lab tasks, not trading.

WHAT CHANGES

One rule. Next 30 days.

You stop starting over every few weeks. You stop grading yourself on a number the market controls. You walk into tomorrow with one rule and a plan for the moment it usually breaks.

NEXT MONTH, TRY THIS

Run the check again with the same rule. Fewer X marks? Keep the rule. About the same? Make the rule smaller, aimed at the one moment it breaks. More? Look at the week it jumped. Something changed, and it probably wasn't the market.

What this check doesn't prove: that your strategy works, or that fewer breaks mean a better month. It shows you where your follow-through slips.

HOW TRADE90X HELPS

A coach for how you trade, not what you trade.

ROOQ, the trading coach you can talk to 24/7.

ROOQ reads your trades and names the habit costing you.



Rule, moment, check. Name the rule. Notice the moment it starts to slip, using the head, heart and body notes from Step 3. Check it after the session.

What would change if you caught that moment one trade earlier? This guide never tells you what to trade. Your rules stay yours.

QUICK ANSWERS

Questions traders ask

HOW DO I FIND THE TRADING RULE I BREAK MOST?

Write down the rules you already have. After each session, mark each one kept or broken. After 30 days, count the breaks for each rule. The highest count is the rule to protect first.

WHY DO I BREAK MY TRADING RULES WHEN I KNOW BETTER?

Rules are written calm and broken hot. Research on people in general shows calm minds misjudge how strong feelings will change their choices, and losses feel heavier than same-size gains.

HOW DOES TRADE90X FIT IN?

Trade90X coaches how you trade, not what you trade. It never tells you what to buy, sell, or trade.

YOUR NEXT STEP

Bring your count. Keep the one rule.

It sounds like you found your rule. Now plan for the moment it breaks.

What would make the next 30 days feel easier than the last 30?

You can do this whole check without buying anything. Your rules, a pen, and a few quiet minutes are enough.

Start your 30-day free trial, no card.

Fix the habit, not the trade. **Gregg D.**, Trade90X

SOURCES

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FINE PRINT

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This guide is for learning about your own habits. It does not tell you what to buy, sell, or trade. Casey is a fictional example and the numbers on page 20 are made up.

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