TRADE90X

FREE WORKSHEET · RESET

After-a-loss reset sheet

Keep it next to your screen. Use it before the next order, not after.

> *It sounds like the minute after a loss decides more than the entry did.*

Date _____

Time of the loss _____

Count last week's revenge trades, the ones placed while the last loss still stung:

_____

What did they cost?

_____

Write the dollar number down. Your number, nobody else's.

1 **Before my next order, I write how I feel:**

_____

_____

_____

"Annoyed. Want it back." counts. If I can't write the sentence, I'm not ready for the next order.

Education only. Not financial advice. 18+.

2 After two red trades in a row: written review, not an order.

Red trade 1, time _____

Red trade 2, time _____

☐ I wrote the review below before any new order.

3 Review

What happened?

_____

_____

Was it on the plan?

☐ Yes ☐ No

If no, which rule broke?

_____

What would I tell myself before the next red trade?

_____

_____

Fix the habit, not the trade.

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