TRADING COMMITMENTS CHECKLIST

Trade with Process. Track the Proof.

Print this page. Tape it to your monitor. Read it before every session — out loud on the hard days.

■ 1. Only take A+ setups

If you have to talk yourself into it, it’s not an A+ setup. Boredom is not a signal.

■ 2. Respect my stop loss on every trade

The stop was placed by the calm version of you. The version watching the trade doesn’t get a vote.

■ 3. No revenge trading

The market doesn’t know it "owes" you anything. After a loss: stand up, walk away, come back to the plan — not the pain.

■ 4. One good trade is enough

If the setup was there and you took it well, the day’s work is done. Overtrading turns wins back into losses.

■ 5. Protect my capital first

Your account is your career. No single trade is ever allowed to threaten it.

■ 6. Consistency over excitement

Boring, repeatable, and profitable beats thrilling and broke. Every time.

Daily reminder: The goal is not to make money today. The goal is to become the trader who earns it consistently.

