

7 Daily Actions for Trader Discipline

Steps You Can Take TODAY to Strengthen Your Mindset

- Lock In One Rule Per Day**

Pick a non-negotiable rule — like “no trades before 9:30am” — then follow it with zero exceptions. Discipline starts with one clear commitment.
- Pre-Plan Your Trades, Not Your Emotions**

Define your entry criteria and risk before looking at the chart.
 You only take trades that meet every requirement — no exceptions.
- Stick to the Plan — Even When Bored**

Breakdowns happen when you deviate. Trust the strategy. Follow through, even if the session feels “slow.”
- Limit Screen Time to Protect Focus**

Set a daily trading time cap. Too much screen time = fatigue, FOMO, and revenge trades.
- Use a 3-Minute Cooldown After Every Trade**

Step away. Breathe. Reset your mindset before you take your next trade — win or lose.
- Journal What You Did, Not Just What You Made**

Record what you saw, what you did, and what you felt. Patterns emerge when you track more than just your profits.
- Start With Intention, End With Reflection**

Before you start: “Today, I trade with patience and precision.”
After you finish: “Did I honor my rules?” That’s your real win.