

INFO	FTSE	DAX	DOW	S & P	NAZDAQ	Sheet No:	Today's Target	£	Date: / /
Market Type									
Daily ATR									
Weekly ATR									
Yesterday's HIGH									
LOW									
CLOSE									
Today's OPEN									
+/- To Y/day's CLOSE									
Yesterday's GAIN +/-									
Yesterday's GAIN %									

Economic Events:

5 Rule Check List

*Every Trade I Take & Even Trades I Don't Take, Will Be A Result;
A Consequence Of My Clear Pre-Defined RULES.
If I Haven't Followed My Rules, Then I've Made A Mistake!*

**Remember: Making A Trading Mistake IS Defined As;
NOT FOLLOWING MY RULES!**

Trade Type & Set Up				(P)Entry Price,(£)Amount,(T)Time			Targets, Stops, Risk/Reward Ratio			(P)Exit Price,(£)Amount,(T)Time			Total (£)		Grades	
No	Purchase	L/S	Set Up	Entry Price	Amount	Time	Target	Stop	R/R	Exit Price	Amount	Time	Profit/Loss	T.A.	E.Q.	
1													£			
Trade Notes:				Entry Notes:			Mistakes Made?			Exit Notes:			Grade Comment:			
2													£			
Trade Notes:				Entry Notes:			Mistakes Made?			Exit Notes:			Grade Comment:			
3													£			
Trade Notes:				Entry Notes:			Mistakes Made?			Exit Notes:			Grade Comment:			
4													£			
Trade Notes:				Entry Notes:			Mistakes Made?			Exit Notes:			Grade Comment:			
5													£			
Trade Notes:				Entry Notes:			Mistakes Made?			Exit Notes:			Grade Comment:			

Trading **IS** STATE DRIVEN.
Most IMPORTANT! - ALWAYS Trade In Coherence;
Synergistically in MIND / BODY / HEART / SPIRIT
(M.B.H.S) *More On This Later!

YES? Then Move On To The Following;

1. "Is This Trade In Line With My Objectives?"
2. Do I Know My **RULES** For This Trade?
3. Do I Know My **RISK** For This Trade?
4. Do I Know My Expected **REWARD** For This Trade?
5. Am I In The **ZONE** ? (M.B.H.S)?

If You Answer YES To All The Above 5 Questions Then;

PULL THE DAMN TRIGGER!

Remember:- It's **PROCESS** - **NOT** **OUTCOME** !

*At The End Of The Day's Trading Session, Be Thankful. Always
Cultivate 'An Attitude Of Gratitude!'*

Produced By: [Dow-Joy](http://DayTradingLife.com) <http://DayTradingLife.com> **End Of Day, Review ALL Trades!** Daily Total +/- £

*"Successful Problem Solving Requires Finding The Right Solution To The Right Problem.
We Fail More Often Because We Solve The Wrong Problem Than Because We Get The Wrong Solution To The Right Problem."*
Russell Lincoln Ackoff - (12 February 1919 – 29 October 2009)

"Cogito Ergo Sum"