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WHY DO I KEEP BREAKING MY TRADING RULES?

TRADING DISCIPLINE DIAGNOSTIC

Find out **where** your discipline breaks down, **what tends to trigger it**, and which behavior to work on first.

1. WHERE DOES YOUR DISCIPLINE BREAK DOWN?

Rate yourself from **1 = I regularly break my rules** to **10 = I follow my plan consistently**.

BEFORE THE TRADE Waiting for a valid setup, avoiding FOMO, entering only when your criteria are met.	1 2 3 4 5 6 7 8 9 10
DURING THE TRADE Following stops and targets, avoiding interference, sticking to your risk plan.	1 2 3 4 5 6 7 8 9 10
AFTER A LOSS Accepting the loss, avoiding revenge trades, not increasing size to recover.	1 2 3 4 5 6 7 8 9 10
AFTER A WIN Avoiding overconfidence, unnecessary extra trades, or suddenly increasing risk.	1 2 3 4 5 6 7 8 9 10
SESSION / WEEK Respecting trade limits, daily loss limits, routines, breaks and review.	1 2 3 4 5 6 7 8 9 10

2. WHAT USUALLY PULLS YOU AWAY FROM THE PLAN?

■ Fear of missing out (FOMO)	■ Need to recover a loss
■ Fear of being wrong	■ Wanting to make more money
■ Boredom / need for action	■ Overconfidence after wins
■ Lack of trust in my strategy	■ Difficulty accepting a loss
■ Impatience / forcing trades	■ Other: ______________________________

3. IDENTIFY YOUR DISCIPLINE GAP

The trading rule I break most often is:

____

I am most likely to break it when:

____

The thought that gives me permission to break it is:

____

The consequence I usually ignore in that moment is:

____

4. CHOOSE ONE BEHAVIOR TO CHANGE FIRST

Do not try to fix everything at once. Choose the **one rule violation** that currently creates the most damage or appears most often.

MY #1 DISCIPLINE TARGET

____

WHEN THIS SITUATION APPEARS...

____

...I WILL DO THIS INSTEAD

____

DISCIPLINE IS NOT ABOUT NEVER FEELING THE URGE TO BREAK A RULE.

It is about recognizing the moment your plan becomes negotiable - and having a response ready before emotion takes over.

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