

# PSYCHOLOGICAL STATE CHECKLIST

*Am I fit to trade today?*

Complete before the first trade of every session — 2 minutes, honest answers only

## What This Controls

This checklist controls one thing: trading while compromised. Most damaging trading days don't come from a bad strategy — they come from a normal strategy executed by a trader who shouldn't have been at the desk. This is your gate. You don't pass it by wanting to trade; you pass it by scoring it honestly.

## How To Use It

- Run it BEFORE the platform is open and before you look at charts. Charts create urgency; urgency corrupts the answers.
- Answer each item honestly with a tick or a cross. No half marks.
- Apply the decision rule at the bottom. The rule decides, not you.
- If the rule says reduce or stand down, that IS the winning trade for the day.

## Section 1 — Physical Baseline

| ✓                        | Check             | Pass condition                                                                                         |
|--------------------------|-------------------|--------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | <b>Sleep</b>      | At least 6.5 hours last night. Under that, reaction speed and impulse control are measurably degraded. |
| <input type="checkbox"/> | <b>Alertness</b>  | You feel awake without needing to force it. No brain fog, no heavy eyes.                               |
| <input type="checkbox"/> | <b>Health</b>     | No illness, pain, or medication that dulls concentration.                                              |
| <input type="checkbox"/> | <b>Substances</b> | No alcohol in the last 12 hours. Caffeine normal — not doubled to compensate for tiredness.            |

## Section 2 — Emotional State

| ✓                        | Check                           | Pass condition                                                                                               |
|--------------------------|---------------------------------|--------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | <b>Yesterday is closed</b>      | You are not carrying a loss (or a big win) from the last session. If you can still feel it, it's not closed. |
| <input type="checkbox"/> | <b>No revenge motive</b>        | You have zero urge to "get it back" from the market or a specific instrument.                                |
| <input type="checkbox"/> | <b>No pressure to perform</b>   | You don't NEED a winning day today — no bills, targets, or promises riding on this session.                  |
| <input type="checkbox"/> | <b>Life noise is manageable</b> | No live conflict, family stress, or major decision occupying background attention.                           |
| <input type="checkbox"/> | <b>Mood is neutral-to-calm</b>  | Not euphoric, not flat, not irritable. Boring is perfect.                                                    |

## Section 3 — Trading Mindset

| ✓                        | Check                         | Pass condition                                                                                                        |
|--------------------------|-------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | <b>Plan exists</b>            | You know exactly which setups you're allowed to take today and which markets you're watching.                         |
| <input type="checkbox"/> | <b>Loss is pre-accepted</b>   | You can state your max daily loss out loud and genuinely accept hitting it.                                           |
| <input type="checkbox"/> | <b>No forecast attachment</b> | You have a view, but you're equally willing to see it fail. If you'd feel "wrong" being stopped out, you're attached. |
| <input type="checkbox"/> | <b>Patience available</b>     | You could genuinely sit through a no-setup day without forcing a trade.                                               |
| <input type="checkbox"/> | <b>Rules feel binding</b>     | Right now, following the plan matters more to you than making money today.                                            |

## Decision Rule

| Score             | Action                                                                                      |
|-------------------|---------------------------------------------------------------------------------------------|
| <b>14 / 14</b>    | Trade your normal plan at normal size.                                                      |
| <b>12 – 13</b>    | Trade at HALF size. Maximum 2 trades. Re-run the checklist at midday if you want size back. |
| <b>10 – 11</b>    | Observation only. Charts open, journal open, no orders. Treat it as a study session.        |
| <b>9 or below</b> | Stand down. Close the platform. Walk away — the market runs again tomorrow.                 |

**Automatic stand-down (overrides any score): a cross on "No revenge motive" or "Loss is pre-accepted" ends the session before it starts. These two failures cause more account damage than all the others combined.**

## Mid-Session Circuit Breaker

Re-run Section 2 immediately if ANY of the following occurs:

- Two consecutive losing trades.
- You catch yourself widening a stop, doubling size, or jumping timeframes to justify staying in.
- You feel a physical spike — heart rate, heat, clenched jaw — after a fill or a miss.
- You say (or think) "it owes me" or "one more to get flat."

**Any cross on the re-check = done for the day. No negotiation.**

## Reset Protocol (Failed the Check?)

- Write one sentence in the journal stating why you stood down. That converts a "lost day" into a executed decision.
- Do something physical for 20+ minutes — the state that failed the check doesn't dissolve at the desk.
- Tomorrow starts with the same checklist. Yesterday's fail has zero carry-over penalty.

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*The checklist can't make you a better trader. It stops a good trader from showing up as a bad one.*