TRADING JOURNAL

OFFICIAL USER GUIDE

How to Use Your Journal to Trade with Discipline, Consistency, and Confidence.

Welcome to Your Edge.

The best traders in the world don't just trade — they study, they review, and they journal. Every single one of them.

The 4X Trading Journal is your unfair advantage. It keeps your trades organized, your performance measurable, and your mindset sharp. Whether you're still chasing consistency or fighting to stay disciplined during losing streaks — this journal is the system that turns struggling traders into serious ones.

The edge you've been looking for isn't a better indicator or a hotter strategy. It's the habit of reviewing your work, learning from your mistakes, and showing up with a plan every single day. That's what this journal does for you.

You put in the work. Let this journal make sure it counts.

HOW TO USE THIS GUIDE

This guide walks you through every section of the 4X Trading Journal — page by page. For each section you'll find: what it is, why it matters to your performance, and exactly what to write in each field. Screenshots of the actual journal pages are included so you always know where you are. Work through it once to set up your Trading Plan, then refer back whenever you need a reminder.

SECTION SECTION 1: THE TRADING PLAN — HOW TO CREATE YOUR EDGE

What Is the Trading Plan?

The Trading Plan is the foundation of the entire journal. Before you trade a single dollar, you need to know who you are as a trader, what you're trying to achieve, how you manage risk, and what rules you operate by. This section forces you to build that foundation — in writing — so it's not just a vague idea in your head but a real, committed document you can hold yourself accountable to.

Why It Matters.

Research in behavioral finance shows that traders who operate without a written plan are significantly more likely to make emotional, impulsive decisions — especially during drawdowns. Writing your plan activates a different level of commitment in the brain. It also gives you something to return to when the market is throwing you off. Think of it as your personal operating manual for trading.

> ■ *Complete the Trading Plan once before you start using the journal. Revisit it every 4–8 weeks and update it as you grow as a trader.*

The Trading Plan is made up of 9 subsections:

1. Know Yourself
2. Trading Goals
3. Market & Timeframes
4. Trading Routine
5. General Risk Management
6. Specific Risk Management
7. Discipline & Rules
8. Strategy
9. Execution (Setups & Rules)

1. KNOW YOURSELF

What Is This?

This is where self-awareness begins. Before you can build a strategy that works, you have to understand the person executing it — you. This section asks you to reflect on your motivations, define your trading identity, and get honest about where you're strong and where you struggle.

How To Fill It Out:

■ **What's Your Why?**

Write the real reason you're trading. Not the surface-level answer — go deeper. Is it financial freedom? Proving something to yourself? Escaping a 9-to-5? Your 'why' is the fuel that keeps you going through losing streaks. Be specific and honest.

■ **Trader Profile: What Sort of Trader Are You?**

Describe your trading identity. Are you a scalper, day trader, or swing trader? Do you follow momentum or trade reversals? Are you patient or do you tend to jump in early? This isn't about who you want to be — it's about who you actually are right now.

■ **Main Strengths (Trading Related)**

List the trading strengths you genuinely have. Examples: patience, good at reading price action, strong with risk management, disciplined with stop losses. Be real — not aspirational.

■ **Main Weaknesses (Trading Related)**

This is the most important column on this page. List your actual weaknesses — revenge trading, moving stop losses, overtrading after a win, exiting too early out of fear. Knowing your weaknesses is the first step to managing them.

■ *Be brutally honest here. The traders who grow the fastest are the ones who can look at their own behavior clearly, without ego.*

TRADING PLAN

1. KNOW YOURSELF

What's your why?

Trader Profile: What sort of trader are you?

Main Strengths (trading related)	Main Weaknesses (trading related)

2. TRADING GOALS

What Is This?

Goal-setting is not motivational fluff — it's neuroscience. Studies show you're 42% more likely to achieve a goal when you write it down. This section gives you space for 4 structured goals, each with a deadline and specific action steps. These goals should be trading-related: skill development, consistency metrics, profit targets, or mindset goals.

How To Fill It Out:

■ **Goal Title (Goal 1–4)**

Write a clear, specific goal. Avoid vague goals like 'become a better trader.' Instead: 'Complete a full trading week without breaking my risk rules' or 'Achieve a 60% win rate over 30 trades.' Make it measurable.

■ **Start Date / End Date**

Set a realistic timeframe. A goal without a deadline is just a wish. Short-term goals: 2–4 weeks. Medium-term: 1–3 months. Long-term: 3–12 months.

■ **Action Steps**

Break each goal into 3–4 concrete actions you'll take to achieve it. Example goal: 'Stop revenge trading.' Action steps: (1) Take a 10-minute break after any loss, (2) Review my rules before re-entering, (3) Stop trading after 2 consecutive losses.

■ **Notes**

Use this space for anything relevant — obstacles you anticipate, resources you'll use, or reminders to yourself.

> ■ *Review your goals every week during your Weekly Review. Cross off action steps as you complete them and update your goals as you evolve.*

TRADING PLAN

2. TRADING GOALS

Goal 1: ______________________________

Start Date ....
End Date ....
Notes: ....

Action Steps
- ○ ....
- ○ ....
- ○ ....
- ○ ....

Goal 2: ______________________________

Start Date ....
End Date ....
Notes: ....

Action Steps
- ○ ....
- ○ ....
- ○ ....
- ○ ....

Goal 3: ______________________________

Start Date ....
End Date ....
Notes: ....

Action Steps
- ○ ....
- ○ ....
- ○ ....
- ○ ....

Goal 4: ______________________________

Start Date ....
End Date ....
Notes: ....

Action Steps
- ○ ....
- ○ ....
- ○ ....
- ○ ....

3. MARKET & TIMEFRAMES

What Is This?

One of the most common reasons traders struggle is trying to trade everything. This section locks in your focus — your market, your instruments, and your trading schedule. Specialization is the fastest path to mastery. The more you commit to a specific market and timeframe, the faster you build pattern recognition and edge.

How To Fill It Out:

■ **Which Market Do You Trade?**

Circle or check the primary market you trade: Forex, Stocks, Futures, Options, Crypto, or Other. If you trade more than one, pick the primary one and list others under 'Other.'

■ **Preferred Instruments**

List the specific assets, pairs, or tickers you trade most. Example (Forex): EUR/USD, GBP/JPY. Example (Stocks): AAPL, TSLA, SPY. Keeping this list tight — 3 to 6 instruments — helps you develop deep familiarity with how they move.

■ **Trading Schedule (Optimal Days & Hours)**

For each day of the week, write the specific hours you plan to be in front of the charts. This is your committed trading window. Circle the days you actively trade and write in the exact hours. Example: Monday 9:00 AM – 11:00 AM EST. Having a fixed schedule reduces impulsive, unplanned trading outside your peak hours.

> ■ *The most liquid, high-opportunity windows for most markets are at the open and close of major sessions. Build your schedule around your best hours, not just when you're available.*

TRADING PLAN

3. MARKET & TIMEFRAMES

Which Market do you trade?

○ FOREX ○ STOCKS ○ FUTURES ○ OPTIONS ○ CRYPTO

○ OTHER ....

Preferred Instruments (assets you trade)

○ .... ○ ....
○ .... ○ ....
○ .... ○ ....

Trading Schedule - Optimal Trading Days & Trading Hours

○ Monday ....
○ Tuesday ....
○ Wednesday ....
○ Thursday ....
○ Friday ....
○ Saturday ....
○ Sunday ....

4. TRADING ROUTINE

What Is This?

Top traders don't wing it — they follow a routine. Your trading routine is the series of actions you perform before, during, and after each trading session. Routines reduce decision fatigue, create a consistent mental state, and ensure you're always prepared. Think of it as your pre-flight checklist before taking off.

How To Fill It Out:

■ **Pre Trading**

Write the steps you take before the market opens. This could include: review economic calendar, mark key support/resistance levels, check higher timeframe bias, read your trading rules, set your max loss for the day, and do a quick mindset check. Aim for 5–10 steps that take 15–30 minutes.

■ **During Trading**

Write the rules you follow while actively trading. Examples: only trade my top 3 setups, do not move my stop loss to break even before price moves 1R in my favor, step away from the screen after a losing trade, do not add to a losing position.

■ **Post Trading**

Write what you do after your session closes. Examples: screenshot all trades taken, fill out trade pages in journal, note emotional state during session, review what went well and what didn't, close all positions.

> ■ *Your post-trading routine is where most of the real learning happens. Don't skip it — even on good days.*

TRADING PLAN

4. TRADING ROUTINE

Pre Trading

During Trading

Post Trading

5. GENERAL RISK MANAGEMENT

What Is This?

Risk management is the single most important skill in trading — more important than your entry strategy. This section defines the hard limits that protect your account. Without pre-defined risk parameters, one bad day can wipe out weeks of work. These numbers are your circuit breakers.

How To Fill It Out:

■ **General Risk Management – Losses**

Fill in both dollar amounts ($) and equity percentages (%) for each loss limit. Set your Max Loss Per Trade (the most you'll lose on one trade), Max Loss Per Day, Max Loss Per Week, and Max Loss Per Month. Rule of thumb: Max Loss Per Trade = 0.5%–2% of account. Daily max = 2–5%.

■ **General Risk Management – Gains**

Set daily, weekly, and monthly gain targets in both dollars and percentage. Having a profit target prevents overtrading when you're up — a common issue. Example: 'Once I hit my daily target of $200, I stop trading for the day.'

■ **General Risk Management – Trades**

Number of Trades Per Day: the maximum number of trades you'll take in one session. Max Losing Trades Per Day: how many consecutive or total losing trades before you stop. Daily Trade Limit: the hard cap on total trades regardless of outcome. Position Size: your default contract/share size when entering a trade.

■ **Notes**

Use this space for anything that doesn't fit the fields above — exceptions, edge cases, or special rules for specific market conditions.

> ■ *These numbers need to be non-negotiable. Write them, commit to them, and treat breaking them as a serious rule violation — not an 'exception.'*

TRADING PLAN

5. GENERAL RISK MANAGEMENT

General Risk Management - Losses

Max Loss per trade ($): ....

Max Loss Per Trade (equity%): ....

Max Loss Per Day ($): ....

Max Loss Per Day (equity%): ....

Max Loss Per Week ($): ....

Max Loss Per Week (equity%): ....

Max Loss Per Month ($): ....

Max Loss Per Month (equity%): ....

Other: ....

General Risk Management - Gains

Daily Gain Target ($): ....

Daily Gain Target (equity%): ....

Weekly Gain Target ($): ....

Weekly Gain Target (equity%): ....

Monthly Gain Target ($): ....

Monthly Gain Target (equity%): ....

General Risk Management - Trades

Number of Trades per day: ....

Max Losing Trades per day: ....

Daily #trades limit per day: ....

Position Size: ....

Notes

6. SPECIFIC RISK MANAGEMENT

What Is This?

While Section 5 covers the hard numbers, this section goes deeper into the psychology and decision-making around risk. These are the qualitative rules that govern how you think about risk in real time — and what you do with your money as your account grows.

How To Fill It Out:

■ **What's Your Attitude Towards Risk?**

Describe how you personally relate to risk. Are you naturally risk-averse and tend to exit too early? Or do you tend to hold losers too long hoping for a reversal? Understanding your risk psychology helps you put guardrails in the right places.

■ **How Do You Determine Your Position Size?**

Write your position sizing formula or method. Example: 'I risk 1% of my account per trade. I calculate position size based on distance to stop loss.' Having a formula prevents emotional sizing — going big when excited, going small when scared.

■ **What's Your Strategy for Sizing Up?**

At what point — if ever — will you increase your position size? Example: 'I will size up from 1 contract to 2 contracts after 3 consecutive profitable weeks while staying within my risk parameters.' Sizing up should be earned, not emotional.

■ **When Will You Stop Trading for the Day?**

Beyond your max loss limit — what other conditions will cause you to shut down for the day? Examples: 3 consecutive losing trades, feeling frustrated or anxious, market conditions become unclear or choppy.

■ **What's Your Strategy to Withdraw Funds from the Account?**

Define when and how you withdraw profits. Example: 'I will withdraw 25% of monthly profits at the end of each month, keeping the rest in the account to compound.' This prevents over-withdrawing and keeps your account healthy.

> ■ *Most traders think about risk only when they're losing. The best traders think about it before they even open a chart.*

TRADING PLAN

6. SPECIFIC RISK MANAGEMENT

What's Your Attitude Towards Risk?

How Do You Determine Your Position Size?

What's Your Strategy for Sizing Up (increasing position size)

When Will You Stop Trading For The Day?

What's Your Strategy To Withdraw Funds From The Account?

7. DISCIPLINE & RULES

What Is This?

Knowledge without discipline is worthless in trading. You can have the best strategy in the world, but if you don't follow your rules under pressure, you'll lose. This section is your personal code of conduct — the rules that define when you trade, when you don't, and what happens when you break your own standards.

How To Fill It Out:

■ I Will Not Trade Today If…

List the conditions that should keep you out of the market entirely. Examples: I didn't sleep well, I'm feeling emotionally reactive, there's a major news event I haven't prepared for, I'm down more than 2% this week, I haven't reviewed my plan.

■ I Will Stop Trading for the Day If…

These are mid-session triggers that tell you to close the platform and walk away. Examples: I've hit my daily loss limit, I've taken 2 impulsive trades outside my plan, I'm feeling the urge to revenge trade, I've hit my daily profit target.

■ Discipline Checklist (Your Own Rules to Keep You Disciplined)

Write the personal rules you commit to following every session — your non-negotiables. Examples: Always use a stop loss. Never add to a losing trade. Follow my entry checklist before every trade. Do not check P&L; while in a trade. These become your daily oath.

■ If I Don't Respect My Rules, I Will…

This is your accountability mechanism. What consequence have you set for yourself when you break your rules? Examples: Stop trading for the rest of the day. Reduce position size by 50% for the following week. Write a 1-page reflection on what happened and why. Having consequences makes your rules feel real.

■ Notes

Extra space for anything else related to your discipline system — reminders, mantras, or rules you're working on building.

> ■ *Read your Discipline Checklist every single morning before your session. It takes 60 seconds and it will save you from your worst trading days.*

TRADING PLAN

7. DISCIPLINE & RULES

I will not trade today if:

I will stop trading for the day if:

Discipline Checklist (Your own rules to keep you disciplined)

TRADING PLAN

7. DISCIPLINE & RULES

If I don't respect my rules, I will:

Notes:

8. STRATEGY

What Is This?

This is where you document the actual trading methodology you use. Having your strategy written down in plain language forces clarity — if you can't explain your edge in words, you probably don't have one yet. This section captures your process from high-level market view all the way down to the specific indicators you use to time entries.

How To Fill It Out:

■ General Overview of the Model / Process

Write a plain-language description of your trading strategy. How do you identify trading opportunities? What market conditions do you look for? What is the core logic of your edge? Example: 'I trade momentum breakouts on the 15-minute chart after the London open. I look for price breaking above a key resistance with above-average volume, confirmed by a pullback retest before entering long.' Be as specific as possible.

■ Chart Elements: Indicators

List every indicator, tool, or visual element on your chart and what role it plays. Examples: 20 EMA – trend direction, VWAP – intraday value area, RSI (14) – momentum confirmation, Volume bars – confirmation of breakouts. Don't list indicators you don't actively use in your decision-making.

■ Market Analysis Process (Top Down)

Describe how you analyze the market from the highest timeframe down to your entry timeframe. Example: (1) Check Daily chart for overall trend direction. (2) Move to 4H chart to identify key support/resistance zones. (3) Drop to 15M chart for setup and entry confirmation. A top-down approach keeps you aligned with the bigger picture and prevents trading against the dominant trend.

> ■ *If your strategy changes significantly after reviewing your trades, come back and update this section. Your journal should always reflect how you actually trade.*

TRADING PLAN

8. STRATEGY

General Overview of the Model / Process

TRADING PLAN

8. STRATEGY

Chart Elements: Indicators

Market Analysis Process (Top Down)

9. EXECUTION (SETUPS & RULES)

What Is This?

This is the most tactical section of the Trading Plan — where strategy meets execution. For each of your top setups, you document exactly what needs to happen for you to take a trade: the entry conditions, where your stop loss goes, where you take profit, and how you manage the trade once you're in. You can fill out one setup page per setup type — the journal includes space for multiple setups.

How To Fill It Out:

■ **Setup Title**

Give this setup a name you'll recognize. Examples: 'Opening Range Breakout,' 'Bull Flag Pullback,' 'VWAP Reclaim,' 'Head & Shoulders Reversal.' Naming your setups builds pattern vocabulary and speeds up in-the-moment recognition.

■ **Setup Description**

Describe in plain language what this setup looks like and when it occurs. What market conditions need to be present? What timeframe? What triggers the setup?

■ **Draw the Setup – Long Entry / Short Entry**

Use these blank boxes to sketch a simple diagram of what the setup looks like on the chart for both long (buy) and short (sell) directions. You don't need to be an artist — a basic price sketch with entry, stop, and target marked is enough. Visual memory is powerful: drawing your setups helps your brain recognize them faster in real time.

■ **Entry Signal Checklist (Confluences)**

List every condition that must be true before you pull the trigger on this setup. This is your pre-trade checklist. Examples: price above VWAP, RSI above 50, higher timeframe trend is bullish, volume spike on breakout candle, prior resistance now acting as support. More confluences = higher quality trade.

■ **Initial Stop Loss Placement**

Define exactly where your stop loss goes for this setup. Example: 'Below the low of the breakout candle' or 'Below the last swing low on the 15M chart.' A pre-defined stop loss location removes hesitation and emotional decision-making in the moment.

■ **Initial Profit Taking**

Where is your first target? Define it clearly. Examples: 'At the next key resistance level,' '2R from entry,' 'VWAP extension at 1.5x.' Consider whether you take full profit at one level or scale out in partial closes.

■ **Trade Management**

Describe what you do once you're in the trade. Examples: move stop to breakeven once price moves 1R in your favor, trail stop using the 9 EMA, take 50% off at first target and let the rest run. Clear management rules prevent second-guessing while in a live trade.

> ■ *Fill out one page per setup. If you have 3 core setups, use 3 execution pages. The goal is to know exactly what you're looking for before you ever open a chart.*

TRADING PLAN

9. EXECUTION (SETUPS & RULES)

Setup Title: ____

Setup Description

Draw the Setup: Long Entry

Draw the Setup: Short Entry

TRADING PLAN

9. EXECUTION (SETUPS & RULES)

Entry Signal Checklist (confluences)

Initial Stop Loss Placement

Initial Profit Taking

Trade Management

SECTION 2: THE DAILY TRADING LOG — YOUR DAILY REVIEW — HOW TO CREATE YOUR EDGE

What Is the Daily Trading Log?

The Daily Trading Log is the engine of the journal — the page you use every single trading day. It's split into two parts: what you do before the market opens, and what you capture after your session ends. Together, these two moments — your pre-session intention and your post-session reflection — are where real growth as a trader happens. You get 5 Daily Trading Log pages per week, one for each trading day.

Why It Matters.

Most traders only think about their P&L.; The best traders think about their process. The Daily Trading Log forces you to check in with yourself before you risk a single dollar, and review your behavior honestly after the session closes. Over time, patterns emerge — you'll start to notice that your worst trading days correlate with poor sleep, high stress, or skipped routines. That self-awareness is what separates consistent traders from perpetual gamblers.

> ■ *Fill out the Pre-Trading section BEFORE you open your charts. Fill out everything below the Trades Log AFTER your session ends. Never skip the reflection — that's where the learning lives.*

PART 1 — PRE-TRADING (Fill out BEFORE the session)

■ **Date & Day of Week (M / T / W / T / F)**

Write today's date and circle the day of the week. Simple, but it anchors you in the moment and helps you spot weekly patterns when you review later.

■ **Energy Level — Low / Med / High**

Check in honestly with your physical energy right now. Low energy leads to slow decision-making and missed exits. If you're low, consider reducing position size or sitting out altogether.

■ **Sleep — Poor / Ok / Good**

Sleep quality is one of the strongest predictors of trading performance. Studies show that sleep deprivation impairs risk assessment and impulse control — two things you absolutely need as a trader. Be honest with yourself here.

■ **Mindset — Focused / Distracted / Emotional / Confident**

Check the state that best describes how you feel right now. Emotional and Distracted are yellow flags — you can still trade, but tighten your rules. If you're Emotional AND low on sleep, seriously consider sitting out today.

■ **Today's Focus**

Write one clear intention for today's session. This is not a profit target — it's a behavior or process goal. Examples: 'Respect my stop loss on every trade.' 'Only take A-rated setups.' 'Do not trade the first 15 minutes.' 'Stay out after two losing trades.' One focus. Write it. Mean it.

■ *If your energy is Low, your sleep was Poor, and your mindset is Emotional — do not trade today. Protecting your capital on bad days is as important as making money on good ones.*

PART 2 — TRADES LOG (Fill out AFTER each trade)

■ Symbol

The ticker or asset you traded. E.g. EUR/USD, AAPL, ES, BTC/USD.

■ Direction

Write Long (buy) or Short (sell). Knowing your directional bias patterns over time can reveal edge or weakness — some traders consistently underperform on one side.

■ Result

Write Win, Loss, or Breakeven. You can also note the dollar amount: +$85 or -$40.

■ Equity ($)

Your account equity after this trade closes. Tracking this trade-by-trade lets you see your equity curve developing in real time — and spot if you're digging a hole early.

■ Rate (A-B-C-D-F)

Grade the quality of your execution — not the result. An A-grade trade followed your plan perfectly, even if it lost money. An F-grade trade broke your rules, even if it was profitable. This column is the most important one in the table: it tells you whether you're trading your process or just gambling and getting lucky.

PART 3 — DAILY PERFORMANCE (Fill out AFTER the session)

■ # of Trades

Total number of trades taken today. If this number is consistently high, you may be overtrading — check your rules.

■ Trades Won / Trades Lost

Count your wins and losses for the day. Don't obsess over this daily — focus on win rate trends over 20+ trades, not single sessions.

■ Equity ($) and PNL (%)

Your total account value at end of session, and your percentage gain or loss for the day. Track both — dollar amounts can be misleading without the percentage context.

■ Win Rate

Wins divided by total trades, expressed as a percentage. Example: 3 wins out of 5 trades = 60% win rate. Aim to track this over at least 30 trades before drawing conclusions.

PART 4 — REFLECTION (Fill out AFTER the session)

■ Mistakes

Check every mistake you made today from the list: Broke Entry Rules, Overtraded, Revenge Trade, Emotional Entry, Let Loser Run, Ignored Plan, Risk Management issues, Cut Winner early, or Other. Be brutally honest — no one is grading you but yourself. These checkboxes turn vague self-criticism into trackable data.

■ **Improvements**

What specific thing will you do differently next session based on today? Keep it to one actionable improvement. Not 'trade better' — but 'wait for the retest before entering' or 'set my stop before I enter, not after.'

■ **Tomorrow I Will…**

Write one commitment for tomorrow's session. This bridges today's reflection directly into tomorrow's intention — and when you open the next day's page, your pre-trading focus should connect back to what you wrote here.

■ *The Reflection section only takes 3–5 minutes. Done consistently, it becomes the most valuable data set you own as a trader — a record of your behavioral patterns over hundreds of sessions.*

Date: ....

DAILY TRADING LOG

M T W T F

PRE-TRADING

Energy Level ○ Low ○ Med ○ High

Sleep ○ Poor ○ Ok ○ Good

Mindset ○ Focused ○ Distracted ○ Emotional ○ Confident

Today's Focus: ....

TRADES LOG

Symbol	Direction	Result	Equity $	Rate (A-B-C-D-F)

DAILY PERFORMANCE

of Trades: .... Trades Won: .... Trades Lost: ....

Equity ($): .... PNL (%): .... Win Rate: ....

REFLECTION

Mistakes: ○ Broke Entry Rules ○ Overtraded ○ Revenge Trade ○ Emotional Entry
○ Let Looser Run ○ Ignored Plan ○ Risk Management ○ Cut Winner
○ Others: ....

Improvements: ....

....

Tomorrow I will: ....

....

SECTION 3: THE DEEP DIVE TRADE — HOW TO CREATE YOUR EDGE

What Is the Deep Dive Trade?

The Deep Dive Trade is your per-trade analysis page — one page for every trade you want to study in depth. While the Daily Trading Log gives you a quick snapshot of your session, the Deep Dive is where you slow down and really dissect a specific trade: why you entered, how you managed it, what happened, and what you take forward. Use it for any trade that taught you something — wins and losses alike.

Why It Matters.

This section is built on a proven neuroscience protocol for accelerated skill development. By explicitly identifying errors, strengths, improvements, and repeatable behaviors in the same sitting, you activate both error-correction and positive reinforcement pathways in the brain simultaneously. Traders who do this consistently learn at a significantly faster rate than those who just check their P&L; and move on.

> ■ *You don't need to deep dive every trade. Focus on your most instructive ones — trades where you broke a rule, executed perfectly, or felt emotionally charged.*

PART 1 — TRADE DATA

■ Date & Time

Log exactly when you entered. Over time you will spot patterns — certain hours where your performance is consistently stronger or weaker.

■ Symbol

The asset you traded. EUR/USD, SPY, NQ, BTC.

■ Direction

Long (buy) or Short (sell).

■ Position Size

How many shares, contracts, or units. Compare against your plan — did emotion influence your sizing?

■ RR Ratio (Risk/Reward)

Your planned risk-to-reward going into the trade. 1:2 means you risked $50 to make $100. Tracking this tells you whether you consistently take good-value trades.

■ Setup Name

Name the setup you traded — it should match one you defined in Section 1, Execution. If you are trading unnamed setups, that is a red flag worth addressing.

■ Result / Points / Equity / PNL

Win or Loss. Points moved in your favor or against you. Account equity after the close. PNL in dollars and percentage. Fill all four — they tell a complete picture together.

■ **Trade Rate (out of 10)**

Score your execution from 1 to 10 based purely on how well you followed your plan — not on the result. A 9/10 trade can lose. A 2/10 trade can be profitable. Your goal is to consistently score 7 or above. Profitability follows naturally from there.

PART 2 — TRADE ANALYSIS & EXECUTION

■ **Why Did I Enter This Trade?**

Write your full reasoning. What did you see on the chart? Which conditions from your entry checklist were met? Was the higher timeframe aligned? If you struggle to explain why you entered, that likely means it was an impulsive trade — and this question is designed to surface that.

> ■ *Strong entry reasoning: Price broke the opening range high on strong volume, VWAP below price, HTF trend bullish, RSI confirming momentum. Entered on first pullback candle. Vague entries lead to vague results.*

PART 3 — TRADE MANAGEMENT

■ **How Did I Manage This Trade?**

Walk through everything from entry to exit. Where did you place your initial stop loss? Did you move it to breakeven and if so when? Did you take partial profits? Add to the position? Exit at your planned target or early? Note every action and what drove it.

Key questions: Did I respect my stop loss? Did I follow the trade management rules from Section 1? Did emotion override my plan at any point?

> ■ *Good trade management often looks boring — set your stop, set your target, let it run. If you are constantly adjusting trades mid-session, that is the pattern to examine here.*

PART 4 — REFLECT & EVOLVE (The Neuroscience Protocol)

This four-quadrant framework is the engine of the deep dive. Combining error acknowledgment with positive reinforcement in the same session is a proven performance psychology method that accelerates skill acquisition faster than either approach alone.

■ **Errors I Made**

List every mistake — no matter how small. Entered before confirmation, moved stop out of fear, oversized after a winning streak, ignored a red flag. Writing errors down de-emotionalizes them and turns them into fixable data points.

■ **What I Did Well**

Acknowledge what you executed correctly — even in a losing trade. Waited for the retest, respected the stop loss, did not add to a loser, stuck to your planned size. Reinforcing good behavior is how you make it permanent.

■ **How to Improve Next Time**

Turn each error into one specific, actionable fix. Not be more patient — but wait for the 15M candle to close above resistance before entering. Concrete and specific. One improvement per error.

■ **What to Repeat**

Identify the behaviors you want to consciously repeat in future trades. Over dozens of deep dives, these entries become the foundation of your refined personal playbook.

> ■ *The Reflect and Evolve framework works because it forces balance. You cannot just beat yourself up after a loss or just celebrate a win. Every trade has something to extract.*

DEEP DIVE TRADE

Date: Time:

Symbol	Direction	Position Size	RR Ratio	Setup Name

Result	Points Gain/Loss	Equity	PNL	Trade Rate
				/10

Trade Analysis & Execution

Why did I enter this trade?

Trade Management

How did I manage this trade?

Reflect - Evolve

Errors I made:

What I did well:

How to improve next time:

What to repeat:

SECTION 4: THE WEEKLY REVIEW — HOW TO CREATE YOUR EDGE

What Is the Weekly Review?

The Weekly Review is your end-of-week debrief — a two-page section you complete every weekend after your last trading session. It zooms out from the individual trade and looks at the full week as a unit. You get 12 Weekly Review sections in the journal, one for each of the 12 weeks of journaling. Think of it as your weekly board meeting with yourself.

Why It Matters.

Daily reviews catch micro-patterns. Weekly reviews catch macro-patterns — the behaviors and emotional states that repeat across multiple sessions. A bad Tuesday might be random. But if you notice you consistently overtrade on Tuesdays, that's actionable intelligence. The Weekly Review is where those bigger patterns surface, and where you set the direction for the week ahead.

> ■ *Block 30–45 minutes every Saturday or Sunday for your Weekly Review. Do it away from your trading setup — a fresh environment helps you think more clearly and objectively about your week.*

PAGE 1 — PERFORMANCE, PATTERNS & MINDSET

Performance

■ Total Trades / Wins / Losses

Count every trade you took this week. Total trades, how many were winners, how many were losers. This gives you your raw weekly trading volume — too high can indicate overtrading, too low can mean you're being overly selective or hesitant.

■ Win Rate

Wins divided by total trades as a percentage. Track this week over week. A declining win rate over multiple weeks is a signal to review your entry criteria. A rising win rate shows your process is improving.

■ Equity ($) / PNL (%)

Your account balance at week's end and your percentage gain or loss for the week. Track both — dollar amounts without percentage context can be misleading.

■ Avg Win / Avg Loss

Your average winning trade size versus your average losing trade size. Ideally your Avg Win should be larger than your Avg Loss — this is your risk/reward in practice. If your Avg Loss is consistently larger than your Avg Win, your trade management needs work.

■ Best Day / Worst Day

Note which day of the week was your best and worst performing. Over multiple weeks, patterns emerge — many traders have a specific day where they consistently underperform. Knowing this lets you trade more cautiously on those days.

■ **Long Trades / Short Trades**

How many trades were long vs. short. Some traders have a strong directional bias — they avoid shorts, or they rarely go long. If your win rate differs significantly between directions, that's worth investigating.

Pattern Recognition

■ **Total Mistakes This Week**

Add up every mistake you logged across all your Daily Trading Logs this week. This gives you a weekly mistake count you can track and aim to reduce over time.

■ **Most Common Mistakes**

Which mistakes showed up most often? Revenge trading three times this week? Broke entry rules twice? Identifying your most frequent mistake tells you exactly where to focus your improvement energy for the following week.

■ **What Pattern Do I See in My Losing Trades?**

Look back at your losing trades this week and find the common thread. Were they all taken in the same market condition? At the same time of day? Did you miss the same checklist item repeatedly? Pattern recognition in losses is the fastest path to plugging your biggest leak.

■ **What Pattern Do I See in My Winning Trades?**

Just as important — what did your best trades have in common? Same session? Same setup? Certain market conditions? Identifying what is already working helps you do more of it intentionally.

Mindset — Evaluate Your Emotional State This Week

Check every emotional state that was present during your trading week. You can select multiple. Then add notes on when and how these emotions showed up and what effect they had on your trading decisions.

■ **FOMO**

Fear of missing out — chasing moves you didn't plan for, entering late because you didn't want to miss the trade.

■ **GREED**

Holding winners too long hoping for more, oversizing after a good run, taking low-quality setups just to make more money.

■ **OVERCONFIDENCE**

Increasing risk after a winning streak, skipping your checklist because you felt in the zone, taking trades outside your plan.

■ **HOPE**

Holding a losing trade hoping it comes back instead of respecting your stop loss.

■ **FEAR**

Hesitating on valid setups, exiting too early, reducing size so much it barely matters.

■ **ANXIETY**

Feeling tense before or during trades, checking P&L; constantly, unable to focus during the session.

■ **FRUSTRATION**

Revenge trading after losses, forcing trades after a slow session, breaking rules out of anger at the market.

■ **EXCITEMENT**

Taking impulsive trades after big wins, oversizing during hot streaks, losing discipline when things are going well.

> ■ *Emotional awareness is not weakness — it is a professional skill. The best traders do not eliminate emotions, they recognize them and have systems that prevent emotions from driving their decisions.*

WEEK _ /12

WEEKLY REVIEW

Performance

Total Trades:
wins:
Losses:
Win Rate:
Equity ($):
PNL (%):
Avg Win
Avg Loss
Best Day:
Worse Day:
Long Trades:
Short Trades:

Pattern Recognition

Total Mistakes this week:
Most common mistakes:
What pattern do I see in my losing trades:
What pattern do I see in my losing trades:

Mindset - Evaluate your emotional state throughout the trading week

○ FOMO
○ GREED
○ OVERCONFIDENCE
○ HOPE
○ FEAR
○ ANXIETY
○ FRUSTRATION
○ EXCITEMENT

Notes:

PAGE 2 — IMPROVEMENT AREAS & ACTION STEPS

The second page of the Weekly Review is forward-looking. Based on everything you just analyzed — your performance data, your mistake patterns, your emotional states — you now define exactly how you will improve next week across three dimensions.

■ Edge (Strategy): How Can I Improve My Technical Approach?

Reflect on your strategy and technical execution this week. Were there setups you misidentified? Did your entries need better confirmation? Did you trade the right sessions and timeframes? Write one to three specific technical improvements you will work on next week. Examples: 'Only enter after the 5M candle closes above the level, not on the wick.' 'Check the daily chart bias before every trade.' 'Stop trading after 11:30 AM EST.'

■ Mindset (Psychology): How Can I Improve My Mental Game?

Based on the emotional states you identified, what specific mental adjustments will you make? If FOMO was your dominant emotion, your focus next week might be: 'If I miss an entry, I wait for the next setup — I do not chase.' If FRUSTRATION was present: 'After any losing trade, I take a 10-minute break before re-entering.' Turn emotional patterns into behavioral rules.

■ Execution & Trade Management: How Can I Better Follow My Plan?

Where did your execution break down this week? Did you exit too early? Move stops incorrectly? Take trades outside your defined setups? Write specific execution commitments for next week. Examples: 'Set my stop loss before I enter — no exceptions.' 'If I move my stop, I write down why before I do it.' 'I will not take a trade unless at least 4 of my 5 checklist items are met.'

ACTION STEPS — OVER THE NEXT WEEK I WILL:

This is your weekly commitment framework — four quadrants that give you clear, direction for behavior change going into the next trading week.

■ START

New behaviors or habits you will introduce next week that you were not doing before. Example: 'Start doing a 5-minute breathing exercise before my session.' 'Start logging my emotional state after every losing trade.'

■ STOP

Behaviors you will actively eliminate next week. Example: 'Stop trading after hitting my daily loss limit.' 'Stop checking social media for trade ideas during my session.'

■ IMPROVE

Things you are already doing that you will do better. Example: 'Improve my pre-session routine by adding a market bias check.' 'Improve my entry timing by waiting for a confirmed close instead of anticipating.'

■ CONTINUE

Behaviors that are working well and should be maintained. Example: 'Continue respecting my max daily loss limit.' 'Continue using the entry signal checklist before every trade.'

■ *The Start / Stop / Improve / Continue framework is used by elite performers across sports, business, and the military. Applied to trading week after week, it compounds your growth in a way that no strategy alone ever could.*

WEEKLY REVIEW

Edge (Strategy): How can I improve my technical approach?

Mindset (Psychology): How can I improve my mental game?

Execution & Trade Management : How can I better follow my plan?

Action Steps - Over the next week I will:

START

STOP

IMPROVE

CONTINUE