F X L I F E

Before Every Trade

FIVE CHECKS. IF ANY BOX STAYS EMPTY, THE TRADE WAITS.

☐ **The setup is present by my WRITTEN rules**
not a feeling with paperwork — a stranger could check it

☐ **The calendar is clear for my whole holding window**
both currencies, red-flag events, correct timezone

☐ **The size is computed, not guessed**
risk % ÷ stop pips → lots, rounded DOWN

☐ **Stop AND target go in with the order**
a mental stop is a decision deferred to the worst moment

☐ **State check: calm enough to not matter**
trading the plan — not the previous trade

THE THREE EXITS — DECIDED ALREADY

Take-profit at ______ pips · Stop-loss at ______ pips · Flat by ______ , no exceptions

Daily stop: if the day reaches –______ % or ______ losses, I am done until tomorrow. No appeal.

Set while calm. The person who needs these limits will never agree to them in the moment.

From the free courses at fxlife.co.uk/courses. Print it. Tape it where you trade. Not financial advice.

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