FX LIFE

My Trading Rulebook

SEVEN QUESTIONS, ANSWERED WITH NUMBERS — NOT ADJECTIVES

1. What may I trade?

e.g. “these 5 pairs, no others”

2. When may I enter?

e.g. “07:30–10:30 only”

3. What must be true to enter?

conditions a stranger could check

4. What forbids entry anyway?

red-flag news · abnormal range · your own limits

5. How big?

e.g. “1% of balance ÷ stop pips, rounded down”

6. Where are the exits?

stop · target · flat by hh:mm, no exceptions

7. What gets written down?

every trade AND refusal, before the outcome

Rules frozen until review day: ______________ **Signed:** ______________

A rule invented mid-trade is an excuse wearing a rule's clothes. Change rules on review day, one at a time — never after a losing week.