FUNDED MINDSET

The 6 Trading Discipline Rules

Read before every session. Judge the day by rules followed, not P&L.

1. **My daily loss limit is $_____**
   Set below the firm's limit. When I hit it, I'm done for the day. No exceptions.

2. **Max _____ trades per day**
   Win or lose, when I hit the number, I stop.

3. **Two losses in a row = walk away**
   Close the platform. Leave the desk. No revenge trades.

4. **Only my A+ setup**
   If my exact setup isn't there, I don't trade. Waiting is the job.

5. **Pre-market routine, every day**
   News calendar, key levels, today's numbers, read these rules.

6. **Review every day**
   Did I follow every rule? Yes or no. Track it weekly.

If I break a rule:

1. Stop trading for the day. 2. Write down what happened and why. 3. Reset tomorrow.

Not financial advice. Futures trading involves substantial risk of loss. fundedmindset.netlify.app