

Workbook Page – The Bad Day Rule

(Free Resource)

Purpose:

This page exists to protect your account and your confidence. Bad days happen. What matters is how you respond.

The Bad Day Rule

You stop trading for the day if **any** of the following occur:

- I break two of my own trading rules
- I feel frustrated, rushed, or emotionally charged
- I move a stop loss out of fear
- I enter a trade without a clear plan
- I am trying to “make money back”

When the Rule Is Triggered

If the Bad Day Rule is triggered:

- Close all open positions (according to plan)
- Shut down the trading platform

- Step away from charts for the day
- Write one sentence about what happened

Why This Rule Matters

Bad days don't ruin accounts.

Uncontrolled reactions do.

This rule is not a punishment. It is a boundary that protects long-term progress.

Reminder:

Professional traders are not the ones who trade the most.

They are the ones who know when *not* to trade.