

Workbook Page – Trading Control Checklist (Free Resource)

How to use this page:

Print this checklist or keep it open during your trading session. It is designed to slow you down, ground your decisions, and keep you aligned with your rules.

Pre-Trade Checklist

Before entering any trade, pause and answer honestly:

- I understand today's market environment
 - I have a clear entry level
 - I know my stop loss and risk amount
 - My position size feels calm, not exciting
 - I know where I plan to take profit
 - I am emotionally steady and focused
-

During-Trade Check-In

While the trade is active:

- I am following my plan, not reacting
 - I am not moving my stop emotionally
 - I am not adding to the trade impulsively
-

Post-Trade Reflection

After the trade closes:

- Screenshot taken (entry & exit)
- Result recorded (win, loss, break-even)
- Emotion noted (calm, anxious, frustrated, confident)
- I followed my rules, regardless of outcome

End-of-Day Reset

At the end of your trading session:

- I reviewed my trades
 - I identified one thing done well
 - I identified one thing to improve
 - I am stepping away without judgment
-

Reminder:

This checklist is not about perfection. It's about consistency and self-awareness. Use it to build trust in your process.

©Copyright 2026 Lee Allen, Living By Design