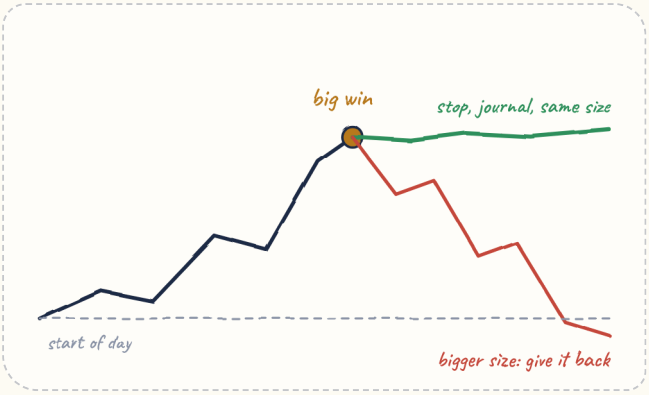
XAUUSD Global · study note

After a big profit: 10 steps

A big win is the moment most traders give profits back. Slow down, write it down, keep the same size.



Key points

- Profit feels like “house money”. It is your money; risk it by the same rules as your deposit.
- One win is not a sample. Size changes only in a scheduled review, based on many trades.

Right now

- [ ] My big-profit line is ___ R. Reached? I stop or take a 30-minute break.
- [ ] Platform closed. No new trade while excited.
- [ ] Journal: entry, exit, size, R, how I felt.
- [ ] Did it follow the plan? Yes / No

Today

- [ ] One line: what part was luck?
- [ ] If I trade again, I stop when today's profit falls to ___.
- [ ] Do something else: walk, eat, sleep.

This week

- [ ] Same size for the next 10 trades.
- [ ] ___ % of this profit noted for my next withdrawal.
- [ ] Tomorrow: same setups, same size, same session.

Watch out

- ✗ Doubling size for the next trade.
- ✗ Moving the target up because you’re “on form”.
- ✗ Posting the screenshot before the journal.

Key line: **Enjoy the win after the platform is closed.**