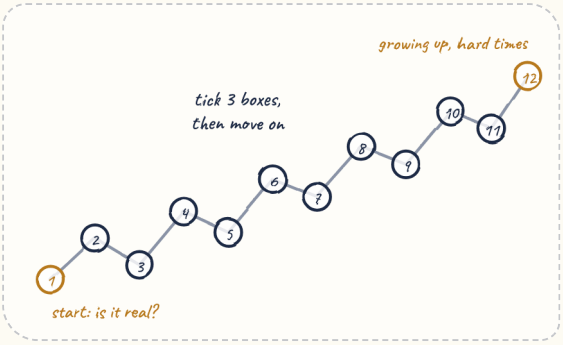
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The Gold Trader's Journey checklist

Twelve stages, three boxes each. Tick a stage before you move on. Start wherever you are; the full map is at /start-here/.



Key points

- You don't have to start at stage 1. Find the questions that sound like you on the map.
- Boxes are about behaviour you can check, not profits. Nobody can promise profits.

1 Pulled in

- [ ] I know most retail traders lose
- [ ] I can spot a fake lifestyle post
- [ ] No paid signals or mentor yet

2 First learning

- [ ] I can explain lot, pip, leverage
- [ ] Buy and sell both make sense
- [ ] I can read one candle

3 Demo

- [ ] Demo with a realistic balance
- [ ] 20 demo trades, no click errors
- [ ] Real MT5 app, from the official store

4 Where to trade

- [ ] Licence checked on the register
- [ ] Costs known: spread, swap
- [ ] In India? Read the RBI box first

5 Prop firms

- [ ] I know every rule before paying
- [ ] Readiness checklist passed
- [ ] The fee is money I can lose

6 Planning

- [ ] Written plan, 1 page
- [ ] Size from the stop, every time
- [ ] Daily loss limit written down

7 Taking the trade

- [ ] Right order type chosen
- [ ] No clicks in news seconds
- [ ] Stop placed with the order

8 After the trade

- [ ] Journal line after each trade
- [ ] Monthly statement saved
- [ ] I know where to complain

9 Feelings

- [ ] 15-minute break after a loss
- [ ] No size-up to win it back
- [ ] Hard stop time at night

10 After profit

- [ ] Same size after a big win
- [ ] Weekly review done
- [ ] Pay myself by a rule

11 Growing up

- [ ] 100+ trades by the same rules
- [ ] Expectancy after costs known
- [ ] Costs and records like a business

12 Hard times

- [ ] Money I need is out of the account
- [ ] Self-test done honestly
- [ ] Return at a quarter size

Watch out

✗ Skipping the demo stage.

✗ Jumping to prop challenges before stage 6.

Key line: **Tick the boxes, not the screenshots.**