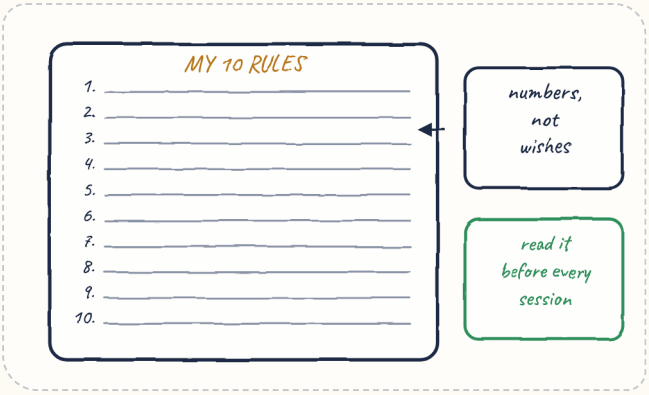
XAUUSD Global · study note

My 10 trading rules

Rules in your head bend when you're excited or upset. Rules on a card by your screen are harder to argue with.



Key points

- Write each rule as an action with a number. "Max 3 trades" can be checked; "be disciplined" can't.
- Change rules only in your weekly or monthly review, and date the card each time.

Risk

- ☐ 1. Risk per trade: max ____ %
- ☐ 2. Daily loss limit: −____ R
- ☐ 3. Profit rule: stop at +____ R, or give back to ____ R

Trades

- ☐ 4. Only these setups: _____
- ☐ 5. Stop where I'm wrong. Never moved away.
- ☐ 6. Session ____ to ____, max ____ trades
- ☐ 7. News: flat from ____ min before high-impact data

Me

- ☐ 8. After a loss: ____ min break + one journal line
- ☐ 9. After a big win: same size for ____ trades
- ☐ 10. Withdraw ____ % monthly; review every _____

Watch out

- ✗ Twenty rules nobody reads.
- ✗ Changing a rule after a bad day.
- ✗ Copying someone else's numbers.

Key line: **If it isn't on the card, it isn't a trade.**