

EXECUTION · DISCIPLINE

Trading Execution Worksheet

A win = rules followed, plan executed, emotions regulated — regardless of P/L. Score the process, not the outcome.

Pre-Market Commitment

Check each before your first trade. If three or more are blank, reduce size or stand aside.

- | | |
|--|--|
| ☐ Setup defined | ☐ No-revenge rule set |
| ☐ Risk fixed per trade | ☐ Stop respected in advance |
| ☐ Max trades set | ☐ Size rules clear |
| ☐ Emotional state neutral | ☐ Acceptance of uncertainty |

Trade Execution Log

Score each trade 0–2 per column (0 = broke it, 1 = partial, 2 = clean). Total each row.

Trade #	Setup valid	Entry quality	Stop respected	Emotion control	Execution score
1					
2					
3					
4					
5					
6					

Daily Execution Score

Total execution score: _____ / 24 Day rating: ☐ Green (disciplined) ☐ Yellow (inconsistent) ☐ Red (rule breaks)

If a Rule Was Broken

Trigger:

Thought distortion (what did you tell yourself?):

Correction for next session:

Identity Reinforcement

"A disciplined trader does _____ even when it feels uncomfortable."