

30 Day Trading Discipline Checklist

Follow this every day. No shortcuts. This builds patience, discipline, and consistency.

Day 1

- Review market before entering any trades
- Mark up charts (support, resistance, liquidity)
- Wait for clear setup (no rushing)
- Take only high-probability trades
- Journal every trade (entry, exit, emotion)
- Do not overtrade
- Reflect on patience and discipline

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