

# Daily Trading Ritual Checklist + Journal

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Build structure, awareness, and consistency into  
your trading day

For traders who feel inconsistent, reactive, or disconnected from their process

# Why Traders Lack Consistency

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Most traders don't fail because of strategy.

They fail because they lack structure.

They show up differently every day.

They trade based on mood, not process.

They don't track what's working — or what isn't.

This leads to inconsistency, confusion, and repeated mistakes.

## Who Is This For?

This tool is designed for traders who:

- Trade without a clear routine
- Feel inconsistent from day to day
- Don't track emotional or behavioural patterns
- Want more structure, clarity and control

This is especially powerful for:  
**The Unaware Drifter Archetype**

# How Structure Improves Your Trading

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Consistency is not created through effort.

It is created through structure.

When you follow a simple daily process:

- You reduce emotional decision-making
- You become more aware of patterns
- You improve naturally over time

## How To Use This Tool

Use this every trading day to:

- Prepare your mind and body before trading
  - Stay present and aware during trading
  - Track key data and insights
  - Reflect and learn after your session
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**Small daily actions create long-term change.**

# Daily Trading Ritual Checklist

## Before Trading

- Ground yourself with 3 slow breaths
  - Review your plan and key market levels
  - Check your body: how does your energy feel?
  - Set your intention (e.g. patience, clarity, discipline)
  - Read your core affirmation
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## During Trading

- Pause and breathe before each trade
  - Follow your strategy checklist
  - Notice emotional shifts or urges - write them down if needed
  - Stay present — don't rush decisions
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## After Trading

- Log your results (P/L, setups, execution)
  - Write one key insight
  - Celebrate one thing you did well
  - Let it go — reset your nervous system with 3 slow breaths
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# Journal Template

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Date: \_\_\_\_\_

## 1. Pre-Session Check-In

Energy level: \_\_\_\_\_ Low / Medium / High

Emotional state: \_\_\_\_\_ (eg. calm, anxious, focussed)

Intention: \_\_\_\_\_

## 2. Trade Summary

Number of trades: \_\_\_\_\_

Strategy used: \_\_\_\_\_

Result (P/L): \_\_\_\_\_

## 3. Emotional Notes

What emotions came up?

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What helped you stay centered?

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## 4. Biggest Win of the Day

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## 5. Most Important Lesson or Pattern Noticed

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## 6. End of Day Score (1-10)

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## 7. Closing Thought / Intention

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# Daily Trading Awareness Ritual

Repeat this structure daily to build emotional intelligence, stability and inner clarity.

## **Before:**

Check in with body, plan, and intention

## **During:**

Stay present, track emotions, breathe before action

## **After:**

Log trades, review emotions, learn, and reset

**Small consistent rituals create powerful,  
lasting transformation**

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**Want a complete system for your trading psychology?  
Explore the 7-Day Inner Game Reset**