

01 / BEFORE THE SESSION

Before your next trade.

A practical three-page guide to spotting impulsive decisions and following your own plan. For traders across markets.

Start here: make the decision before the pressure.

Use this with an existing strategy. It does not tell you what to buy or sell. Fill in the plan below before opening an order ticket.

TWO CHECKS BEFORE YOU START

You: Can I focus, accept a planned loss and stop at my limit?

The market: Are the conditions required by my written setup present?

If either answer is no, pause and reassess. No valid setup means no entry.

YOUR PRE-SESSION COMMITMENT

Session date / market / trading window

Approved setup + exact entry conditions

What would invalidate this idea?

Risk per trade + maximum session loss

Maximum entries + time I stop taking new trades

I will not trade when...

Choose your own limits. Keep them within your account rules and what you can afford to lose. Check drawdown and news restrictions where applicable; allow for fees and slippage. A stop order is not a guaranteed fill price.

02 / DURING THE SESSION

Pause before you click.

The goal is not to eliminate emotion. It is to notice when emotion starts changing the decision.

Use this check when you feel urgency.

Before a new entry, take your hand off the mouse and answer:

01 SETUP

Which exact condition from my written plan is present?

Name the evidence. "It looks like it might run" is not a condition.

02 MOTIVE

Would I take this if my last trade had not happened?

Notice recovery pressure after a loss or overconfidence after a win.

03 LIMITS

Does this fit my risk, entry count and session window?

If a stop condition is reached, do not open another trade.

Make the response automatic: write an IF / THEN.

Example: IF I want to increase size to recover a loss, THEN I step away from new entries and re-read my original limits. I only return if my plan still allows it.

My trigger: _____

My response: _____

If a trade is already open, follow its planned risk-management rules. A pause from new entries does not mean abandoning an open position or widening its stop.

03 / AFTER THE SESSION

Review the decision.

A planned loss and an impulsive loss can have the same P&L.; Your review should show the difference.

Close the session with three answers.

Did I follow my entry criteria and risk limits?

Did I respect my stopping rule, including a no-trade decision?

What happened just before my strongest urge to break a rule?

OUTCOME IS NOT THE WHOLE REVIEW

Planned loss: review the setup without treating the loss as a rule breach.
Profitable rule breach: record the breach even though the trade won.
Record both money and execution. Neither replaces the other.

Run one small experiment for your next five sessions.

Choose one behaviour: for example, complete the plan before any entry. Mark Yes / No / No session each day. Review when it was hardest to follow. Five sessions can reveal friction; they do not prove a profitable edge.

My one change: _____

Give this routine a home.

RuleAscend connects your pre-market plan, locked personal PDF contract and session review. Try an example session without an account or payment.

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Educational process worksheet, not personalised financial advice. Trading involves risk; this routine does not guarantee profits or prevent losses. RuleAscend does not block broker orders.