

Charting Confidence Affirmations & Pre-Trade Checklist

Confidence Affirmations

- I trust my analysis and follow my process.
- I trade based on logic, not emotion.
- Missing a trade is better than chasing one.
- Every trade is a learning opportunity, not a measure of my worth.
- I am patient, prepared, and focused.
- The market offers infinite opportunities-I don't need to force trades.
- Losses are part of the game. I stay resilient and disciplined.

Pre-Trade Checklist

- Have I reviewed today's economic news and events?
- Did I confirm the overall trend and key support/resistance zones?
- Is this trade part of my strategy or just impulsive?
- Have I checked confluences across multiple timeframes?
- Is my stop-loss in place and appropriately sized?
- Have I calculated my position size based on current risk?
- Am I calm, focused, and free from emotional bias?
- Did I log this trade in my journal before execution?