

Daily Journal

1. Morning Thoughts:

- Opinion:

- Facts:

2. Daily Programming:

- Risk: *"I have the potential to LOSE a lot of money today if I am not professional. I will avoid this by sticking to my process, keeping my risk on each trade defined"*
- Goals: *I am consistently profitable trader because I stick to my rules with 100% discipline.*

3. Morning Market Analysis:

Coin	Chart	Indicators		
1.				
2.				
3.				
4.				

4. Trades:

- Open Positions:

Trade	Validity (yes/no)	Changes
1.		
2.		
3.		

- Closing trades:

Trades	Closed (why? – reason!)
1.	
2.	
3.	

- New Trades:

New Trades	Notes	Link to sheet (detailed)
1.		
2.		
3.		

5. Narrative:

- Primary narrative:
- Any changes from yesterday:
- What is new today
- Themes to research:

6. End of Day Review:

- Trade Recap:
- Emotional score:
- Mistakes made:
- Wins and learnrs:

7. Power Update:

- Yes (why):
- No (why not):