

Part 6 – Growth Goals (Last)

Define your growth goals for the year:

Actions that support slow, sustainable growth:

What would your ideal trading day look like:

Prop Firms & Evaluation Discounts

If you're trading with a prop firm, you can find my recommended firms, affiliate links, and a full breakdown video here:

<https://www.degen-rehab.com/prop-firms.html>

Use **code REHAB** for the best current evaluation discount. Using my code helps to support the channel and free resources.

If you want accountability while working through this, I share my daily process, rule-based trading framework, and post-trade reflections inside the **Degen Rehab Discord**.
[degen-rehab.com/discord.html](https://www.degen-rehab.com/discord.html)