

# 4 STEPS TO BUILD TRADING DISCIPLINE

After 8 months of struggling to build discipline, this is what I've learned

## STEP 1

Figure out your **TRIGGERS**. What sets you off? What makes you go off plan? When do emotions take over?

If you've been trading and journaling for a while you probably have a pretty good idea as to what your triggers are.

If you've been journaling and you're not sure go back through your previous entries, find days where you went on tilt and look for patterns.

If you haven't been journaling **START**. Pay close attention and note what happens right before you go off plan and what happens afterward, random trade, revenge trade, FOMO, overtrading, tilt.

### Examples of my worst ones:

- losing a trade.
- Not taking a valid set up because I was scared and talked myself out of it only to watch it win without me.
- Taking profit early then watching the trade hit its full TP 10 seconds later.

## STEP 2

**Create a rule or rules** to either prevent those triggers from happening or to cut your trading off when they do happen

Now that you know what your triggers are you can work to come up with some rules to prevent those triggers from overtaking your trading plan and destroying your progress.

### **Examples of some of my rules:**

- Valid trade set ups ONLY as predefined in my trading plan - this stops me from taking random fomo trades.
- 1 trade a day max - this prevents me from revenge trading after a loss.
- Take the first valid set up of the session that I see - this prevents me from skipping a valid trade, watching it win without me then taking a random revenge trade.
- Once the trade has been placed adjust the stop and TP and leave the room, don't watch the trade - This prevents me from getting scared and taking profits early or moving my stop to break even.

## STEP 3

Shift your attention **AWAY** from your P&L

Focusing on the money takes your focus away from your plan and away from your discipline making you more likely to become emotional and stray from your plan.

### **Things you can do to lessen P&L obsession:**

Hide the P&L. Don't have it up on your screen. Most platforms have a setting to hide it. If not put a sticky note overtop of it on the screen. Don't start trying to keep track of it in your head either (I say this because I catch myself doing it).

- Switch your chart to show your live trade in points not dollars.
- Set a strict monthly budget for yourself for how much you can spend on prop firm evals/resets. If you max out your budget before the month is up switch to a practice account.
- Forget about making any money from trading. Put your monetary goals aside for now.

## STEP 4

Shift all of your **attention** to your trade plan and your discipline

Simply focusing on your trading plan and the discipline required to implement your plan consistently will strengthen your discipline. Start to obsess on your discipline.

**Things you can do to put your attention on discipline and keep it there:**

- Make a list of your **trade plan rules**, print it and keep it at your trading desk to review before you open the platform.
- Make a **daily checklist** (chatGPT can do this for you just ask that it's printable) of your rules to keep track and actually physically check off when you're done trading each day.
- Come up with some **small rewards** to give yourself at the end of each week or even day for sticking to your rules. I buy myself something small at the end of a good discipline week or give myself a couple hours off to watch shows.
- Find ways to keep yourself **accountable**
  - Find a trading buddy to check in with daily on your discipline
  - Use my channel to comment each day on how you did on your rules that day. These are my favorite to read!
  - If you don't have one already create an account with chatGPT, when you're logged in it'll save your conversations to memory. Start a day trading discipline chat and everyday when you're done trading go straight to it and tell it how you did on your rules, how you felt and what you could've done better.

- DO NOT LISTEN TO OTHER TRADERS LIVESTREAMS WHEN YOU ARE TRADING!  
You can't focus on your own process when you are listening to someone else's
- Build discipline in other areas of your life. Eat better, exercise, meditation, sleep schedule etc. Start to believe that you have unlimited willpower and then prove it to yourself.

“You become what you give your attention to”

### **Want More Accountability?**

If you're serious about improving your discipline and execution, check out the Degen Rehab Discord. Traders from around the world use it to stay accountable, share progress, and support each other through the ups and downs of trading.

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

### **Prop Firms & Evaluation Discounts**

If you're trading with prop firms like **Apex, Lucid, Tradeify or Humble**, you can find my recommended firms, affiliate links, and my full prop firm breakdown video here:

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

Use **code REHAB** for the best current evaluation discount.

If you sign up through my links, I receive a small commission which helps keep these guides and free resources coming.

