

# Wesley's Framework

From \$380,000 in Losses to 80 Funded Accounts

AfreeresourcefromDegenRehab | [degen-rehab.com](https://degen-rehab.com)

Wesley lost \$380,000 trading. Settlement money from a car accident. His 401K during COVID. A home equity line on his house. Money borrowed from his mom. His wife was there through all of it. He didn't quit.

What he built from that point is something most traders only dream about. Right now he has 80 funded prop firm accounts. Twelve are above their payout buffer. Thirty more are close. His wife doesn't fully know what's about to happen.

*Important: Everything in here is the end result of years of painful work. Wesley was the biggest degen in our Discord by his own admission. This framework rewards discipline. Without it, scaling just means losing more.*

## THE MINDSET SHIFTS

### 1. Acceptance

- Hit rock bottom. Accepted he might never be a profitable trader and kept going anyway
- Removed desperation from trading. Traded to be in the game, not to prove something
- Desperation causes most of the damage. Acceptance removes it

### 2. Self Worth Is Not Your Win Rate

- Believed for years he was a gambler with no emotional control: a bad person because of his losses
- Realized he actually had excellent discipline, proven over 27 years as a personal trainer
- The problem was never who he was. It was that he didn't have the right process

### 3. Trade For the Love of It

- Removed financial expectations entirely
- When he started doing things right there were months with no visible progress. He stayed in the game
- If you're trading to get money back or because you need it to work right now: that pressure distorts every decision

## HIS RULES

**Before every session know these three things:**

- What does a loss look like today
- What does a win look like today
- When am I done

### **Survival first. Profit second.**

- Focus on keeping the funded account alive, not on the payout
- A funded account with no monthly fee is an asset. Blow it chasing a payout and you start over

### **Cross the finish line slowly.**

- When within 10% of passing an eval or hitting a payout: size DOWN, not up
- The pressure near the finish line is real. Use time as your advantage

### **Set your target further than the payout.**

- If payout is \$4,000 set your goal at \$5,000 or \$6,000
- The further you are from the finish line the less pressure you feel: and the better you trade

### **After a loss: only A++ setups.**

- Slow down, don't rush back in
- A loss on a good trade is part of the game. A loss on an impulsive trade after a loss is how accounts blow up

### **Affirmations daily: especially when things are going well.**

- Wesley does affirmations on his 25 minute drive to work every single day
- Does them MORE when things are going well because he knows, a bad day is always coming
- The goal is to prepare your nervous system for situations you know are coming

**How to start with affirmations:** Open any AI tool (ChatGPT, Claude, etc.) and say: *"I'm a futures trader working on building discipline. My biggest struggles are [describe yours]. Can you help me write 3 affirmations I can say out loud every day that address these specifically?"* Read them out loud: not in your head. While making coffee, during your commute, or right before you trade.

## **HIS STRATEGY**

- Trades a price action strategy influenced by Penguin Trades on YouTube
- Core concept: measured moves: using previous price swings to predict where price goes next
- Trades the NQ on 2 minute and 1567 tick chart: fewer setups, bigger targets
- Typically 1-3 trades per session. No-trade days are common and by design
- Watches charts throughout the NY session while working: sometimes misses setups. Has made peace with that
- Missing a trade is not a problem. Chasing a trade you missed is

*His strategy is not the point of this PDF. What matters is that he found something that made sense to him, stuck with it through years of failure, and kept refining it as his psychology improved. His strategy got better as he got better: not the other way around.*

## HOW HE MANAGES 80 ACCOUNTS

### He trades one account mentally.

- Has a leader account: one micro on the MNQ
- Everything else mirrors it through copy trading software automatically
- When he sits down to trade he is trading one position on one chart

### He doesn't look at the total P&L.

- Looks at ticks on the leader account only: not dollar totals across all accounts
- If you know you're \$4,000 away from a massive payday you will rush, oversize, and take setups that aren't there
- The market doesn't know how much money you need. Trade the chart

### Sizing rules:

Account Type	Size Rule
Evaluations	1–2 micros per \$1,000
Funded accounts	1 micro per \$2,000
Past the buffer	1 micro per \$2,500 of total drawdown
Live accounts	1 micro per \$4,000

*Trade smaller than you think you need to. The goal is to survive your worst day, not maximize your best day.*

## THE COPY TRADING SETUP

Wesley uses **Affordable Indicators** for copy trading. Requires NinjaTrader. Around \$300.

### What it does:

- Mirrors trades from your leader account across all other accounts automatically
- Applies a multiplier based on account size so larger accounts trade proportionally
- Lets you set daily profit goals per account: exits automatically when that account hits its target
- Handles trailing and end-of-day drawdown accounts separately
- You set your parameters, trade the chart, and the software manages account-level decisions

**This is not a beginner tool.** It is for someone who already has consistent discipline and a proven strategy and is ready to scale carefully. Scaling a broken process just means losing more money faster.

## WHO THIS IS FOR

If you're still breaking rules, going on tilt, blowing accounts, or struggling to follow a basic trading plan: the copy trading and scaling sections are not for you yet.

The part of this PDF that is for you right now is the mindset section. Specifically the acceptance piece. Wesley didn't turn things around by finding a better strategy or a copy trading tool. **He turned things around by accepting where he was and deciding to keep going anyway.**

That's available to you right now regardless of where you are in your journey.

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### Resources

- Watch Wesley's episode: Trader Intervention Episode 2: [Degen Rehab YouTube channel](#)
- Free trading discipline resources: [degen-rehab.com/free-resources](https://degen-rehab.com/free-resources)
- Apply to be on Trader Intervention: [degen-rehab.com/trader-intervention](https://degen-rehab.com/trader-intervention)
- Join the Discord: [degen-rehab.com/discord](https://degen-rehab.com/discord)

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