

COST OF WATCHING MY TRADES

Watching my trades often leads to taking profit early, moving stops to break even when I shouldn't and taking more than 1 trade per day. I want to know what this habit is costing me

DATE	WHAT WATCHING LEAD ME TO DO	RESULT OF THAT ACTION	COST TODAY MONEY, TIME, STRESS, PROGRESS	NOTES/REFLECTION/HOW DO I FEEL RIGHT NOW?

TOTAL WEEKLY COST: _____

1. WHAT WAS THE BIGGEST MISTAKE WATCHING MY TRADES CAUSED THIS WEEK?

2. WHAT WILL I DO DIFFERENTLY NEXT WEEK TO AVOID IT?