

The Only Trading Discipline Guide You'll Ever Need

A practical framework for stopping rule breaking, reducing tilt, and trading with consistency. This PDF includes every step covered in the video and is designed to be printed or reviewed regularly.

Becoming a disciplined trader will improve your trading results over time. More importantly, it will make the entire process **less stressful**. I think we tend to ignore the mental/emotional toll that trading takes on us. For me the worst part of trading was feeling like there was something wrong with me... feeling like I had no control over myself because I couldn't follow my own rules. I kept going on tilt doing things that I had promised myself I wouldn't.

Doing what I have outlined below will seem hard at first but if you commit to it, to becoming a disciplined trader I promise you that you will not regret it. Within a couple of months (probably less) you will notice a huge difference in how you feel about yourself and your trading. This is actually a far easier way of trading. The hardest part of trading is how we torture ourselves mentally, emotionally and financially when we keep doing the opposite of these 15 steps

1. Slow Down

Trade evaluation accounts the same way you would trade a funded account. Fast timelines, rebill pressure, and oversized positions destroy discipline before it can form. Prefer prop firms with no monthly rebills and no activation fees so you can move slowly and stay focused on process rather than survival. Slower trading builds confidence, consistency, and emotional control.

2. Size Down

Ignore the advertised account size when trading prop firms — base everything on the drawdown. **Risk 4–6% of your drawdown per day. The absolute maximum risk should be 10%.**

Position sizing guidelines:

- **Conservative:** 1 micro contract per \$1,000 of drawdown
- **Aggressive funded trading:** 1 micro per \$500–\$750 of drawdown

Smaller size reduces emotional swings, allows mistakes without catastrophe, and keeps you trading long enough to build real skill.

3. Learn to Take Small Red Days

This is the **most important skill in trading**. If you cannot accept controlled losses, you will not survive long term. Start celebrating small, on plan red days where you followed every rule and stopped when you should have. A small red day is success if discipline was maintained. If you want to become good at something you practice it, start seeing these small red days as an opportunity to practice. The more you take the easier it gets and the closer you get to what you really wanted from trading in the first place.

4. Accountability

Daily check ins create awareness and pressure to improve. AI journaling can help, but real traders are more effective because they understand the emotions involved and push back when excuses appear. Find accountability partners or join a structured community like the Degen Rehab Discord where process is prioritized over profits.

To learn more and take a short quiz to find out if it's a good fit for you and your trading goals visit [degen-rehab.com](https://www.degen-rehab.com)

5. Be Consistent

Standardize everything: your pre-market routine, trading window, checklist, position sizing, journaling, and shutdown ritual. Remove decision fatigue by doing the **same process every single trading day**.

6. Set Better Goals

Eliminate money based goals like payouts or deadlines. Replace them with goals focused on patience, discipline streaks, emotional stability, and process execution. Long term profitability follows consistent behavior, not forced timelines.

I have an entire video on setting better goals as well as a free template for setting your new discipline/process based goals. You can watch the video and grab the PDF here:

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

7. More No-Trade Days

Identify conditions where you reliably perform poorly: poor sleep, illness, stress, time pressure, hormonal cycles, or certain days of the week. Build a pre-session checklist to grade your readiness. If risk is elevated, take the day off. No-trade days are wins for discipline.

8. P&L Is the Devil

Constantly watching profit and loss distorts decision-making and creates emotional urgency.

Hide the P&L; during the session and review it only periodically (once weekly is enough).

When properly sized, your focus should stay on execution, not dollars.

9. Know Your Tilt Triggers

Identify the exact situations that lead you to break rules: missing trades, early exits, social media, losing streaks, boredom, or pressure to recover losses. When triggered, stop trading for the day or take a structured reset break involving journaling, breathwork, movement, or meditation.

10. Have Clearly Defined Rules

Write precise rules for setups, entries, exits, trade management, position sizing, trading windows, and shutdown conditions. If a situation repeatedly causes problems, design a rule specifically to protect you from it.

11. Make Money Elsewhere

Outside income removes urgency from trading decisions. Part-time work, freelancing, delivery apps, flipping items, or contract projects all reduce pressure. The less trading feels like survival, the better your discipline becomes.

12. Find Another Passion

Have something engaging ready after trading ends: creative work, fitness, learning new skills, photography, or content creation. This prevents post-session chart-watching and emotional spirals.

13. Strict Prop Firm Budget

Set a monthly prop-firm spending limit you can comfortably afford. When the budget is exhausted, stop purchasing accounts and shift to simulation, study, and trade review. Controlled spending protects both your finances and your confidence.

There are several good prop firms available today. I personally use or recommend Apex, Lucid, Tradeify and Humble Futures. Each has slightly different rules around drawdown, resets, payouts, and evaluation structure.

This page <https://www.degen-rehab.com/prop-firms.html> also includes my full prop firm breakdown video where I explain the rules, differences between the firms, and what I wish I knew when I started trading prop firms.

Use **code REHAB** for the best current evaluation discount at Apex, Lucid and Humble Express Accounts. Using my code helps to support the channel and keeps these resources free.

14. Know When to Quit for the Day

Define daily cutoffs in advance: number of trades, max loss, emotional state, and time windows. When a limit is hit, shut the platform down. Discipline is built by obeying stops, not testing them.

15. Be Open

Be open to feedback, to changing your approach, and to being wrong.

If something isn't working, your job isn't to defend it — your job is to fix it. Review your trades honestly, listen to outside perspectives, and question habits that feel comfortable but are hurting your results.

Final Reminder

Discipline is a skill that compounds over time. Small improvements repeated daily lead to massive changes over weeks and months. **Focus relentlessly on staying in the game**, protecting capital, and executing your plan... everything else follows.

