

Amateur vs Professional

Instructions

Check the side that matches what you actually do most days, not what you intend to do.
Don't try to fix everything.

Each week:

Remove 1 Amateur habit → Replace it with the matching Professional behavior.

Run the same rule for 5-10 trading days before adding another.

Repeat monthly and track how many behaviors move across.

Beliefs

- | | | | |
|--|--------------------------|--|--------------------------|
| I believe finding a better setup will fix my results | <input type="checkbox"/> | I expect losing days every week | <input type="checkbox"/> |
| I care what my P&L is today | <input type="checkbox"/> | I judge performance in 20+ trade samples | <input type="checkbox"/> |
| I feel pressure to make trading income soon | <input type="checkbox"/> | I measure execution more than outcome | <input type="checkbox"/> |
| I change opinions about my strategy often | <input type="checkbox"/> | My expectations don't change after streaks | <input type="checkbox"/> |

In-Trade Behavior

- | | | | |
|--|--------------------------|------------------------------|--------------------------|
| I move stops further away | <input type="checkbox"/> | I execute without hesitation | <input type="checkbox"/> |
| I take trades not in my plan | <input type="checkbox"/> | I accept predefined risk | <input type="checkbox"/> |
| I revenge trade I keep trading after my stop | <input type="checkbox"/> | I stop at max loss | <input type="checkbox"/> |
| | | I close platform when done | <input type="checkbox"/> |

Emotional Regulation

- | | | | |
|----------------------------------|--------------------------|--------------------------------|--------------------------|
| My mood depends on my last trade | <input type="checkbox"/> | I can end red without distress | <input type="checkbox"/> |
| I feel urgency to recover losses | <input type="checkbox"/> | I recover emotionally quickly | <input type="checkbox"/> |
| I force trades on slow days | <input type="checkbox"/> | I can skip a day without fear | <input type="checkbox"/> |
| I trade tired | <input type="checkbox"/> | I protect mental energy | <input type="checkbox"/> |

Structure & Process

- | | | | |
|--------------------------------|--------------------------|------------------------------|--------------------------|
| I adjust rules mid-session | <input type="checkbox"/> | I know my plan before open | <input type="checkbox"/> |
| I rely on memory not checklist | <input type="checkbox"/> | I follow a written checklist | <input type="checkbox"/> |
| I journal inconsistently | <input type="checkbox"/> | I track rule breaks | <input type="checkbox"/> |
| I size based on confidence | <input type="checkbox"/> | I trade fixed windows | <input type="checkbox"/> |

If you're ready to finally stop breaking your rules through daily accountability, encouragement and support check out the **Degen Rehab Discord Group** <https://www.degen-rehab.com/discord.html>

If you're trading with Apex, Lucid, Tradeify or Humble, please use code **REHAB**.

You can find my full breakdown of prop firms and all affiliate links here:

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