

# Lesson 10: Trading Psychology and Discipline

## Overview

- Build routines and guardrails to control emotion and improve execution.

## Key Concepts

- Biases distort decisions.
- Checklists reduce impulsive trades.
- Max loss rules prevent tilt.

## Framework

- Run a pre-trade routine.
- Use a checklist before entry.
- Stop after max daily loss.
- Review trades with a process score.

## Checklist

- Mental state stable.
- Plan followed.
- Risk within limits.
- Journal updated.