Daily Checklist for a Professional Trader

# MENTAL CHECKLIST – BEFORE OPENING CHARTS

* Have I gotten enough sleep?
* What are my emotions today? (Angry, tired, excited?)
* Am I feeling the need to 'prove myself'?

# TECHNICAL CHECKLIST – PRIOR TO ENTERING ANY POSITION

* Has a valid Is the market clear or unclear?
* trading setup formed? (e.g., resistance break, pullback, or support reversal)
* Are entry and exit points defined?
* What is the reward-to-risk ratio? (R:R)
* Higher time frame confirms entry?

# FUNDAMENTAL CHECKLIST – NO SURPRISES!

* Any major economic news today? (e.g., NFP, CPI, etc.)
* Is the DXY index trending strongly?
* How did Asia, Europe, and U.S. markets move?

# RISK MANAGEMENT – CRITICAL FOR SURVIVAL

* What is the risk per trade? (e.g., ATR x 1.5 or 1%)
* Position sized based on account?
* ****Will I limit to one or two trades today?