

# Discipline Framework

*Strategy doesn't fail.  
Execution does.*

## 1. Risk Comes First

Before thinking about profit, I define loss.

- I know exactly how much I'm risking
- I never enter without a stop loss
- I don't increase risk after losses

***If risk is unclear → no trade***

## 2. Predefined Limits

Every session has boundaries.

- Daily loss limit
- Daily trade limit
- Weekly risk control

***Once hit → I stop***

***No exceptions***

## 3. Trade Selection

I don't trade often. I trade when it makes sense.

- No mid-range trades
- No random entries
- No forced setups

***More trades ≠ more profit***

## 4. Risk to Reward

I look at loss first, not profit.

- Minimum R:R = 1:1. I know 1:2 is the most talked RR but trust me 1:1 is also good
- If it's not worth the risk → I skip

***Bad R:R = bad trade***

## 5. Emotional Control

Emotion is the fastest way to lose money.

- No revenge trading
- No "I'll recover this" mindset
- No overconfidence after wins

***Every trade is independent***

## 6. Execution Discipline

I follow the plan. Not the moment.

- Entry is planned
- SL is fixed
- Exit is based on structure

***No changes mid-trade***

## 7. Expectations

The market is not predictable.

- Not every trade will work
- Losses are part of the process
- Consistency matters more than accuracy

## 8. When I Stop

Knowing when to stop is part of trading.

- After reaching loss limit
- After emotional mistake
- When market is unclear

***Protect capital first***

## 9. Non-Negotiables

- No trade without stop loss
- No trade without invalidation
- No chasing price
- No overtrading

***Break one → no trade***

## 10. Final Reality

You don't lose because of the market.

You lose because of your decisions.

*I don't need to be right every time.  
I just need to be wrong properly.*