

## Inside Out Trading

# The Good-Trading Checklist

1. I focus on the process of good trading, good execution, and consistency
2. I work with a proven methodology
3. I am comfortable with and fully understand my system
4. I have back-tested my system and know what it should produce when properly executed under normal conditions
  - a. Percentage of winning trades versus losing trades
  - b. Average winner-value and average loser-value
  - c. The average Return-Per-Trade
5. Trades I place are within my true personal risk tolerance
6. My trading life is in balance with family, personal, social and business times
7. I have and follow sound risk management rules for both my individual trades and overall account protection
8. I always use protective measures, such as stops, to manage risk exposure and only take calculated risks
9. I only use risk capital that is within my true comfort zones
10. I fully understand the core concepts in trading
11. I grasp all the terminology used in my trading
12. I keep a trading journal and review it regularly
13. I generate reports for my trading business
14. I regularly review my trading execution, with a focus on continuous improvement
15. I remain aware of my beliefs to identify counter-productive beliefs and views of myself, money and trading.
16. I follow my business plan, including: a budget, financial controls and general money management rules
17. I keep my math and trading skills finely honed
18. I keep my trading area organized and conducive to good trading
19. I adhere to healthy, sound routines and practices in my trading activity
20. I only trade when I am rested, well (not ill), and clear-headed.