APPENDIX A / WRITING WORKSHEET

My Personal Trading Operating Plan

Write this plan before your next session, while you have time to think.

Account or practice environment

Date

Next review

1. The setup I trade

My setup, market, and trading hours

I can enter when I see

I cancel an unfilled entry when

A near miss looks like my setup, but it’s missing

2. My risk limits

Include your unit with risk limits, for example USD, points, or %.

Maximum risk per trade

Session loss limit

Maximum total risk across open positions

If the smallest position exceeds my remaining limit, I skip the trade.

3. My response under pressure

My recurring trigger

When I notice it, I will

4. When I reduce risk, stop, or return

Include your unit with risk limits, for example USD, points, or %.

I measure drawdown from

At this drawdown

I reduce my position size to

I stop taking new trades when

When I stop, I handle unfilled entry orders by

For positions already open, I follow this rule

Before I resume trading, I need to verify

A review date gives me time to reconsider. I can continue the pause, return to practice, or end the attempt.