

The 5-Second Trade Risk Checklist

Use this checklist before every trade to stay disciplined and reduce emotional decisions. Ask yourself these five quick questions:

- **1. What's my maximum risk in dollars?**
Set a clear dollar amount you're willing to lose. If it feels too high, reduce position size or skip the trade.
- **2. Does this setup match my strategy?**
Only take trades that align with your predefined criteria. No exceptions.
- **3. Is there a clear invalid point (stop loss)?**
If you can't place a logical stop, don't take the trade.
- **4. Is the reward at least 2x the risk?**
Target at least a 2:1 reward-to-risk ratio for every trade.
- **5. Am I trading based on emotion or process?**
Check your mindset. No FOMO, revenge trading, or forcing setups.

Tip: Print this out and tape it to your monitor, or keep a copy on your desktop for quick access.