



3 Rules That Saved My Account (Not financial advice – just discipline)

Rule #1 – The 2% + 2 Rule

Never risk more than 2% of account on a single trade.

Never lose more than 2 trades in a row before stopping for the day.

Why it works:

Prevents blowing an account from one bad streak. After 2 losses, emotions are compromised – walk away.

Rule #2 – The "Invalidation Line"

Before entering any trade, write down exactly what price level would prove you wrong. If price hits it, close immediately – no waiting.

Example:

Long on BTC at \$65,000 → Invalidation = daily close below \$64,200.

Why it works:

Kills hope trading. Hope is the most expensive emotion in trading.

Rule #3 – The No-Trade Calendar

Block these sessions automatically (no exceptions):

| Event | Action |
|-------------------------------------|-------------------------------------|
| 15 min before FOMC / NFP / CPI | No entries |
| First Monday after daylight savings | No entries until 2 hours after open |

| Event | Action |
|------------------------------------|-------------------------|
| After 3 consecutive losing days | 1 full calendar day off |
| Physical illness or <5 hours sleep | Zero trades |

Why it works:

Most retail losses happen during low-probability, high-volatility windows. Sitting out is a winning trade.

Weekly Commitment

- I read the 3 rules before Monday open
- I will break only 0 of them this week