15 Trading Rules Every Professional Lives By

A quick-reference guide to keep you disciplined in any market

1. **Think in Probabilities** → One trade means nothing. Edge shows over a series.
2. **Accept Risk Before Entry** → If you can't live with the loss, don't take the trade.
3. **Always Define a Stop** → No stop = no trade. Protect your capital.
4. **Risk ≤1% Per Trade** → Small risk keeps you alive and emotions stable.
5. **Never Average Down** → Adding to losers multiplies mistakes.
6. **Cut Losses Fast, Let Winners Run** → Small losses, bigger wins = positive expectancy.
7. **Trade Only What You Can Explain** → If you can't state setup, stop, and target clearly, skip it.
8. **Respect Higher Timeframes** → Align trades with the dominant trend.
9. **Journal in R** → Track performance in risk units, not dollars.
10. **Emotions Are Data** → Notice feelings, but let rules decide actions.
11. **Process > Outcome** → Judge yourself by execution, not P&L.
12. **No Thesis, No Trade** → No reason = no position. FOMO is not a plan.
13. **Size Down in Drawdowns** → Trade smaller when you're off your game.
14. **Time Risk = Risk** → Know the calendar. Don't "hope through" events.
15. **Change One Variable at a Time** → Test adjustments systematically.

This guide is a distillation of the article
15 Essential Trading Rules Every Trader Must Follow

Rules protect you, but discipline makes them real.
If you need help turning these rules into habits, coaching can help.

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