



A SMALL RESET. A CLEARER PROCESS.

The Trading Reset Kit

Before your next trade, build a clearer plan.

A checklist, simple worksheets, and five days of small steps toward a more disciplined routine.

01 PREPARE BEFORE YOU TRADE

02 WRITE YOUR PERSONAL RULES

03 REFLECT WITHOUT JUDGMENT

04 PRACTICE FOR FIVE DAYS

Educational worksheets only. Not personal financial advice or trading signals. Trading can result in losses. This kit does not promise profits.

START HERE

Keep it simple.

You do not need a perfect routine. Start with one small action you can repeat.

01 Before you trade

Use the checklist on page 3. If something is unclear, pause. You do not have to place a trade.

02 Write your boundaries

Complete page 4 before you start. Your rules should describe what you will do, not what you hope the market will do.

03 After your session

Spend five minutes on page 5. Notice one choice you handled well and one choice you want to change.

04 Practice for five days

Follow page 6. You can use paper trading or review old trades. You do not need to risk money to practice these habits.

Measure the habit: Did I follow my plan? A winning trade can break your rules. A losing trade can still follow them.

01 / PREPARE

Before-you-trade checklist

Read this before placing an order. If you cannot check a box honestly, stop and review.

- ☐ I can explain why I am considering this trade in one clear sentence.
- ☐ I know what would tell me my idea is wrong.
- ☐ I have planned where to exit if the trade goes against me. An exit order cannot guarantee its fill price.
- ☐ I have chosen an amount I am prepared to lose and checked how my position size affects that amount.
- ☐ I have checked for scheduled news that could affect what I am trading.
- ☐ I feel calm enough to follow my rules. I am not trying to win back a loss or catch up with someone else.
- ☐ I am willing to skip this trade if it does not fit my plan.

My reason for considering this trade:

02 / SET YOUR BOUNDARIES

My personal trading rules

Fill this out before trading. Use amounts and limits that fit your own situation.

The conditions I need before I consider a trade:

My planned maximum loss on one trade:

My stop-for-the-day limit and what I will do when I reach it:

When I feel rushed or upset, I will:

One behavior I am choosing to stop this week:

Keep this page visible. Revisit your rules when you are calm.

03 / REFLECT

A five-minute trade review

Use one page per trade or session. Describe your choices without attacking yourself.

Date / market / paper trade or live trade:

What was my plan? Did I follow it?

What did I feel before, during, and after the trade?

One choice I handled well:

One small change for next time:

A result is information. It is not your identity.

04 / PRACTICE

Your five-day reset

One action a day. No trade is required. Use a practice account or an old journal entry.

DAY 1 / NOTICE

Write down the moment when you most often rush. What happens just before it?

DAY 2 / PREPARE

Complete your personal rules page. Choose one rule to focus on tomorrow.

DAY 3 / PAUSE

Use the checklist before a practice trade. If a box is unchecked, write down what needs work.

DAY 4 / REVIEW

Review one past trade on page 5. Focus on a decision, not just money won or lost.

DAY 5 / REPEAT

Choose one habit to keep next week. Make it small enough to repeat on a busy day.

YOUR NEXT STEP

Give your process a home.

Keep your checklist nearby. Reuse the reflection page. Keep showing up for the habit.

INCLUDED WITH NXMT MEMBERSHIP

Your private trading journal.

Keep your trades, notes, and reflections together inside the member lounge, with a community alongside you.

This kit is your starting point. The membership gives you a place to keep practicing, ask questions, and review your process over time.

[Explore the NXMT community >](#)

Want personal feedback? Private coaching offers a more individual space to work on your goals and decisions.

ericalgarin.com/coaching

Education and reflection only. No guaranteed results, trade recommendations, or promises of income.