WHAT IS MINE IS YOURS

The Trading Plan & Journal Workbook

Turn ideas into rules you can measure

Educational notice
This guide is for general education only. It is not financial, investment, legal or tax advice, nor a recommendation to buy or sell any instrument. Forex and leveraged products are high risk; you can lose some or all of your capital. Practise on demo, verify broker specifications and never risk money needed for essentials.

Write the plan

A plan should describe instruments, timeframes, setup rules, entry trigger, invalidation, position sizing, targets, trading hours and no-trade conditions. Rules should be clear enough for another person to apply.

Define the setup

Separate context, location and trigger. Example: H4 higher highs/higher lows; price returns to a premarked zone; M15 closes bullish above a defined local swing. This is an example framework, not a proven edge.

Entry and exit

Specify order type, whether candle close is required, stop placement, target logic, partial exits and trailing rules. Define what happens if price does not trigger within a set time.

Daily limits

Set a maximum cash or percentage loss, maximum trade count and stop time. Decide how to handle consecutive losses and platform problems. Never trade with money needed for essentials.

Journal template

Record date/time, instrument, session, timeframe, condition, setup, screenshot, entry, stop, target, lot size, planned risk, result, costs, rule adherence, emotion and lesson. Grade process separately from outcome.

Weekly review

Calculate win rate, average win/loss, expectancy, profit factor, drawdown and rule violations. Include costs. Avoid optimising on a handful of trades; preserve out-of-sample data and forward-test on demo.

About this library
Created for the What Is Mine Is Yours free Forex learning library. Share with attribution and keep the educational notice intact. Verify current broker and platform documentation because specifications can change.