

Handling Losses

Do you have an evidence-based trading plan?

- Yes**
- No**→ stop trading and go find one (nexusblast.com)

Did you follow your plan?

- Yes**→ you're only allowed 1 other trade today
- No**→ no more trades for today

Which part of your plan did you not follow and why?

Possible reasons: FOMO, lack of discipline, bored, gambling, afraid, emotions, etc...

Has the described situation above happened before?

- Yes**→ why do you keep doing that? Seek advice to fix issue.
- No**→ be careful next time, don't make this a habit!

"Discipline is the bridge between goals and accomplishments."

-Jim Rohn

"Good leaders don't make excuses. Instead, they figure out a way to get it done." -Jocko Willink

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