

THE TRADER'S DISCIPLINE TOOLKIT

Companion Resources for Trading Psychology & Discipline

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This toolkit contains printable templates for every framework in the book. Print the pages you need. Tape them to your monitor. Use them every day.

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5. Non-Negotiable Trading Rules [Laminate]
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TOOL 1: PRE-SESSION MENTAL PREP CHECKLIST

Complete every step, in order, 30 minutes before your killzone. 10 minutes total.

Step	Action
Step 1: State Re-set (2 min)	Six slow breaths — 4 sec in, 6 sec out. Body check: hands steady, jaw unclenched, breathing normal.
Step 2: Rules Review (2 min)	Read your non-negotiable rules card aloud. Pay attention to the rule you violated most recently.
Step 3: Key Levels & Bias (3 min)	Mark/confirm daily and 4H levels. Write one-sentence bias: "Today's bias is _____ above _____, _____ below _____." If you cannot write a clear bias statement, the market is unclear — C-grade at best. One reason today's bias could be wrong: _____ _____
Step 4: Risk & Trade Limits (2 min)	Write three numbers: Variable 1 (Financial risk tolerance): £_____ Variable 2 (Emotional risk tolerance): £_____ Variable 3 (Session risk tolerance): £_____ Trade limit today: _____
Step 5: Intention Setting (1 min)	Write one process intention for today: _____ _____

Session date: _____ Killzone: _____ Routine completed: ☐ Yes
☐ No

TOOL 2: POST-SESSION WIND-DOWN CHECKLIST

Complete immediately after the killzone ends or the trade limit is hit. 5 minutes total.

Step	Action
Step 1: Close the Platform (30 sec)	Close your trading platform entirely. Not minimise — close. If you can see price, you are still in the session.
Step 2: Write One Reflection Line (2 min)	One sentence about process, not P&L: _____ _____
Step 3: Rule Violations (30 sec)	Rule violations this session: ☐ None ☐ Yes — if yes, log in Tool 7 before closing. Which rule? _____ Trigger? _____
Step 4: Note Tomorrow's Focus (1 min)	One sentence about what you will focus on next session: _____ _____
Step 5: Transition Activity (1.5 min)	Do something physical that has nothing to do with trading. Coffee. Walk. Stretch. Create a clean break.

Session Quality Rating (1-5): _____

TOOL 3: TRADING JOURNAL TEMPLATE

One page per session. Complete during your post-session review.

Date: _____ Killzone: _____ Session #: _____

Trade Log

#	Pair	Dir	Entry	Stop	Target	Exit	Pts	£ P/L	Grade

Legend: Exec = Execution Score (1–5) | CL? = Checklist Complete? (Y/N)

Emotional State Tracking

	Pre-Session	During Trade	Post-Session
State (3 words)	_____	_____	_____
Body check pass?	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No
Energy level (1-5)	_____	_____	_____

Psychology Trade Tags

Circle all that apply:

FOMO Entry | Revenge Trade | Boredom Trade | A-Grade Execution | Clean Entry | Held to Plan | Early Exit | Moved Stop | Missed Setup | Overtraded | Froze on Valid Setup | Chased Entry | Scaled Exit (P) | Scaled Exit (E) | Protocol Size Deviation | Ignored Setup | News Panic | News/Event Trade

Emotional Narrative (1-3 sentences):

Rule Violations: ☐ None If yes: which rule? _____ Trigger?

Tomorrow's Intention:

The Ash Cole Trading Series | Book 3: Trading Psychology & Discipline | agenticedgelab.ai

TOOL 4: WEEKLY DISCIPLINE AUDIT SCORECARD

Complete every Sunday evening. 20 minutes.

Metric	This Week	Last Week
Execution score average	_____	_____
Number of rule violations	_____	_____
Trades taken vs. valid setups identified	_____ / _____	_____ / _____
Win rate on A/B graded trades	_____ %	_____ %
Win rate on all trades	_____ %	_____ %
Walk-away protocol honoured?	☐ Yes ☐ No	☐ Yes ☐ No
Pre-session routine completed every day?	☐ Yes ☐ No	☐ Yes ☐ No
Journal completed every session?	☐ Yes ☐ No	☐ Yes ☐ No

Biggest discipline failure this week:

Best-executed trade this week:

One focus for next week:

TOOL 5: NON-NEGOTIABLE TRADING RULES

Write 3–7 rules. Binary (yes/no). No grey area. Print this page and put it next to your monitor.

Rule 1:

Rule 2:

Rule 3:

Rule 4:

Rule 5:

Rule 6:

Rule 7:

Ash's five rules (from Chapter 6) — adapt to your own system:

"Maximum two consecutive losses per session. Two in a row, and the session is over."

"No trade without a completed checklist. If the checklist is not filled in, the trade does not happen."

"No trade whose primary purpose is recovery. If the motivation is to make back a loss, the trade is banned."

"Stop-loss is set before entry and never moved against the trade."

"Maximum position size is two percent of account per trade — the ceiling, not the default."

A rule is non-negotiable when breaking it means the session is over, and the violation goes in your log. No exceptions. No grey area.

TOOL 6: REVENGE TRADE CIRCUIT BREAKER FLOWCHART

Follow this flowchart after any loss. Print and keep visible during every session.

YOU JUST TOOK A LOSS



STEP 1: Body Check

Hands steady? Jaw unclenched? Breathing normal?

☐ YES → Continue to Step 2 ☐ NO → STOP. Session is over. Walk away.



STEP 2: Loss Count

Is this your second consecutive loss?

☐ YES → STOP. Session is over. Walk-away protocol. ☐ NO → Continue to Step 3



STEP 3: Session Risk Check

Have you reached your session risk tolerance (Variable 3)?

☐ YES → STOP. Session is over. ☐ NO → Continue to Step 4



STEP 4: Motivation Check

Ask yourself: "Would I take this trade if the previous trade had won?"

☐ NO → STOP. This is a revenge trade. Walk away. ☐ YES → Continue to Step 5



STEP 5: 10-Minute Wait

Set a timer. Do not look at the chart. When the timer ends, reassess.



STEP 6: Fresh Checklist

A new setup must pass the full 8-field checklist with a grade of A or B. If it passes: trade. If it does not: session is over.

✓ **CLEARED TO TRADE**

The circuit breaker exists to protect you from yourself. If you reach any STOP point, the session is over. No negotiation.

TOOL 7: RULES VIOLATION LOG

Record every non-negotiable rule violation. Review monthly for patterns.

Date	Rule Broken	Trigger	Corrective Action	Pattern?

Monthly Pattern Review:

Most violated rule: _____

Most common trigger: _____

Recurring time/day pattern: _____

Corrective action effectiveness: _____

TOOL 8: A/B/C SETUP GRADING CARD

Grade every potential trade before deciding to enter. Print and keep visible.

Grade	Definition	Size	Action
All checklist criteria met. Two or more confluence factors. Higher timeframe agrees. R:R at least 2:1. Can articulate in one sentence without hedging.	Full size (V1 max)	TRADE	●
All checklist criteria met but one factor is ambiguous — higher timeframe neutral, R:R slightly below ideal, or one field requires qualification.	Half size	TRADE (reduced)	●
Partial criteria met. Entry feels forced. You have to squint to see the pattern. Any checklist field cannot be filled with confidence.	No trade	DECLINE	●

If you cannot grade a setup within 5 seconds, it is a C. The hesitation is the data.

V1 = Variable 1 (Financial Risk Tolerance) from Tool 9: Three-Variable Risk Calculator.

TOOL 9: THREE-VARIABLE RISK CALCULATOR

Calculate before every session. The lowest number wins. Always.

VARIABLE 1: FINANCIAL RISK TOLERANCE

Account size: £_____ x Max risk %: _____% = £_____ per trade

Ceiling: 2% of the account (from Chapter 6 non-negotiable rules). Never exceeds this.

VARIABLE 2: EMOTIONAL RISK TOLERANCE

From your journal: at what loss amount did your behavior deteriorate?
£_____

Your emotional tolerance (just below that threshold): £_____

VARIABLE 3: SESSION RISK TOLERANCE

2–3x your per-trade emotional tolerance: £_____

If this amount is lost in a single session, the session ends.

Variable	Your Number
Variable 1 (Financial Risk)	£_____
Variable 2 (Emotional Risk)	£_____
Variable 3 (Session Risk)	£_____
TODAY'S MAX RISK PER TRADE = lowest of V1/V2/V3	£_____

Review these numbers monthly as your account grows and psychological resilience improves. Changes should be based on journal data, not feelings.

TOOL 10: GRADUATED SIZING PROTOCOL TRACKER

Use during drawdown recovery or when increasing position size. Track each step.

Step	Action	Criteria to Advance	Trades	Exec Avg	Viol.
Reduce size 25-50%	2 consecutive wins exec score 4+	_____	_____	_____ —	☐
Increase 25%	5 trades exec avg >3.5, 0 violations	_____	_____	_____ —	☐
Increase 25%	Same criteria	_____	_____	_____ —	☐
Increase 25%	Same criteria	_____	_____	_____ —	☐
Full size re-stored	Confirm with Consistency Audit	_____	_____	_____ —	☐

If execution deteriorates or a violation occurs at any step, drop back one level and repeat. Never increase size based on a feeling. Only on data.

This protocol tracks drawdown recovery in 5-trade steps. It is separate from the 20-trade minimum streak required before increasing base position size on a winning run (Chapter 9). Recovery = returning to your previous size. Streak-based scaling = increasing beyond it.

TOOL 11: ACCOUNTABILITY PARTNER WEEKLY AGENDA

Share this agenda with your partner. Complete every Sunday evening (30 min).

Week of: _____ Partner name: _____

Q1: What was your execution score average this week?

Q2: How many rule violations, and which rules?

Q3: One trade you are proud of executing well:

Q4: One trade you would take differently:

Q5: What is your single focus for next week?

One honest observation about your partner's week:

Mid-week check-in (Wednesday): ☐ Sent ☐ Received

TOOL 12: MONTHLY DISCIPLINE AUDIT

Complete on the first weekend of the month. 45 minutes. Bridges the weekly score-card and the 100-trade Consistency Audit.

Month: _____ Total trades this month: _____ Sessions completed: _____

Metric	This Month	Last Month
Execution score average (all trades)	_____	_____
Execution score average (A-grade trades only)	_____	_____
Total rule violations	_____	_____
Most common violation	_____	_____
Win rate on A/B graded trades	_____%	_____%
Win rate on all trades	_____%	_____%
Most frequent failure tag	_____	_____
A-Grade Execution tag % (of total trades)	_____%	_____%
Emotional Stability Score	_____%	_____%
Trades taken vs. valid setups identified	_____ / _____	_____ / _____

Three-Variable Risk Review

Variable	Current Value	Recommended Change?
Variable 1 (Financial Risk)	£ _____	☐ Yes ☐ No
Variable 2 (Emotional Risk)	£ _____	☐ Yes ☐ No
Variable 3 (Session Risk)	£ _____	☐ Yes ☐ No

Tag Frequency Analysis (top 3 failure tags)

1. Tag: _____ Count: _____ Action:

2. Tag: _____ Count: _____ Action:

3. Tag: _____ Count: _____ Action:

Biggest discipline improvement this month:

Biggest discipline failure this month:

One focus for next month:

Emotional Stability Score = percentage of trades this month where your pre-trade emotional state (three-word arc, Journal Field 2) matched your optimal trading profile identified in Chapter 7.

When you have accumulated 100 consecutive trades, run the 100-Trade Consistency Audit spreadsheet (available at agenticedgelab.ai).

WHERE THE SYSTEM GOES NEXT

Every tool in this kit is a manual expression of an automated trading system.

Your non-negotiable rules are entry conditions and hard-coded risk limits. Your checklist is a trade qualification filter. Your journal is a trade metadata database. Your three-variable risk model is a dynamic position-sizing engine. Your Graduated Sizing Protocol is an equity-curve-based scaling algorithm.

When you are ready to remove the manual layer entirely, Book 4: Algorithmic Trading for Beginners shows you how to translate this discipline system into code that executes with perfect consistency, zero emotion, and infinite patience.

The psychology came first. The code comes next.

For the full Consistency Audit spreadsheet with automatic calculations, visit agenticedgelab.ai.