

WEEKLY SELF-REFLECTION CHECKLIST



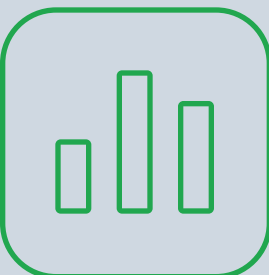
Emotional check-in

- ☒ What emotions did I feel before most trades?
- ☒ Did I feel FOMO before entering any trades?

Yes	No
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- ☒ Did I start overtrading after a loss or a win?

Yes	No
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- ☒ Which trade made me feel the worst, and why exactly?
- ☒ Was I calm and focused before clicking Buy or Sell?

Yes	No
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Strategy & discipline

- ☒ How many of my trades followed a planned setup?
- ☒ How often did I skip my confirmation signals?
- ☒ Did I enter at my levels or chase moves?

Yes	No
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- ☒ Did I stick to my trading hours and rules?

Yes	No
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- ☒ How many trades would I willingly take again if I replayed the week?



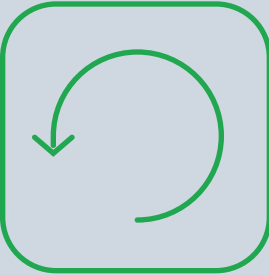
Risk & money management

- ☒ Did I stick to my risk limits?

Yes	No
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- ☒ What was my worst position sizing mistake?
- ☒ How many times did I move my stop loss?
- ☒ Did I calculate the risk-to-reward ratio before entering each trade?

Yes	No
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- ☒ Did I exit too early or stay in too long because of emotions?

Yes	No
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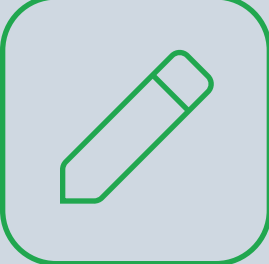


Repeated mistakes

- ☒ Which mistake showed up more than once this week?
- ☒ Did I repeat something I know I shouldn't do?

Yes	No
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- ☒ Did outside noise (signals, chats, news) influence any trades?

Yes	No
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Growth & takeaways

- ☒ What did I learn this week about the market or about myself?
- ☒ What will I actually do differently next week?

Save this checklist and go through it every Friday.
The more you reflect, the faster you grow.



No trades this week? [Open an FBS Demo Account](#) to build experience for your next review.