SAFAL TRADER

TRADING DISCIPLINE PROCESS

Mind → Prepare → Wait → Confirm → Risk → Execute → Review

THE OBJECTIVE

The goal is not to trade every market move or make every trade profitable. The goal is to build a repeatable process where your **decisions come from your system, not your emotions.**

STEP 1 — RESET YOUR MIND BEFORE OPENING THE CHART

DO: Start only when you are calm. Define your objective as following the process, not making money. Accept that a zero-trade session is completely valid. Define your maximum acceptable risk.

DON'T: Open the market to recover a previous loss. Trade because you "need to make money today." Trade from boredom, frustration, anger, or excitement.

RULE: If you need a trade, you are already in the wrong mindset.

STEP 2 — PREPARE, DON'T PREDICT

DO: Use Safal Trader Pulse as a **timing-awareness layer**. Mark relevant market zones. Define your own setup and decide what conditions must be present before you will trade.

DON'T: Treat every candle as an opportunity. Take a trade only because Pulse is active. Keep adding indicators until you can justify an entry. Force the market to match your prediction.

RULE: Prepare the conditions. Wait for the market to meet them.

STEP 3 — WAIT FOR YOUR SETUP

DO: Before entry, confirm: (1) your setup is present, (2) your confirmation is present, and (3) your risk is predefined.

DON'T: Enter early because of FOMO. Chase a missed move. Treat a half-formed setup as a complete setup.

RULE: NO SETUP = NO TRADE.

STEP 4 — RISK FIRST, ENTRY SECOND

DO: Decide entry, Stop Loss, position size, and exit/target plan before execution.

DON'T: Decide the Stop Loss after entering. Widen the SL emotionally. Increase position size because you want to recover a loss. Assume a trade will "definitely" recover money.

RULE: If you don't know your risk, you don't have a trade.

STEP 5 — EXECUTE ONCE, DON'T INTERFERE

DO: Follow: **Entry** → **Stop Loss** → **Exit Plan** → **Wait.** Let the trade develop according to the plan. Use alerts where appropriate instead of reacting to every candle.

DON'T: Change decisions on every small fluctuation. Panic in a normal move. Move the plan because of greed or fear. Take random re-entries.

RULE: Once the plan is executed, let the plan work.

STEP 6 — AFTER EXIT, DO NOT IMMEDIATELY RE-ENTER

DO: Pause. Breathe. Review. Ask whether you followed your setup, risk, and exit plan before considering another opportunity.

DON'T: Search immediately for the next trade. Revenge trade after a loss. Increase size after a win because of overconfidence. Trade just to keep the stimulation going.

RULE: The end of one trade is not the beginning of the next trade.

STEP 7 — KNOW WHEN TO STOP

DO: Close the session when your decision-making is becoming emotional or repetitive. Record the mistake and return fresh in the next session.

DON'T: Continue after repeated impulsive trades, revenge urges, repeated rule-breaking, boredom trading, or the feeling that every market movement must be traded.

RULE: You don't have to win back today's loss today.

STEP 8 — REVIEW THE PROCESS, NOT JUST THE P&L;

DO: Review setup, risk, exit, and emotional control. Track whether you followed your process.

DON'T: Judge your discipline only by profit or loss. A winning trade can be badly executed, and a losing trade can be correctly executed.

RULE: Good process first. Outcome second.

THE MIND CHECK — BEFORE ANY ENTRY

What am I feeling?	What to do	What NOT to do
FOMO	Wait for the complete setup.	Chase the move.
Revenge	Pause and review the previous trade.	Try to recover immediately.
Boredom	Stay out until a setup appears.	Create a trade for stimulation.
Greed	Follow the predefined plan.	Increase risk because you are winning.

Fear	Re-check objective setup + risk.	Change the plan emotionally.
Overconfidence	Return to your checklist.	Assume the next trade will win.

POST-TRADE 60-SECOND REVIEW

1	Did I follow my setup?	■ YES ■ NO
2	Did I follow my risk plan?	■ YES ■ NO
3	Did I follow my exit plan?	■ YES ■ NO
4	Did emotion change my decision?	■ YES ■ NO

THE SAFAL TRADER RULE

MIND → PREPARE → WAIT → CONFIRM → RISK → EXECUTE → REVIEW

Your strategy decides **what** to trade. Safal Trader Pulse adds a **timing-awareness layer** to your preparation. It does not replace your strategy, confirmation method, or risk management.

START WITH SAFAL TRADER GOLD PULSE — FREE

Add a timing-awareness layer to your preparation.

CLICK HERE TO JOIN FREE GOLD PULSE