

Step 1: Identify your #1 leak

Examples:

- Cutting winners too early
- Letting losers run
- Taking trades outside your setup
- Oversizing from emotion
- FOMO / chasing
- Hesitation on entries

Step 2: Write the correction rule

Example:

"I will exit only when my setup is invalid, not when I feel discomfort."

Step 3:

Post your rule in the community.

Step 4:

For 14 days, trade normally, but follow your rule.

Step 5:

If you break the rule, post it. No shame. Just honesty.

Step 6:

After 14 days, return here and move to [Scaling](#).