3 Steps To Get Consistent In 14 Days

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Introduction:

Most traders think consistency comes from finding the perfect strategy. But consistency doesn't come from entries, it comes from structure. This 14-day framework is designed to fix that. Follow these 3 steps for one week and you'll start to feel control, confidence, and progress even if you've been stuck for months.

Lock Your Structure:

Consistency starts when you remove randomness. That means trading the same time, same setup, and same plan every day. Repetition builds pattern recognition. Pattern recognition builds confidence. Confidence builds consistency.

Checklist:

✅Pick your trading window (ex. 9:30am - 11:00am)

✅Choose one setup (breakouts)

✅Write your rules for it (what must be true before you enter)

✅Screenshot it and post it in the discord for accountability

Become The Best Loser:

You can't control profit. You can only control risk. Winning traders aren't the best predictors. They're the best at losing small and staying calm. "If you can't take a small loss, you'll eventually take a big one."

Checklist:

✅Pre-define your stop loss before you enter every trade

✅Review every stop at the end of the day and ask: Did I follow my plan or my feelings?

Build Daily Awareness:

You can't improve what you don't measure. Every night, reflect not on your P&L, but on your discipline. Your results are just a mirror of your habits.

Checklist:

✅Did I follow my rules?

✅What emotion made me break them, if I did?

✅What did I learn about my structure today?

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After 14 Days:

Once you complete this 14-day system consistently,
you'll be ready for the Optimization stage.

Come back to this page and click the link below to continue your path.

https://www.stockmethodllc.com/optimization