Intraday Risk Management and Trading Discipline

Course Topics | Essential risk controls and habits for structured intraday trading.

1. Risk Before Reward

- Setting a maximum risk per trade and per day
- Calculating position size
- Understanding risk-to-reward ratio

2. Stop-Loss and Exit Planning

- Placing stop-loss orders based on trade invalidation
- Planning targets and exit conditions
- Understanding slippage, gaps and fast price moves

3. Capital and Exposure

- Avoiding excessive leverage
- Managing total open positions
- Knowing when not to trade

4. Trading Psychology

- Managing fear, greed and impulsive entries
- Avoiding revenge trading and overtrading
- Following a consistent trading checklist

5. Performance Review

- Maintaining a trading journal
- Reviewing win rate, average loss and rule adherence
- Using paper trading before risking real capital

Educational material only. Intraday trading involves substantial risk and may result in rapid losses. This outline is not a recommendation to buy or sell any security, and daily profits are not guaranteed.