

FREE FIELD GUIDE

THE COLD BLOOD SHEET

10 checks so your trades are decided by your plan and not by your nervous system.

Checks 1 to 3 are answered **before you open the platform**.

Check 10, **at the close** — and you tick it before you look at the result.

Before you start

You are not reading this because you need another strategy. Almost nobody loses for failing to read a chart: you lose because of what your body does with that chart at 9:31 a.m., with real money on the line.

You already know what to do. The problem shows up in the ten seconds when fear, hurry or the need to win it back take over and execute something you never wrote into your plan.

This sheet does not predict the market. It does one thing: it tells you, before and after every trade, whether you are running a process or reacting to a screen.

Use it with brutal honesty. A comfortable answer here costs you money out there.

HOW TO USE IT

- › Checks 1 to 3 are answered **before you open the platform**.
- › Checks 4 to 7, **before every click**.
- › Checks 8 and 9, **inside the trade**.
- › Check 10, **at the close** — and you tick it before you look at the result.

Before you open the platform

State decides before judgment does

No strategy survives an operator who shows up short on sleep, angry, or with an account that has to be made whole today. The first filter is not on the chart. It is you.

Is my body in condition to decide?

01

Short sleep, hunger, hangover, a fight an hour ago. This is not self-help: a tired body prices risk differently — it makes small losses feel huge and huge ones feel survivable. If your body isn't here today, neither is your edge.

☐ My body is in condition to make decisions involving money.

Am I here to trade or here to get it back?

02

The revenge trade almost never matches the plan: it is an emotional trade wearing an analyst's jacket. If you opened the platform thinking about yesterday's loss, the market is not your counterparty today. You are.

☐ I am not here to recover anything. I am here to execute.

Where do I stop today, and is it written down?

03

Max daily loss, max number of trades, hard stop time. Written BEFORE, while you are still rational. A rule that isn't written in advance renegotiates itself the moment it hurts.

☐ My loss limit, trade count and cut-off time are written down.

Before the click

Thesis, invalidation and size

This is where a good idea becomes either a professional trade or a well-dressed bet. Whatever you fail to define right now, you will improvise later — position open, pulse high.

Can I say the entry in one sentence, with no adjectives?

04

"I'm in here because X did Y at Z." If it takes three screens, four indicators and the word "looks like" to justify it, that is not a signal. That is a need to trade, shopping for permission.

☐ I can state my entry in one sentence.

Where is the level that proves me wrong?

05

Invalidation is a price level that says "my idea was false" — not the amount of money you're willing to sit through. Size your stop by how much pain you can take instead of where structure breaks, and the market will collect, every single time.

☐ I know what has to happen for me to admit I was wrong, and the stop is in.

Am I risking my usual R?

06

The same size on trade one and on trade twenty. Sizing up because you're winning and down because you're losing is the fastest way to make a winning system produce a losing account.

☐ The risk on this trade is identical to the others.

Am I entering on my signal, or because it already moved without me?

07

Watching the move leave without you creates physical urgency. Urgency makes you enter late, stop far, target close — precisely the trade you'd refuse when calm. You don't need to be in every move. You need to still be here tomorrow.

☐ I am not chasing anything.

Inside the trade

Execute the plan, not the discomfort

Once the position is open, the analysis is over. All that's left is obeying what you decided while calm. Most of the damage done to an account happens in these minutes.

Am I managing the plan or managing my anxiety?

08

Moving the stop, closing early “just in case”, adding to a loser, deleting the target: none of those came from analysis. They came from wanting the discomfort to end. Say it out loud: was this written down?

☐ I have changed nothing that wasn't written before I entered.

How many tilt signals am I carrying?

09

Clenched jaw, short high breathing, raised shoulders, refreshing the P&L every three seconds, talking to the screen. Two signals = hands off the mouse, three long exhales, and the next decision gets made cold or not at all.

☐ I am below my tilt threshold.

At the close

The question that separates an operator from a gambler

If this ends in a loss, was it still good execution?

10

You can break every rule and win. You can respect the entire process and lose. One trade's result does not judge the quality of the decision — and believing it does is exactly what teaches your brain to repeat what ruins you. Tick “obeyed / did not obey” BEFORE you look at the number.

☐ I obeyed my process, whatever the result turns out to be.

How many boxes you could tick with brutal honesty.

9–10

You traded like a professional.

Log the day as obeyed. The streak worth protecting is not the winning streak — it's the obedience streak. Profit is the consequence.

6–8

Your strategy is not the problem.

Your execution is leaking, and almost always in the same block. Find which one failed today: state, judgment or execution. That's your work this month — not another indicator.

0–5

You don't have a market problem today.

You are not trading today, you are reacting. Cut your size in half or close the platform. The capital you protect today is the only thing that keeps you here when you finally fix the process.

ONE LAST THING

Your next level is not hiding in a secret strategy. It's in keeping your judgment alive once real money shows up. Studying more doesn't fix that. Training the operator does. This sheet measures the symptom; the course works on the root.

WHAT TO DO WITH THIS TOMORROW

1. Print the last page and keep it **in sight**, not in a folder. Discipline that depends on remembering isn't discipline.
2. Tick it for **20 sessions straight** and log two things a day: boxes ticked, and whether you obeyed. No P&L yet.
3. After 20 days compare your average result **obeying** against your average result **breaking the rules**. That number — not your opinion — tells you whether the problem is the strategy or you.

Print this page and keep it next to the screen. Run it before every trade.

01 ☐ My body is in condition to make decisions involving money.

02 ☐ I am not here to recover anything. I am here to execute.

03 ☐ My loss limit, trade count and cut-off time are written down.

04 ☐ I can state my entry in one sentence.

05 ☐ I know what has to happen for me to admit I was wrong, and the stop is in.

06 ☐ The risk on this trade is identical to the others.

07 ☐ I am not chasing anything.

08 ☐ I have changed nothing that wasn't written before I entered.

09 ☐ I am below my tilt threshold.

10 ☐ I obeyed my process, whatever the result turns out to be.

House rule: two unticked boxes in Block 1 and there is no trading today.

AND THIS IS ONLY THE SYMPTOM

The sheet tells you **WHERE** it breaks. The course fixes **WHY**.

Sangre Fría is an 11-module protocol on what actually decides your results: anxiety, impulsiveness, candle addiction, financial pressure and the protocol of the loss. With exercises, narrated audio and a dashboard that measures your obedience against your P&L.

Module 0 is free, in full. No account, no card.

sangre-fria.vercel.app

WHAT'S INSIDE

11

protocol modules,
from fear to financial
pressure

0

cost to start: Module
0 comes free, in full

ES/EN

the whole course in
both languages, with
narrated audio

1

dashboard measuring
your obedience
against your P&L

Educational content. Not financial advice or an investment recommendation. Trading futures carries risk of loss.