



YTA DEMON KILLER®

Track and eliminate the habits that are destroying your trading edge.

Asset Traded: _____

UNTRAINED HABITS WILL ERASE YOUR EDGE

Every mistake is feedback—track it, study it, upgrade it.

Your long-term P&L is just a reflection of how well you spot, manage, and replace bad habits.

DEMON / ERROR	1	2	3	4	5	6	7	8	9	NOTES
POOR RISK/REWARD TRADE										
ENTERED TOO EARLY										
ENTERED TOO LATE										
EXITED TOO EARLY										
EXITED TOO LATE										
TRADE NOT IN TRADING PLAN										
INCORRECT STOP PLACEMENT										
WRONG POSITION SIZE										
DIDN'T TAKE PLANNED TRADE										
FOMO / CHASING										
TILTED / EMOTIONAL										
GREED										
STOP LOSS MOVING										
IMPATIENCE										
FEAR OF LOSS										
LACK OF DISCIPLINE										
HESITATION										
OVERTRADING										

YTA DEMON KILLER® – HOW TO USE THIS SHEET

1. After each trading session, put one mark in every row where you committed that error.
2. At the end of the day or week, find the row with the most marks – that’s the demon currently attacking your edge.
3. Create one simple rule to counter that demon (e.g., “No trades without stop pre-set,” “No chasing after a missed move”) and trade with the goal of keeping that row clean.
4. When you’ve logged 5–10 sessions with zero marks for that demon, consider it neutralized and shift your focus to the next biggest leak.
5. If the same demon keeps stacking up despite your efforts, cut size or pause live trading and work on the underlying issue with journaling, sim trading, or coaching.

YTA Demon Killer® Log Session Name: _____ Client Name: _____ YTA Name: _____ Date: _____