Consistency Cheatsheet

A working method held inconsistently is a slow blow-up. This is the routine that turns the strategy into a habit you cannot accidentally break.

The non-negotiables

- [ ] Same trading session every day (e.g. 13:00–17:00 UTC London-NY overlap).
- [ ] Same setup family. No experimenting mid-week.
- [ ] Same risk per trade. Never up-size after wins, never down-size after losses.
- [ ] Same stop-after-2-losses rule. Walk away.
- [ ] Journal every trade within 5 minutes of close.

Daily routine — 90 minutes total

1. **Pre-session (15 min):** mark higher-timeframe bias, key levels, news for the session.
2. **Session (60 min):** watch the chart. Take only setups that match your rules. Maximum 2–3 trades.
3. **Post-session (15 min):** journal trades. Score yourself on rule-following, not on PnL.

Process score vs outcome score

The metric that actually matters is **"did I follow my rules?"** — not "did I make money?". A trade that followed every rule and lost is a success. A trade that broke a rule and won is a failure (you got lucky and reinforced bad behaviour).

What consistency looks like in numbers

50 trades over 10 weeks. Same session. Same setup. 0.5% risk per trade.

Week	Trades	Hit rate	Process score
1	5	40%	100%
2	5	60%	100%
3	5	20%	100%
4	5	60%	100%
5	5	40%	100%

That week-3 dip is normal. If process score stays 100% you keep trading. The hit rate normalises over 50+ trades.

Inconsistency tells (audit yourself weekly)

- You changed setup families this week.
- You traded outside your usual session.
- You risked more on "high conviction" trades.
- You moved a stop further away.
- You took a 4th trade after 3 already.
- You didn't journal trades this week.

The 100-trade rule

Don't judge a system before 100 trades. Variance over 10 trades is huge. Variance over 100 is much smaller. If you're 30 trades in and tempted to quit, you're judging on noise.

The mechanical-trader standard

Rules > feelings

A systematic rule set produces consistent outcomes *no matter how you feel* on the day.

Guard against alpha decay

An edge erodes when you quietly drift from the rules — an extra trade here, a moved stop

Discretionary, mood-led decisions are a gamble dressed up as skill.

there. **Strict adherence is what stops the decay.** Audit yourself weekly.

Keep it simple

A handful of rules you actually follow beats a complex system you abandon under pressure. The whole Orion approach — the *Keep It Simple* series, the *3-Stage Trading Model* — is built so the method survives a bad day: same M5 read, same session, same rules.

If you remember nothing else

1. Same session, same setup, same risk — every trading day.
2. Journal every trade. Re-read the journal weekly.
3. Track process score (rules followed), not PnL.
4. 100 trades minimum before judging a system.
5. Stop after 2 losses. Always.