

Four Habits Worksheet

Signal Pilot Education — companion to Lesson 90: The Four Habits Together.

Four habits, each measurable alone on the same trades. On the lesson's seven, taking the profit at the first green close costs 2.20 a share and a stop at a quarter of an R costs 5.90. Add those and the pair should leave 1.74. Run both at once and the record is 4.44, which is 2.70 better than the addition predicts. This worksheet runs the same test on your own trades.

Educational only. Trading involves substantial risk of loss. Not financial advice. Past performance does not guarantee future results. Every number in this worksheet is one you measure on your own record; the figures in the right-hand column are what the lesson measured on its own seven trades, and they are there to be disagreed with rather than copied.

1. Fix the baseline

Take **the same set of trades** for every row that follows. Re-running each habit on a different sample is the one mistake that makes this sheet useless.

	Your number
Trades in the sample	
Result of the rule, untouched	

2. Run each habit alone

Replay the same trades four times, changing exactly one thing each time.

Habit	Your result	Cost against baseline	Lesson 90's seven
Take the profit at the first green close			costs 2.20
Move the stop to a quarter of an R			costs 5.90
Size the next trade on the last outcome			
Exit at the best close you saw			

3. Run two of them together

	Your number	Lesson 90's seven
Cost of habit A alone		2.20
Cost of habit B alone		5.90
What addition predicts = baseline – A – B		1.74
What the pair actually leaves		4.44
Gap		2.70

The gap is the finding. Two exits do not stack, because whichever fires first takes the trade off the table and the second never gets to charge. Anyone adding up the cost of their habits one at a time is overstating the total.

4. Read the order

	Your number
Costliest habit alone	
Habit that changes least when combined	
The one to fix first	

What you are holding when this is filled in

Four costs, one predicted total and one measured total. The gap between the last two is the amount by which adding habits up gets the answer wrong, and the first row of section 4 is the only one worth acting on this month.

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