

Mind Trade — Smart Risk Manager V1.1

A professional risk management framework for investment portfolios — designed to protect capital, standardize execution, and build wealth through disciplined position sizing.

DYNAMIC CALCULATOR

RISK MATRIX

EMOTIONAL LOG



Tab 1: Dynamic Position Size Calculator

Enter your account parameters below to calculate your exact risk exposure and suggested lot size for every trade. **Never enter a trade without completing this step.**

Input Parameters

Metric	Value	Instructions
Account Balance (USD)	\$10,000	Enter your total equity here
Risk per Trade (%)	1.00%	Percentage of account to risk
Stop Loss (Pips/Points)	20	Distance to your Stop Loss
Asset Multiplier	10	Gold = 10; Nasdaq = 10-20

Calculated Results

\$100

Risk Amount

Maximum dollar loss per trade

0.5

Suggested Lots

Position size in standard lots

i Formula: Risk Amount = Balance × Risk % ÷ (SL × Multiplier)



Calc Risk







Lot Size

Execute

This calculator enforces a systematic approach to every trade entry — eliminating emotional sizing decisions and ensuring consistent capital protection across all market conditions.

Tab 2: Risk & Protection Matrix by Account Size

Identify your account tier to understand your personal **Safety Net**. Each tier comes with a tailored protection strategy aligned to your capital stage.

Account Tier	0.5% Risk (Safe)	1% Risk (Standard)	XAUUSD Min Lot (20 SL)	Protection Strategy
\$100	\$0.50	\$1.00	0.01 (Micro)	 SURVIVAL MODE: Use micro-lots only. Avoid news volatility.
\$500	\$2.50	\$5.00	0.02	 ACCUMULATION: Focus on 1:2 RRR. Protect the base.
\$1,000	\$5.00	\$10.00	0.05	 CONSISTENCY: Standardize execution. Avoid overtrading.
\$2,500	\$12.50	\$25.00	0.12	 GROWTH: Diversify sessions (London/NY).
\$5,000	\$25.00	\$50.00	0.25	 PROFESSIONAL: Deep focus on psychological journal.
\$10,000	\$50.00	\$100.00	0.50	 WEALTH: Preservation is priority. Focus on Abundance.

0.5% — Safe Mode

Conservative sizing for capital preservation during drawdown periods or low-confidence setups.

1.0% — Standard Mode

Default risk level for high-confidence setups with clear structure and defined stop loss.

XAUUSD Minimum Lot

Gold-specific lot sizing based on a 20-pip stop loss. Scales proportionally with account growth.

Account Tier Progression Strategy

Each account tier represents a distinct phase of your trading journey. Progress is earned through **discipline and consistency**, not luck. Follow the strategy assigned to your tier before advancing.



\$100 — Survival Mode

Micro-lots only. Avoid high-impact news events. Every dollar counts at this stage.



\$500 — Accumulation

Target a minimum 1:2 Risk-Reward Ratio on every trade. Protect the base capital above all else.



\$1,000–\$2,500 — Consistency & Growth

Standardize your execution process. Begin diversifying across London and New York sessions.



\$5,000 — Professional

Deep focus on psychological journaling. Your mindset is now your primary edge in the market.



\$10,000 — Wealth Preservation

Capital preservation is the top priority. Abundance is built through the discipline of protection.

Tab 3: Emotional Performance Log

Track your psychological state alongside your trade results. Emotional awareness is the hidden edge that separates consistent traders from impulsive ones. **Log every trade — win or lose.**

Date	Asset	Pre-Trade State	Rules Followed?	Emotion	P/L (USD)	Notes
DD/MM/YY	XAUUSD	Calm / Focused	✓ Yes	Confident	+\$80	Followed plan
DD/MM/YY	NAS100	Anxious / Rushed	✗ No	Fear	-\$100	Revenge trade
DD/MM/YY	XAUUSD	Neutral	✓ Yes	Disciplined	+\$50	Waited for setup

3 Core Rules for Every Trader

1 Find Your Account Tier

Use Tab 2 to identify your Safety Net and apply the correct protection strategy for your capital stage.

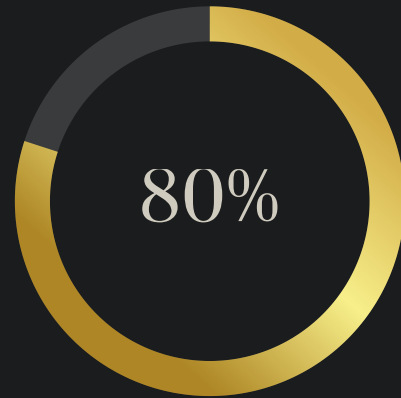
2 Calculate Before Every Trade

Use Tab 1 for every single trade execution — no exceptions. Consistency in sizing is consistency in results.

3 Abundance Through Protection

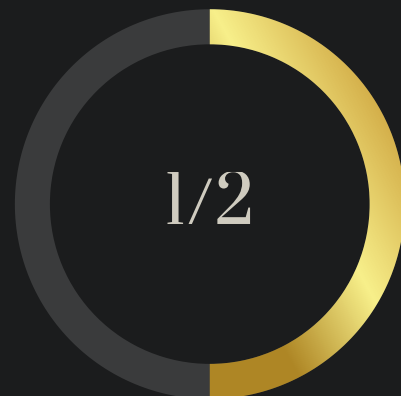
Wealth is not built by chasing profits. It is built through the relentless discipline of protecting what you have.

Emotional State Tracker



Rule Adherence

Target: follow your rules on 8 out of 10 trades minimum



Emotional Trades

Reduce impulsive entries to below 50% of total sessions

Abundance is built through the discipline of protection.