SOCRATIC TRADING ACADEMY

Post-Session and Weekly Review

A blank worksheet for comparing what you did with what you planned, before looking at outcomes.

This worksheet is filled in by hand. It produces no scores, grades or diagnoses. A result that went your way does not prove the process was followed, and one that did not does not prove the process was wrong.

A Post-session review

Date and session		**Plan version**	
Journal entries reviewed		**Timezone**	

Record completeness

Gaps I found

- ☐ Each decision has a “before” note written before acting.
- ☐ Entries and exits are recorded with their time and source.
- ☐ Documented no-trade decisions are recorded too.
- ☐ Emotions and state are noted.
- ☐ Later corrections are dated and the originals kept.

Planned and unplanned decisions

Entry ID	Planned? Yes / No / Unknown	What happened (process, not P&L)	Note

One lesson from this session

Education only, not investment advice. This record may contain private information; store it securely.

B Weekly review

Week of		**Plan version(s) in use**	
Sessions covered		**Entries reviewed**	

Process before outcome

Write entry IDs in each box. Keep unknown cases in their own row; do not move them into a favorable category.

	Outcome went my way	Outcome did not go my way	No trade
Plan followed			
Plan not followed			
Unknown / not recorded			

What do I notice about planned versus unplanned decisions? *A week is a small sample; treat patterns as questions, not conclusions.*

Where were my records incomplete, and what will I record differently?

Lessons for my process

Record completeness this week (count by hand)

Decisions recorded		**With a before-note**	
Marked unknown		**Corrections added**	

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C One process adjustment and how I will test it

Change one thing at a time so a later review can tell what the change did. If nothing needs to change, write that down.

The one change	
Why (evidence from my records)	
Plan version after change	
How I will test it (which sessions, for how long)	
What I will record	
When I will review it	
What would make me undo it	

☐ I added this change to the revision log in my written plan.

☐ Earlier journal entries stay linked to the earlier plan version.

Notes for next week

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