



Before you begin

A practical learning checklist for working people. Start with understanding, a plan and questions you can explain in your own words.

- ☐ **Protect your everyday commitments**
Keep rent, school fees, bills, emergency savings and borrowed money out of trading decisions.
- ☐ **Understand the product first**
Explain leverage, margin, spread, costs and how a position can lose money. If you cannot explain them, pause and learn.
- ☐ **Use a demo to learn the platform**
Practise order types and closing a position. Demo results do not predict live results or reproduce every live condition.
- ☐ **Write the decision before the trade**
Record the idea, what would show you were wrong and the loss limit you chose. A stop order does not guarantee a particular price.
- ☐ **Keep a journal, including losses**
Record the reason, result and lesson. Review the process rather than selecting only the best screenshots.
- ☐ **Question every promise**
Ask about the full time period, losses, costs and source. No person, bot or group can guarantee a trading return.
- ☐ **Keep access and money official**
Use verified official account channels. Never send a partner your password, OTP or money to handle on your behalf.
- ☐ **Know who can help**
Ask the partner for educational support. Use official Exness support for account, payment and verification issues.

Trading can result in substantial losses. This checklist is educational and does not assess whether trading is suitable for you.