# The Breakout Checklist

Clear rules to protect your balance before opposing headlines trigger sudden market breaks.

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## 01 Rule One: Size Down Early

- Cut your regular trade volume before expected headline releases.
- Smaller position sizes let your account absorb wider price swings without sudden large drawdowns.

## 02 Rule Two: Prepare for Slippage

- Remember that stop exit orders fill at the next available quote.
- Fast market spikes can gap past your intended line, so keep risk buffers wider than usual.

## 03 Rule Three: Hard Daily Caps

- Fix a firm limit on your daily exposure before opening any trade.
- Automated rules must shut off execution once that threshold is touched.

## Checklist

- [ ] Verify upcoming high-impact headline release times on your calendar
- [ ] Reduce standard order volume to account for wider point swings
- [ ] Check that platform stop orders are active on all open positions
- [ ] Define a strict maximum loss limit for the trading day
- [ ] Confirm your platform has a stable connection before the release
- [ ] Step away from manual order entry during the initial spread spike

## Your next step

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