



FLAWLESS POKER GUIDE SERIES

The Mindset Dimension: Discipline and Development

Study discipline, emotional control, decision-making under pressure, session preparation
and healthy playing habits, with a personal study planner and reflection journal

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A BRIGHTER GAME AHEAD · PLAY · TRACK · IMPROVE · WIN



Contents

How to use this guide	3
1. Study discipline	3
2. Emotional control	5
3. Decision-making under pressure	7
4. Session preparation	9
5. Healthy playing habits	10
6. Drills: check your understanding	11
7. Your Personal Study Planner and Reflection Journal	12

Flawless Poker · The Mindset Dimension: Discipline and Development · October 2026 edition. Study material for use away from the table; charts and ranges are approximate guidelines, not solver output.



How to use this guide

Every Flawless Poker guide so far has been about the cards: ranges, odds, stack sizes and spots. **The Mindset Dimension** is about the player holding them. Your technical knowledge only pays off if you can use it on a bad day, in a big pot, after a three-outer, at the end of a long session. This guide gives you a practical system for that. It does not offer motivational slogans.

The guide has two parts:

1. **Five prose chapters:** study discipline, emotional control, decision-making under pressure, session preparation, and healthy playing habits. Each one ends with something to do, not just something to know.
2. **The signature experience: your Personal Study Planner and Reflection Journal.** It contains a 4-week planner, weekly goal sheets, daily session logs, a pre-session checklist, post-session reflection pages, a hand review template, a tilt tracker and a monthly review. The pages are **fillable on screen** (click any box and type) and are also designed to be printed and written on by hand.

How claims are labelled. Numbers marked **[Computed]** were calculated exactly for this guide (binomial or normal-distribution maths). Advice marked **[Consensus]** reflects widely shared practice among poker coaches and players. It is useful experience, not proven science. Where general research on learning, sleep or stress points the same way, we say so in plain terms. We don't claim more than the evidence supports. Nothing here is medical or psychological advice. If gambling is causing you harm, see Chapter 5 and the back page for help.

Study material, not a live aid. Use this guide and your journal before and after sessions, not as a real-time aid during play. Real-money poker is for adults only. Only play with money you can afford to lose.

The core idea: control the controllables

You control your **decisions**, your **preparation**, your **study** and your **state**. You do not control the cards, your opponents or short-term results. A good session is one where you made good decisions in a good state, whatever the result. Everything in this guide, and every page of the journal, is built around that split.

You control	You don't control
Which games you choose, and when you stop	The cards dealt and the board runout
Study hours and the quality of your review	Opponents' skill and luck
Your sleep, breaks, food and environment	Short-term swings (variance)
Bankroll rules and limits	Whether a good decision wins this time
How you respond after a bad beat	Whether the bad beat happens

1. Study discipline

Most players who stop improving don't lack talent. They lack **structure**. They study when they feel like it, review only painful hands, and measure progress by last week's results. A study system fixes all three.

1.1 A weekly study structure

A sustainable baseline for a recreational or part-time player is **3-5 hours of study per week** alongside play [Consensus]. A useful rule of thumb is roughly **one hour of study for every**



three to four hours played. Players moving up in stakes usually study more. What matters most is that the plan is **regular and specific**.

Day	Block (45-60 min)	Focus
Mon	Review	5-10 hands from the weekend's sessions, using the hand review template
Tue	Theory	One topic from a Flawless guide (e.g., 3-bet ranges or bubble ICM)
Wed	Drills	Flashcards and quizzes on that topic; equity and pot-odds practice
Thu	Play + tag	Play, tagging hands that match the week's topic
Fri	Review	Review the tagged hands: did the theory hold up?
Sat/Sun	Play + weekly review	Fill in the weekly goal sheet: what improved, and what's next

One topic per week. Picking a single theme (e.g., "defending the big blind against steals") and attacking it from theory, drills, play and review beats sampling ten topics lightly [Consensus].

1.2 Spaced practice and active recall

General learning research consistently finds that **spreading practice out over time** (spaced practice) and **testing yourself** (retrieval practice) produce better long-term retention than cramming or re-reading. Poker coaching advice agrees [Consensus]. In practice:

- **Quiz, don't re-read.** Cover the chart and recall it, then check. Use the drills sections in the Flawless guides.
- **Revisit on a schedule.** Come back to a topic after about 1 day, 1 week and 1 month. The 4-week planner in the journal has a "revisit" column for this.
- **Mix related topics** once you know the basics (e.g., alternate open-raising and 3-bet drills) so you practise *choosing* the right tool, not just using it.
- **Short and frequent beats long and rare.** Four 30-minute blocks usually achieve more than one 2-hour block.

1.3 A hand review method

Reviewing hands is the highest-value study most players do. It is also the easiest to do badly, by reviewing only the hands you lost and asking only "was I unlucky?" Use this five-step method. The journal's hand review template follows it.

1. **Select fairly.** Review a mix: big pots won *and* lost, close decisions, and any spot that made you uncomfortable. Pick hands by **how hard the decision was**, not by the result.
2. **Hide the result.** Cover the showdown (or don't look at it first). Write down what you knew at each decision point: positions, stacks, reads and the action.
3. **Reconstruct each decision.** Preflop, flop, turn, river: what were the options? What range did you put the opponent on? What did the pot odds or equity require? Use the Odds Bible for the numbers.
4. **Grade the decision, not the outcome.** Rate each street: correct, close or mistake. A winning hand can contain mistakes, and a losing hand can be perfectly played.
5. **Extract one lesson.** Write one sentence you can act on ("Against small-stakes regulars, fold the bottom of my bluff-catchers to a river check-raise"). Add it to the weekly goal sheet.

Review tip [Consensus]. Discuss tough hands with a study partner or forum before looking at solver output or the result. Explaining your reasoning out loud exposes gaps faster than reading an answer.



1.4 Goal setting: process goals vs results goals

Results goals ("win \$500 this month", "reach NL50") depend heavily on variance you don't control, especially over short periods (see Chapter 3). **Process goals** ("study 4 hours a week", "review 10 hands a week", "quit at my stop-loss every time") are fully within your control. They are also the things that produce results over time.

Type	Example	Within your control?	Use it for
Results	Win 10 buy-ins this month	No: variance dominates short samples	Long-term direction only
Performance	Hold a 3-bet % of 7-9% from the blinds	Mostly	Measuring skill changes over large samples
Process	Complete 4 study blocks; review 10 hands; follow every stop rule	Yes	Weekly and daily planning

Write goals that are specific and checkable. "Study more" is not a goal. "Three 45-minute study blocks (Mon/Tue/Fri) on BB defence, plus 10 reviewed BB hands" is. Each weekly goal sheet in the journal has space for **three process goals**, one **performance focus**, and a yes/no check at the end of the week.

1.5 Tracking progress honestly

- Use a tracking tool or the session log to record **hands played, hours, results and how well you followed your rules**.
- Judge win rate only over large samples (see the variance table in Chapter 3). Judge the **process** every week.
- Keep a **leak list**: your three biggest known mistakes, ranked. Study the top one until it's no longer top.

2. Emotional control

Every player tilts. The aim is not to never feel frustration, fear or overconfidence. It is to **notice those states early** and keep them from changing your decisions. "Tilt" here means **any emotional state that pushes your decisions away from your best game**, not just anger after a bad beat.

2.1 Types of tilt

The categories below come from widely used poker mental-game frameworks (popularised by mental-game coaches such as Jared Tendler) [Consensus]. They are practical labels, not clinical categories.

Type	What it feels like	Typical trigger	Typical leak
Injustice tilt	"That's not fair, I always lose these"	Bad beats, coolers, a run of losing flips	Playing too many hands; calling down light to "get it back"
Losing tilt (hate-losing)	Desperation to get unstuck	Being down for the session or the month	Moving up in stakes, ignoring stop-losses, marathon sessions
Winning tilt (overconfidence)	"I can't lose today"	A heater, a big score	Loose calls, bluffing the wrong players, playing past the stop-win plan
Entitlement tilt	"I'm better than these players; I deserve to win"	Losing to weaker players	Contempt, taking marginal spots to "punish", refusing to adjust



Type	What it feels like	Typical trigger	Typical leak
Revenge tilt	Targeting one player	An opponent who bluffed you, needled you or keeps attacking you	Calling too wide against that player, getting into ego battles

Two related states are worth noting. **Fear and hesitation** (playing too passively in big pots) and **fatigue tilt** (sloppy decisions late in a session) cost money too, and the same tools help.

2.2 Tilt triggers and early warning signs

Tilt is easiest to stop **early**. Learn your personal triggers and the first signs that your thinking is changing.

Early sign	Example
Physical	Faster breathing, tight jaw or shoulders, hot face, clicking faster
Thoughts	"Of course", "Every time", "I have to win this back", "I'm getting this guy"
Actions	Adding tables, timing out, skipping the hand review notes, chat messages
Decisions	Calling where you'd normally fold; bluffing without a plan; ignoring reads

2.3 Build your tilt profile (worksheet)

A tilt profile is a short written map of **your** pattern. Fill it in after a session when you're calm. The journal has a tilt tracker that feeds it.

Question	Your answer
Which tilt type hits you most often?	
My top three triggers are:	
The first physical sign I notice:	
The first thought I notice:	
The first change in my play:	
At level 3/10 I will:	
At level 6/10 I will:	
At level 8/10 or above I will:	Stop the session (the stop rule)
A sentence that helps me reset:	

2.4 In-session reset techniques

Slow breathing. A simple, widely taught method: breathe in through the nose for about 4 seconds, out slowly for about 6 seconds, for 1–2 minutes. Many people find longer, slower exhales calming, and it costs nothing to try between hands [Consensus]. Use it after any big pot, win or lose.

The reset routine (30–90 seconds). Sit out a hand or take a short break. Do three slow breaths. Say your reset sentence (from the tilt profile), name your current state on the A-to-C scale, then decide: continue, reduce tables, or stop.

The stop rule. Decide **before** the session: "If my tilt reaches 8/10, or I break a rule twice, I stop for the day." A pre-committed rule takes the decision away from the version of you that's tilted. That is the whole point.

The A-to-C game scale [Consensus]. Every player has a range of quality:



Level	Description	Action
A-game	Clear, patient, adjusting to reads, using full theory	Play; note what helped you get here
B-game	Solid but autopilot; fewer reads; slight frustration or fatigue	Play; reduce tables; reset at the next break
C-game	Emotional or tired; rules bending; decisions forced	Stop, or at minimum drop to one table and use the reset routine

The long-term goal is to **raise your C-game**. Make your worst decisions less bad by turning key fundamentals into automatic habits, so that even a tilted session costs little.

2.5 Between sessions: working on tilt

- Log every tilt moment in the tilt tracker: the trigger, the intensity (1–10), what you did, and the cost.
- Look for patterns weekly. Is it the same trigger? The same time of night? After the same number of hours?
- Write a **correction** for the most common thought. For example, "I always lose flips" becomes "I lose flips about half the time; over 4 flips, losing all 4 happens 6.25% of the time [Computed]."
- If tilt is persistent and is affecting your mood or finances outside poker, take a longer break and see Chapter 5.

3. Decision-making under pressure

Big pots, bubble spots and timed decisions are where money is won and lost, and where pressure is highest. Good decisions under pressure come from **preparation and a repeatable process**, not from heroics.

3.1 The big-pot decision checklist

Run through this when a big decision comes up. With practice it becomes a 10–20 second habit.

1. **Pause.** One slow breath. Don't act on the first impulse.
2. **Situation:** effective stacks, pot size, position and the stage (cash, or tournament with ICM).
3. **Opponent:** player type, any reads, and how they got here (line, sizing).
4. **Ranges:** what hands take this line? What part of their range beats you, and what part do you beat?
5. **Price:** what equity do you need? Calling b into a pot of P needs $b \div (P + 2b)$ equity. A pot-sized bet needs 33%.
6. **Alternatives:** call, fold, raise, or a different size. What's the plan for later streets?
7. **Decide and commit.** Then let the result go.

3.2 Using the time bank

- Use time for **real** decisions: big pots, river bluff-catches, ICM shoves. Don't use it to hope the problem goes away.
- Act at a **consistent pace** in routine spots so you have time saved for hard ones (and to avoid giving away timing tells) [Consensus].
- If you're often running low on time, play fewer tables. Multi-tabling beyond your comfort level is a common cause of rushed mistakes [Consensus].
- When time is nearly up, fall back on a **default** you prepared during study (e.g., "with a medium-strength bluff-catcher on the river against an unknown, call a half-pot bet and fold to



an overbet").

3.3 Separating results from decisions: variance maths

A decision is good if it has **positive expected value (EV)** given what you knew, whatever the outcome. The numbers below show how often good decisions lose, so a bad result is not proof of a bad decision.

Situation	Probability	Label
A 60% favourite loses one all-in	40%	[Computed]
A 60% favourite loses three in a row	$0.4^3 = \mathbf{6.4\%}$	[Computed]
Over 20 separate 60% spots, you see a run of 3+ losses in a row at least once	56.2%	[Computed]
Over 50 separate 60% spots, a run of 3+ losses at least once	88.6%	[Computed]
Over 100 separate 60% spots, a run of 3+ losses at least once	98.8%	[Computed]
A 60% favourite in 20 spots wins only 10 or fewer	24.5%	[Computed]
An 80% favourite in 10 all-ins loses 3 or more of them	32.2%	[Computed]
AA vs KK (about 82%) loses two in a row	$0.18^2 = \mathbf{3.2\%}$	[Computed]
Losing 4 coin flips in a row	$0.5^4 = \mathbf{6.25\%}$	[Computed]

Reading: losing three 60/40s in a row is unlikely on any *particular* three hands (6.4%). But if you play regularly it's close to certain to happen at some point (88.6% over just 50 such spots). Streaks are normal, not signs of a curse.

Win-rate variance. Suppose you are a genuine winning player at **5 bb/100** with a typical standard deviation of **100 bb/100** for no-limit cash games [Approx.]. The chance your *measured* win rate is still **below zero** after:

Sample	Standard error of your measured win rate	P(you look like a losing player)
10,000 hands	10 bb/100	30.9% [Computed]
50,000 hands	4.5 bb/100	13.2% [Computed]
100,000 hands	3.2 bb/100	5.7% [Computed]

A month of results tells you very little about skill. That is why process goals and the hand review method matter more than the graph.

3.4 Avoiding common biases

Bias	What it sounds like	Correction
Results-oriented thinking	"I lost, so the call was wrong." / "It worked, so the bluff was good."	Grade with the result hidden; use the equity needed vs equity held
Sunk cost	"I've put so much in, I have to call."	Chips already in the pot belong to the pot. Only the price now vs your equity now matters
Gambler's fallacy	"I've lost five flips, I'm due to win one."	Cards have no memory. Each hand is independent: a 50% spot is still 50%
Hot-hand thinking	"I'm running hot, I can't lose."	Same as above: a heater doesn't change the odds of the next hand (winning tilt)
Confirmation bias	Only remembering the times a read was right	Log reads and check them; track how often a "read" actually holds up
Recency bias	Last session's cooler changes this session's strategy	Change strategy only after review, not mid-session



3.5 Pressure in tournaments

Tournament pressure peaks at the bubble, at pay jumps and at final tables. Prepare these spots **in study**: use the ICM and push/fold material in the SNG and MTT guides so the decision is familiar when it arrives. At the table, the checklist above still applies. Add one step: **"How do pay jumps change what I need?"** (ICM usually requires more equity to call all-ins than chip EV does).

4. Session preparation

How a session starts affects how it goes. A short routine before and after play is one of the cheapest edges available [Consensus].

4.1 Pre-session warm-up (10-15 minutes)

1. **State check:** rate your sleep, energy, mood and stress (1-10). If two or more are below 5, play a shorter session or don't play.
2. **Review your focus:** read this week's goal sheet and your top leak. Pick **one** thing to focus on today.
3. **Quick drill:** 5 minutes of flashcards or a few hands from the study topic.
4. **Rules:** write down today's start/stop numbers (below), table limit and finish time.
5. **Mental rehearsal:** picture a bad beat and your reset routine; picture a big decision and the checklist.

The journal's **pre-session checklist** puts all of this on one page.

4.2 Environment

- A quiet, comfortable space with a proper chair, good light and a screen at eye level.
- **No distractions:** phone on silent and out of reach, no TV, no other browser tabs.
- Water and a light snack at hand; avoid heavy meals right before play.
- Avoid alcohol or other substances that affect judgement before or during play.
- Tell people around you when you're playing and when you'll stop.

4.3 Start and stop rules (from the NL50 Profit-Protection guide)

Rule	Example (NL50, \$50 buy-in)	Purpose
Start rule	Only start if the state check is OK and the bankroll is within limits	Don't begin sessions tired, tilted or under-rolled
Stop-win	+\$25 to +\$50 (+0.5 to +1 buy-in)	Lock in the discipline of leaving; avoid winning tilt
Trailing stop	Up \$50 → quit if you drop back to +\$30	Protect a good session from a late collapse
Stop-loss	-\$100 to -\$150 (2-3 buy-ins)	Cap bad days; prevent losing tilt
Time limit	e.g., 2-3 hours	Avoid fatigue-driven mistakes
Tilt rule	Tilt 8/10, or two rule breaks → stop	Pre-commit to stopping

Honest note. Stop-wins and stop-losses **don't change your long-run expected value**. Poker is one long session, and your win rate comes from your decisions. The value of these rules is **discipline**. They cap bad days, stop tilt sessions, prevent fatigue and force breaks. Never make an exception to the stop-loss.

4.4 Cooldown (10 minutes)

1. **Stop cleanly.** Finish the current hand and close all tables when a rule triggers.



2. **Log the session:** date, duration, game, result, rules followed (yes/no) and A/B/C rating.
3. **Tag 3-5 hands** for review. Don't review them deeply now. Do it tomorrow with fresh eyes.
4. **Reflect:** fill in the post-session journal page (best decision, worst decision, emotional state, tilt moments, lesson learned).
5. **Switch off:** a short walk or another activity. Leave a gap before sleep if you can.

5. Healthy playing habits

Poker performance depends on the person playing. Sleep, breaks and physical health affect concentration and emotional control. General health guidance and coaching experience agree on that [Consensus]. This chapter is general information, not medical advice.

5.1 Sleep

- Most adults are generally advised to aim for **7 or more hours** of sleep per night (public-health guidance).
- Avoid late-night sessions that cut into sleep, especially before work or study days.
- Tiredness reduces focus and patience. Make "slept badly" a reason to play shorter or skip the session.
- Leave time between the end of a session and bedtime to wind down.

5.2 Breaks and session length

Habit	Suggestion	Label
Short breaks	5 minutes every 45–60 minutes: stand, stretch, look away from the screen	[Consensus]
Session length	Set a time limit (e.g., 2–3 hours); end earlier if your state drops	[Consensus]
Days off	At least one or two poker-free days a week	[Consensus]
After a big swing	Take a break before playing again, whether it was up or down	[Consensus]

5.3 Physical health

- **Move:** regular physical activity supports mood and energy (general health guidance). Even a walk before a session helps you settle.
- **Eat and drink sensibly:** stay hydrated and avoid heavy meals or lots of caffeine during play.
- **Posture and eyes:** use a good chair and screen position, and look away from the screen regularly.
- **Life balance:** keep time for people, work or study, and other interests. Poker should fit around your life, not take it over.

5.4 Limits

Set limits **before** you play, in writing, and use the tools your site provides:

- **Deposit limits** (daily, weekly or monthly).
- **Loss limits** and **session time limits** or reminders.
- **Bankroll rules:** a clear number of buy-ins for your stake, and a rule for moving down (see the bankroll sections of the cash and SNG guides).
- **Never** borrow money to play, or use money meant for bills, rent or essentials.

5.5 Recognising problem gambling

Watch for these warning signs in yourself or someone else:



- Spending more money or time than intended, or needing to play bigger to get the same excitement.
- **Chasing losses:** playing longer or bigger to win back money.
- Lying about how much you play or lose, or hiding it from others.
- Borrowing money, selling things or missing bills to fund play.
- Feeling restless or irritable when trying to cut down, or using poker to escape problems or low mood.
- Poker affecting your work, studies, relationships, sleep or health.

If any of these sound familiar, **take a break and talk to someone**. Help is free and confidential.

5.6 Resources

Resource	What it offers
1-800-GAMBLER (US)	Free, confidential helpline: call, text or chat, 24/7 (National Council on Problem Gambling network)
Site self-exclusion tools	Most licensed sites let you set deposit, loss and time limits, take a cool-off break, or self-exclude for months or permanently
State self-exclusion programs	Many US states run self-exclusion lists covering licensed operators in that state
Gambling-blocking software	Device-level blockers that block gambling sites and apps
Gamblers Anonymous	Peer support meetings, in person and online

Outside the US, look for your country's national gambling helpline and self-exclusion scheme. Only play with money you can afford to lose.

6. Drills: check your understanding

1. A friend loses three all-ins in a row as a 60% favourite and says the site is rigged. How often does a 60% favourite lose three particular all-ins in a row?
2. Calling a \$50 river bet into a \$100 pot: what equity do you need?
3. You lose with AA vs KK all-in preflop (about 82%) twice in a row. How likely was that?
4. "I've lost four flips in a row, so I'm due." Name the bias, and give the probability of losing four flips in a row.
5. A 55% favourite wins none of three all-ins. How likely is that?
6. True or false: hitting your stop-win raises your long-run win rate.
7. Classify: "I keep 3-betting this player because he made a fool of me earlier."
8. A winning player at 5 bb/100 (SD 100 bb/100) is shown as a loser after 10,000 hands. Roughly how often does this happen?
9. Which is a process goal? (a) Win 5 buy-ins this week (b) Review 10 hands this week (c) Reach NL100 by summer.
10. A 70% favourite loses two in a row. Probability?

Answers

1. $0.4^3 = \mathbf{6.4\%}$ [Computed]. It's unlikely on three specific hands, but over 50 such spots a 3-loss streak happens 88.6% of the time.
2. $50 \div (100 + 2 \times 50) = \mathbf{25\%}$ [Computed].



3. $0.18^2 = 3.2\%$ [Computed].
4. **The gambler's fallacy**; $0.5^4 = 6.25\%$ [Computed]. The next flip is still 50%.
5. $0.45^3 = 9.1\%$ [Computed].
6. **False**. Stop rules protect discipline, not EV.
7. **Revenge tilt**.
8. About **30.9%** of the time [Computed].
9. **(b)**.
0. $0.3^2 = 9\%$ [Computed].

7. Your Personal Study Planner and Reflection Journal

This is the signature experience of **The Mindset Dimension**. The pages that follow are designed as full-page worksheets. **They are fillable on screen**: open the PDF in a reader that supports forms (e.g., Adobe Acrobat Reader, a web browser or Preview), click any box and type, then save a copy. Or print the pages and write by hand. Print extra copies of the daily pages as needed.

Journal page	When to use it
4-Week Study Planner	At the start of each month: topic, sessions and revisit dates for each week
Weekly Goal Sheet	Each week: three process goals, a performance focus and an end-of-week check
Pre-Session Checklist	Before every session: state check, focus and rules
Daily Session Log	During the day: one line per session (time, game, result, rules, A/B/C)
Post-Session Reflection	After every session: best and worst decision, emotional state (1-10), tilt moments, lesson learned
Hand Review Template	Hand reviews: decision by decision with the result hidden
Tilt Tracker	Each tilt moment: trigger, type, intensity, response, cost
Monthly Review	At the end of each month: totals, patterns and next month's plan

Suggested rhythm: planner monthly → goal sheet weekly → pre-session checklist, session log and reflection every session → hand reviews 2-3 times a week → tilt tracker whenever needed → monthly review.



PERSONAL STUDY PLANNER & REFLECTION JOURNAL

4-Week Study Planner

Plan one main topic per week. Revisit each topic about 1 day, 1 week and 1 month later (spaced practice).

Month: _____ Main goal this month: _____

WEEK 1

Topic / theme: _____

Study hours planned: _____ Guide / resource: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Revisit dates (1 day / 1 week / 1 month): _____

WEEK 2

Topic / theme: _____

Study hours planned: _____ Guide / resource: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Revisit dates (1 day / 1 week / 1 month): _____

WEEK 3

Topic / theme: _____

Study hours planned: _____ Guide / resource: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Revisit dates (1 day / 1 week / 1 month): _____

WEEK 4

Topic / theme: _____

Study hours planned: _____ Guide / resource: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Revisit dates (1 day / 1 week / 1 month): _____



PERSONAL STUDY PLANNER & REFLECTION JOURNAL

Weekly Goal Sheet

Three process goals you control, one performance focus, and an honest check at the end of the week.

Week of: _____ Study topic: _____

PROCESS GOAL 1 (SPECIFIC AND CHECKABLE)**DONE?**☐ Yes☐ No**PROCESS GOAL 2 (SPECIFIC AND CHECKABLE)****DONE?**☐ Yes☐ No**PROCESS GOAL 3 (SPECIFIC AND CHECKABLE)****DONE?**☐ Yes☐ No**PERFORMANCE FOCUS (A STAT OR SKILL TO WATCH; JUDGE OVER BIG SAMPLES)****WHAT WENT WELL THIS WEEK****WHAT TO IMPROVE NEXT WEEK**

Study hours: _____ Hands played: _____ Hands reviewed: _____

Rule breaks this week (stop-loss, time, tilt): _____

TOP 3 LEAKS (RANKED) AND NEXT STEP FOR EACH



PERSONAL STUDY PLANNER & REFLECTION JOURNAL

Pre-Session Checklist

10-15 minutes before you play. If two or more state scores are below 5, play shorter or skip the session.

Date: _____ Game / stake / site: _____

STATE CHECK (1-10)

Sleep: _____ Energy: _____ Mood: _____ Stress (10 = calm): _____ Focus: _____

Anything on my mind that could affect play? _____

CHECKLIST

☐ Slept and ate reasonably; water at hand

☐ Phone silent; quiet, distraction-free space

☐ Read this week's goal sheet and top leak

☐ 5-minute warm-up drill done

☐ Bankroll within limits for this stake

☐ Today's rules written below

☐ Reset sentence and tilt stop rule reviewed

☐ Rehearsed: bad beat → reset; big pot → checklist

TODAY'S RULES

Stop-win: _____ Trailing stop: _____

Stop-loss: _____ Finish time: _____

Max tables: _____ Tilt stop level (/10): _____

TODAY'S ONE FOCUS

MY RESET SENTENCE



PERSONAL STUDY PLANNER & REFLECTION JOURNAL

Daily Session Log

One row per session. Rate your game A (best), B (autopilot) or C (emotional/tired). Rules followed: Y/N.

Week of: _____ Bankroll at start of week: _____

Date	Start-end	Game / stake	Hands	Result (\$ / BI)	Rules Y/N	A/B/C	Tilt max /10	Why I stopped / notes

WEEK TOTAL RESULT

TOTAL HOURS

SESSIONS WITH ALL RULES FOLLOWED

PATTERNS I NOTICE



PERSONAL STUDY PLANNER & REFLECTION JOURNAL

Post-Session Reflection Journal

Within 10 minutes of finishing. Grade your decisions, not your results.

Date: _____ Game / stake: _____ Result: _____

Duration: _____ Overall A/B/C: _____ Rules followed (Y/N): _____

BEST DECISION (AND WHY)

WORST DECISION (AND WHAT TO DO INSTEAD)

EMOTIONAL STATE

Start (1-10): _____ Lowest (1-10): _____ End (1-10): _____

1 = calm and clear · 10 = fully tilted

TILT MOMENTS (TRIGGER → WHAT I FELT → WHAT I DID)

LESSON LEARNED (ONE SENTENCE I CAN ACT ON)

HANDS TAGGED FOR REVIEW



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Hand Review Template

Write each decision with the result hidden. Grade every street: Correct / Close / Mistake.

Date: _____ Game / stake: _____ Hand ID: _____

Positions (me vs villain): _____ Effective stacks: _____

Villain type and reads: _____

Street	Board	Action	Villain range	Price / equity needed	Grade
Preflop					
Flop					
Turn					
River					

ALTERNATIVES I CONSIDERED

RESULT (FILL IN LAST)

WHAT A STUDY PARTNER, FORUM OR TOOL SAID

LESSON (ONE SENTENCE; ADD IT TO THE WEEKLY GOAL SHEET IF IT MATTERS)



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Tilt Tracker

Log every tilt moment. Types: Injustice, Losing, Winning, Entitlement, Revenge, Fear, Fatigue.

Date	Trigger	Type	Level /10	First sign	What I did	Cost (\$ / Bt)

MOST COMMON TRIGGER AND TYPE THIS MONTH

MY CORRECTION (REWRITE THE TILTING THOUGHT WITH THE REAL NUMBERS)



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Monthly Review

Judge the process every month. Judge win rate only over large samples.

Month: Bankroll start → end:

NOTES TO MY FUTURE SELF



A brighter game ahead

PLAY • TRACK • IMPROVE • WIN

ABOUT FLAWLESS POKER

Flawless Poker publishes study guides for online No-Limit Hold'em players: cash games, sit-and-gos and multi-table tournaments. Every guide pairs practical ranges and plans with numbers computed from equity, ICM and simulation models, so you can understand why a play works, not just what to do.

Play responsibly. Real-money poker is for adults only: 18+ (21+ where required by local law). Check that online poker is legal where you live. Play within your means, only with money you can afford to lose, and never chase losses. Set time and deposit limits before you play.

If gambling stops being fun, help is available. In the US, call or text 1-800-GAMBLER (1-800-426-2537). Elsewhere, contact your local problem-gambling helpline.

Study material, not a live aid. These guides are for study away from the table, not for real-time use during play. Charts and ranges are approximate guidelines, not solver output.