STOP DONATING

The Donor's Ledger — Quick Start

Ninety seconds of setup. Then just log honestly.

Step 1 — open it the right way

Built for **Google Sheets** (free, works on your phone). Also works in **Excel**. **Not supported in Apple Numbers** — it breaks the dropdowns and the red-flag highlighting. If you bought the Google Sheets link, tap it and choose **Make a copy** — that copy is yours forever.

Step 2 — fill in three cells on START HERE

1	**Starting bankroll**	The money you have **decided to risk** — not your savings, not your rent. Set it once and never change it: your whole history is built on it. (Traders: this is your Starting capital.)
2	**Standard unit %**	1–2% is the professional range. The sheet turns it into a dollar figure for you — that dollar figure is “1 unit.”
3	**Maximum %**	Around 3%. Anything bigger turns the whole row red the moment you type it, so oversized entries are obvious at a glance.

Step 3 — log on the next empty row. Every time.

Date · what it is · the numbers · and the **Why — written BEFORE you know how it ends**. Sports: pick the Result when it settles. Markets: leave Exit blank while a trade is open — the sheet grades it the moment you type your exit price.

The three rules that keep the math honest

•	**Never insert rows**	And never sort. Type on the next empty row down — inserted rows carry no formulas.
•	**Red means fix it**	A red cell means the sheet can’t read that entry. Red rows stay out of your totals until you fix them, so nothing is silently miscounted.
•	**Log every one, win or lose**	The losses teach you something. A ledger with only your wins in it is an Instagram story, not a record.

What the review tab shows you

It updates the moment you log something, so check it any day. Your real ROI. Your **P/L when calm next to your P/L when tilted**, in dollars. The cost of every entry you flagged as revenge. And your worst drawdown from a high-water mark. Type a month like 2026-08 in the box, or just **2026** for the whole year.

"Every decision either feeds the Donor or feeds the Professional."

THE MATH NOBODY SHOWED YOU

Why sizing beats picking

The same skill, sized two ways, is two different careers.

The hole is always deeper than the fall.

Lose 20% and you need **+25%** just to get even. Lose 50% and you need **+100%**. This asymmetry is the entire case for small units — it is why the pros you respect look boring. They aren't timid; they've done this arithmetic.

At 2% a bet, a cold streak is an annoyance. At 10%, it's a funeral.

Every bettor and trader alive hits an 0-for-8 stretch. At 2% units you're down ~15% and fine. At 10% you're down more than half and mathematically wrecked (see above). The streak was never the problem — the size was.

Expected value is a per-decision number, not a promise.

A good process loses on Tuesday and wins over a season. Judge yourself on whether the decision was right with the information you had — the Why column — not on how one game or one candle broke. Results per-decision are noise; results per-hundred-decisions are signal.

The Calm vs. Tilt line is the most expensive number you own.

Your review shows P/L when calm next to P/L when tilted, angry, bored or FOMO'd. For most people the second number is a horror show — and they've never seen it in dollars before. You don't need to become a better picker to keep that money. You need to stop making decisions in that state.

Track the revenge column like your money depends on it. It does.

One honest month of flagging "was this revenge?" shows you exactly what chasing costs. The fix isn't willpower — it's your circuit breakers: daily loss limit in units, session clock, cooldown after a stinger. Set them on Start Here. Obey them like a seatbelt.

Written beats remembered. Every single time.

Memory edits itself — it keeps the good beats and quietly loses the ones that cost you. A number you wrote down yourself is impossible to argue with later. The sheet doesn't judge you. It just refuses to forget.

FOR THE SPORTS BETTOR

Beat the price, not just the game

The book's edge is baked into the number. Here's where yours comes from.

-110 means you must hit 52.4% just to break even.

That's the vig. A 50/50 handicapper loses money forever — every edge you'll ever have lives in the few points above that line, which is why habits that cost "only a point" cost everything.

Line shopping is the only free money in the building.

The same bet is -105 at one book and -115 at another. Taking the best number every time is worth 1–2% ROI a year — more than most handicappers' whole edge — and needs no skill at all.

Compare your number to the close.

Bet a side at -3 and it closes -4.5 and you beat the market — that's a real edge, win or lose the game. Consistently getting the worst of the close is the earliest warning the edge isn't there. Record the number you took in the Why column.

Parlays multiply the house edge, not just the payout.

Each leg carries its own vig and a parlay compounds them — the house hold on a 3-leg parlay runs roughly double to triple a straight bet's, and same-game parlays are worse. Fine as a $10 sweat. Fatal as a strategy.

The boost is the bait; the habit is the hook.

Books happily lose money on the boosted line, because boosts recruit deposits and train daily betting. Take the genuinely +EV ones at the max — but never let a promo put a bet in your book you wouldn't have made at full price.

Player props are the softest numbers on the board — and the lowest limits.

Books put their sharpest modelling on sides and totals. Obscure props get less attention — which is why prop specialists exist, and why books cap props small. Getting your stake cut isn't a conspiracy; it's confirmation your number was good. Spread action across accounts and treat limits as the cost of being right.

FOR THE TRADER

Survive first. Compound second.

Stocks and crypto reward the person still solvent when the setup finally comes.

Decide your exit before your entry.

A stop and a target written in the Why column before you're in the trade is a plan. The same numbers invented while you're down 8% is a negotiation — and you'll lose it. If you can't say where you're wrong, you don't have a trade yet.

Risk a fixed slice per trade and position size falls out automatically.

Work backwards from what you're willing to lose. On $10,000, risking 1% means $100. If your stop sits 5% below your entry, the position is $100 ÷ 5% = **$2,000** — that's the number you put in the Size column. A tighter stop earns a bigger position; a wider stop forces a smaller one. Either way the loss is still $100.

You will hold losers too long and sell winners too early. It has a name.

The disposition effect — documented in millions of brokerage accounts. Realizing a loss feels like admitting a mistake, so people pay interest on hope instead. Your ledger makes it visible: compare the average days you hold losers vs. winners. The gap is the tax.

In crypto, surviving the downside IS the strategy.

An 80% drawdown needs a 400% recovery. Majors have done -80% cyclically; small caps do it in a month. Position sizes that feel embarrassingly small in a bull market are why you're still here for the next one. And leverage turns ordinary volatility into account death — at 10x, a routine 10% move is liquidation.

FOMO is a market mechanism, not a character flaw.

The vertical green candle you're chasing is someone else's exit liquidity — late buyers are the product. If the move already happened, the trade is gone. Write "missed it" in the Why column and let the ledger show you what chasing has cost before.

Ten honest minutes with the review tab is the whole point.

The numbers update live, but sit down with them properly at least monthly. Read four: net P/L, the Calm-vs-Tilt gap, revenge cost, worst drawdown. Then read your Why column back — stories or setups?

Fees and slippage are a position size you never chose.

Round trips, spreads and network fees look trivial per trade and enormous per hundred. If your edge is a few percent, overtrading hands most of it to the venue. Fewer, better-sized entries beat a stream of small ones — and your ledger will show you which of those two you have actually been.