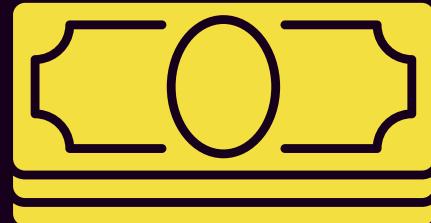


STACIE WHISONANT

ACT LIKE A
LADY
BET BETTER
THAN A
MAN!

THE EXECUTION
PLAYBOOK



VOLUME 1



PLAYBOOK VOLUME 1: THE OPEN PARLAY PRACTICE LAB

ACT LIKE A LADY, BET BETTER THAN A MAN

THE EXECUTION PLAYBOOK

In the original book, I shared why the open parlay can be a conservative and strategic entry point — especially for women new to betting.

An open parlay allows you to place one leg at a time instead of locking in all selections at once. This gives you time, flexibility, and control.

This section helps you practice thinking strategically.

Stacie Whisonant



EXERCISE 1: BUILD YOUR FIRST OPEN PARLAY

Step 1: Choose Your First Game

Sport: _____

Team or Outcome Selected: _____

Why I selected this:

What data supports this decision? (Consider factors like: recent form, injuries, home/away advantage, head-to-head stats, historical performance, weather conditions)

My confidence level (1-10): _____

Considered stake amount for this first leg: _____



Step 2: Planning the Next Leg

If this first bet hits:

How much time will I allow before selecting the next leg? (e.g., 24 hours, after next game day, a specific date/time)

What criteria must the next game meet?

What percentage of my bankroll or winnings from the first leg will I use for the next leg?

Is there any correlation between this leg and the previous one that could impact my odds?

What is my exit strategy if the first leg loses?

EXERCISE 2: RISK & FLEXIBILITY REFLECTION

- How does placing legs over time reduce pressure?
- How does it allow for better research?
- What emotional advantages does this strategy provide?

REFLECTION PROMPTS

- When have you felt rushed in decision-making before?
- How does waiting between legs change your research approach?
- What's your biggest fear about this strategy (e.g., missing an opportunity, being too slow)?
- How will you track your decision-making process for each leg to learn from it?
- What emotional triggers might challenge your patience or discipline in an open parlay?
- How will you define a "good" research outcome for selecting your next leg?

REAL SCENARIO PRACTICE

Imagine your first leg was "NBA: Golden State Warriors to win vs. Lakers" at -150 odds. You bet \$100 and the Warriors won, giving you a total of \$166.67. Now, consider your options for the next leg:

Option 1: Reinvest 50% (\$83.33) on a strong favorite in another sport (e.g., Premier League soccer).

Pros: Reduces risk on your winnings, diversifies across sports, still allows for growth.

Cons: Slower potential profit growth, requires research in a new sport.

Option 2: Reinvest 100% (\$166.67) on a value bet with slightly higher odds in the same sport (e.g., NBA).

Pros: Maximizes potential profit growth from the first win, leverages existing sport knowledge.

Cons: Higher risk, one loss means losing all first-leg winnings, requires excellent value identification.

Option 3: Wait for a specific high-confidence opportunity next week, reinvesting 75% (\$125.00).

Pros: Allows for extensive research and patience, potentially leading to a higher-confidence bet, some profit secured.

Cons: Delays potential profits, requires discipline to wait and not be tempted by other games, might miss immediate opportunities.

The open parlay is not about speed. It is about patience and discipline.

Practical Tip: Always evaluate your risk tolerance and the quality of the next leg before placing a bet. Don't chase losses or rush for quick gains; consistency is key.