

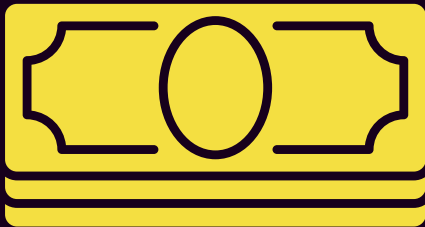
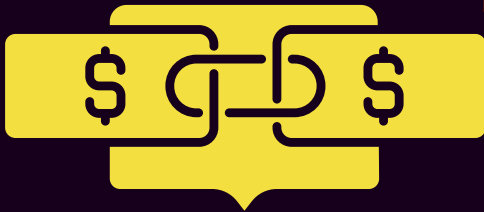
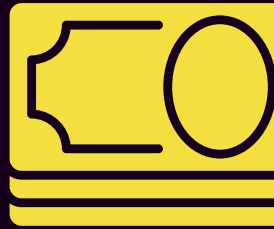
STACIE WHISONANT

# 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)

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**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)

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**What criteria must the next game meet?**

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

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**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?**

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# 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.