

STACIE WHISONANT

ACT LIKE A
LADY
BET BETTER
THAN A
MAN!

THE EXECUTION
PLAYBOOK

VOLUME 3

PLAYBOOK VOLUME 3: YOUR 90-DAY STRATEGIC ACTION PLAN

ACT LIKE A LADY, BET BETTER THAN A MAN

THE EXECUTION PLAYBOOK

Knowledge without execution produces no results.

You have reviewed terminology.

You have defined your bankroll.

You have examined your mindset.

You have identified your role.

Now it's time to implement — intentionally.

This 90-day plan is designed to move you from beginner awareness to disciplined participation.

Not rushed.

Not emotional.

• Strategic.

Stacie Whisonant

Month 1: Education & Observation

This month is about learning — not proving.

Exercise 1: Terminology Mastery Checkpoint

What terms do I still need to review?

What actions will I take to strengthen understanding?

- Re-read book sections
- Watch educational content
- Study sportsbook examples
- Ask questions in community
- Other: _____

Exercise 2: Observation Log

Before placing bets, observe 5-10 games.

Track:

Game/Event: _____

Spread: _____

Final Score: _____

Would my analysis have been correct?

- Yes
- No

What patterns am I noticing?

Observation builds confidence without financial pressure.

Month 2: Controlled Entry

Now you begin small, structured participation.

Exercise 3: First Strategic Wager Plan

My Bankroll: \$ _____

My Maximum % Per Bet: _____ %

My Maximum Wager Amount: \$ _____

What sport will I begin with?

Why?

Exercise 4: Open Parlay Strategy

If using an open parlay:

First leg selection: _____

Why is this a strategic choice?

If it hits, what is my next step?

Pre-commitment prevents emotional shifts later.

Month 3: Evaluation & Adjustment

By now, you should have data — not just feelings.

Exercise 5: Performance Review

Total number of bets placed: _____

Win percentage: _____

Total profit/loss: _____

Did I stay within my bankroll limits?

Yes

No

If not, what caused the deviation?

Exercise 6: Emotional Discipline Check

Did I ever:

- Chase a loss
- Increase bet size impulsively
- Bet based on loyalty
- Skip research

What did I learn about myself?

Self-awareness is more valuable than a single win.

Long-Term Strategy Reset

After 90 days:

What worked well?

What needs adjustment?

Do I need to:

- Lower bet size
- Increase research time
- Improve line shopping
- Strengthen emotional discipline

Growth requires recalibration.

Your 90-Day Declaration

Complete this statement:

Over the next 90 days, I commit to participating in sports betting with:

I will measure success not just by wins, but by:

- Discipline
- Consistency
- Education
- Responsible decision-making

Strategic betting is not about one night.

It is about sustainable participation.

You are not here to gamble recklessly.

You are here to build skill, discipline, and financial awareness.

And that takes intention.