

STACIE WHISONANT

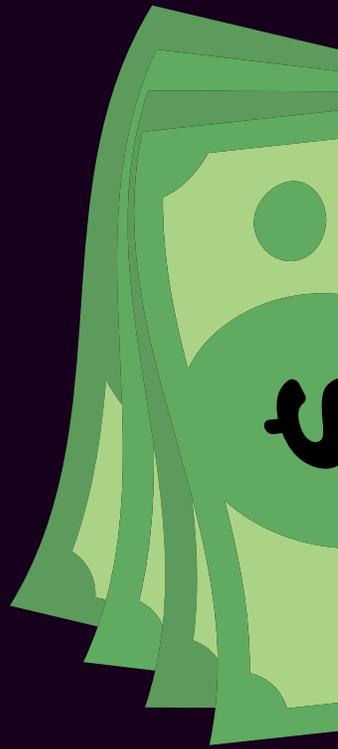
**ACT LIKE A
LADY**

**BET BETTER
THAN A**

MAN!

**THE OFFICIAL STRATEGY
COMPANION**

VOLUME 3



WORKBOOK VOLUME 3: BANKROLL STRATEGY BUILDING

ACT LIKE A LADY, BET BETTER THAN A MAN

THE OFFICIAL STRATEGY COMPANION

If terminology is the language of betting, bankroll management is the discipline. It is the cornerstone upon which all successful wagering careers are built. Far from being a mere accounting task, a robust bankroll strategy transforms casual bets into calculated investments, turning a hobby into a potential path to consistent returns.

In the original book, we introduced responsible wagering and the foundational idea of betting a small percentage of your bankroll — typically around 2% — to mitigate the inherent risks and safeguard your capital from the inevitable swings of variance. This volume dives deeper, moving beyond the 'what' to the 'how' and 'why'.

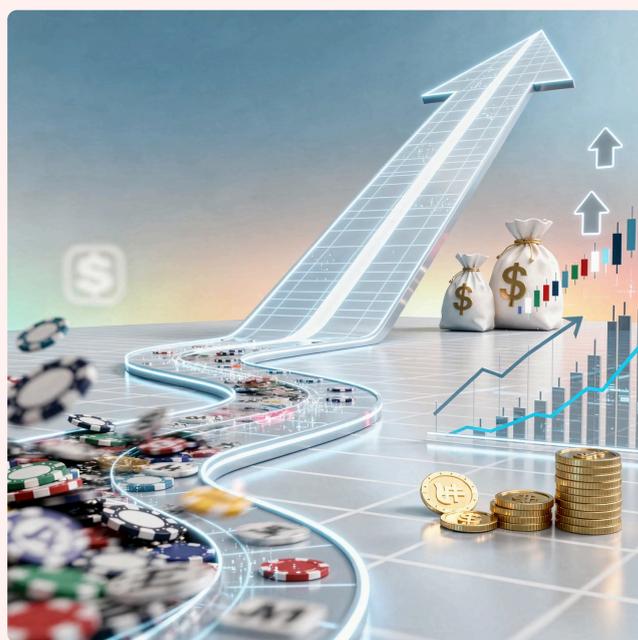
This is not about betting big.

This is about betting smart.

Your bankroll is not random money.

It is the capital.

And capital requires strategy.



This third volume of "Act Like a Lady, Bet Better than a Man" is dedicated to mastering this critical aspect. We will explore the psychology of money, the mathematics of risk, and the practical frameworks that empower you to manage your funds with precision and confidence.

You will learn to construct a personalized bankroll strategy that aligns with your financial goals and risk tolerance. We move beyond generic advice, offering concrete exercises and detailed explanations that will cement your understanding and ability to execute.

Stacie Whisonant

Exercise 1: My Bankroll Plan

Before placing any bet, define your structure.

1. Monthly Disposable Income

(Income left after bills, savings, and essentials)

\$ _____

2. Amount I Am Comfortably Willing to Allocate to Betting

\$ _____

This becomes your **starting bankroll**.

3. My Risk Tolerance

Circle one: **Conservative** | **Moderate** | **Aggressive**

Why did I choose this level?

4. My Conservative Percentage Strategy

I will wager no more than _____ % of my bankroll per bet.

(Recommended: 1–3% for beginners.)

Exercise 2: The 2% Rule Worksheet

The 2% rule is designed to protect you from emotional and impulsive betting.

Calculate 2% of each bankroll:

- \$500 → 2% = _____
- \$1,000 → 2% = _____
- \$5,000 → 2% = _____

Now calculate 2% of your personal bankroll:

My Bankroll: \$ _____

2% = _____

This is your recommended maximum wager per bet.

Reflection

How does limiting myself to 2% protect me long term?

If I lose three bets in a row at 2%, what percentage of my bankroll is gone?

What would happen if I were betting 10% instead?

Small percentages protect big goals.

Exercise 3: Emotional Trigger Audit

Even with a plan, emotion can interfere.

Identify when you feel tempted to increase risk.

I feel tempted to bet more when:

Examples may include:

- After a big win
- After a frustrating loss
- When betting with friends
- When confident about a "sure thing"

My Personal Risk Signals

How do I know I am shifting from strategy to emotion?

What physical or mental cues do I notice?

Prevention Strategy

When I feel tempted to increase risk, I will:

- Step away for 10 minutes
- Review my bankroll limits
- Reduce bet size
- Skip the wager entirely
- Other: _____

Discipline is not a restriction.

It is protection.

Your Bankroll Declaration

Write this clearly:

My bankroll is capital, not entertainment money.

I will protect it by wagering no more than ____ % per bet.

Signature: _____

Bankroll strategy separates hobby bettors from strategic bettors.

If you master this section, you are already ahead of most participants in the space.

Let's continue building — responsibly.