POLLINATE TRADING · FREE REGIME PLAYBOOK

# 2026 Regime Reset Playbook

A short operating checklist for traders who want to stop treating every headline, dip, and rally like a fresh emotional decision. Use this before you care about any individual signal.

**The point:** the market regime decides which system deserves attention. Trend following, dip buying, crisis buying, volatility hedging, and cash can all be right. They are not right at the same time.

---

## 1. Start with the regime, not the trade

Before asking “what should I buy?” answer the operating question: what kind of market am I in?

1. **Trend state:** is the market rewarding persistent exposure or punishing it?
2. **Risk state:** are volatility, breadth, credit, and liquidity confirming the trend or warning against it?
3. **Opportunity state:** is the edge in riding momentum, buying controlled dips, waiting for crisis, or doing nothing?

If you cannot answer those three cleanly, you do not have a trade problem. You have an operating-system problem.

---

## 2. The four buckets

### Trend regime
Bias toward rules that stay with winners and cut exposure when the trend breaks. Your enemy is over-trading.

### Dip regime
Bias toward buying weakness only when the higher-level regime is still supportive. Your enemy is catching falling knives.

### Crisis regime
Bias toward patience and pre-defined crisis rules. Your enemy is calling every ugly week “the bottom.”

### Cash regime
Bias toward no forced action. Your enemy is manufacturing trades because the market is open.

## 3. The daily 5-minute checklist

1. What changed since yesterday: trend, volatility, breadth, rates, dollar, or credit?
2. Which system should be active in this environment?
3. Which system should be ignored even if it has been hot recently?
4. Is there an actual signal, or am I trying to turn commentary into a trade?
5. What would prove me wrong quickly?

## 4. Proof assets to look for before paying anyone

- Externally verifiable live records, not only backtests.
- Clear current-position context: entry, stop, target, and sizing guidance.
- A visible history of quiet periods and drawdowns. Real systems have both.
- Founder/operator accountability. Someone should be willing to explain the rules plainly.

## 5. When to move from free brief to paid signals

The free Pollinate brief is for the framework: regime, risk, and what deserves attention. The paid dashboard is for execution: exact entries, exits, stops, position sizing, current positions, and signal history.

**Good trial test:** do not judge the next 14 days by whether the market hands you a perfect trade. Judge whether the dashboard reduces guessing, makes quiet days easier to respect, and gives you rules before volatility makes them emotionally expensive.

## 6. Compliance-safe reminder

This playbook is educational and informational. It is not individualized investment advice or a recommendation to buy or sell any security. Trading involves risk, including loss of principal. Backtests and live records can fail to match future results.

**Next step:** read the free Daily Regime Brief for the live market state. If the framework earns trust, try the live dashboard for $1 and inspect the execution layer.

pollinatetrading.com/free/regime-reset · Pollinate Trading