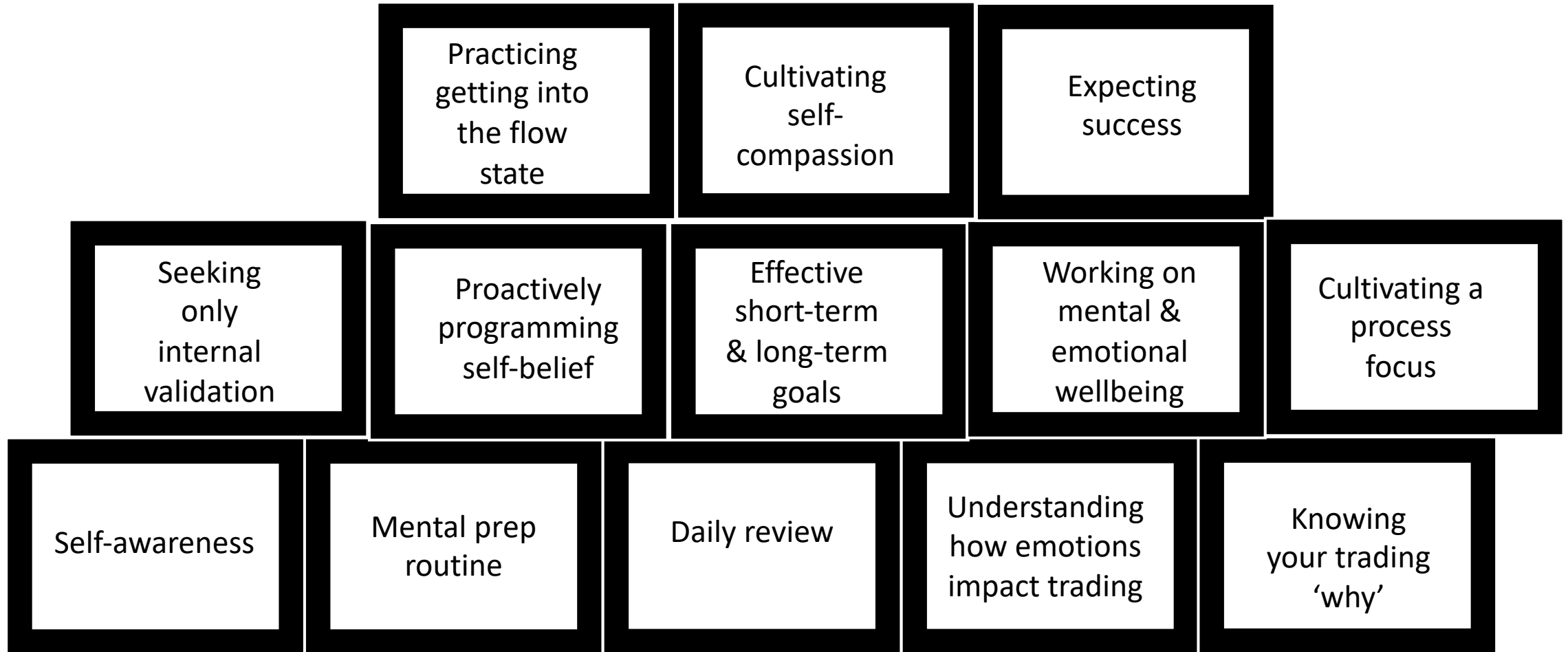


BUILDING BLOCKS OF THE MENTAL EDGE



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TRADER PERFORMANCE PROFILE

PHYSICAL	MENTAL	TECHNICAL/SKILL	TACTICAL	LIFESTYLE
Gym x 5 pw	Motivation	Setting risk limits	Use of playbook	Nutrition
Golf x 1 pw	Decision-making	Accuracy of hypotheses	Developing hypotheses	Hydration
Time outside every day	Process focus	Trade journal	Fundamental analysis	Sleep
Yoga x 1 pw	Goal-setting	Proficient with analysis programs	Technical analysis	Downtime
	Calm mind	Sufficient number of screens	Sticking to daily loss limits	Relationship with partner
	Dealing with pressure	Entering trade at the right time	Multi-market experience	Relationship with kids
	Bouncing back from losses	Stop management	Understanding long-term market cycles	Social life
	Emotional regulation	Target management	Keeping up to date with breaking news	Mental wellbeing
	Mental preparation routine	Real-time analysis	Daily review	Work/Life balance
	Self-belief	Stalking trades		Work
	Discipline in sticking to trading rules			Hobbies
	Patience			Time-management
	Risk management			

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DIARY PLANNING

Process Goal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hydration	Drink more than 2litres water	Drink more than 2litres water	Drink more than 2litres water	Drink more than 2litres water	Drink more than 2litres water	Drink more than 2litres water	Drink more than 2litres water
Diet	Stick to nutrition plan	Stick to nutrition plan	Stick to nutrition plan	Stick to nutrition plan	Stick to nutrition plan	Stick to nutrition plan	Stick to nutrition plan
Sleep	At least 7 hours	At least 7 hours	At least 7 hours	At least 7 hours			At least 7 hours
Exercise		5k run		Yoga class		5k run	Swimming lesson
Mental training affirmations	Listen to affirmations	Listen to affirmations	Listen to affirmations	Listen to affirmations	Listen to affirmations	Listen to affirmations	Listen to affirmations
Mental training visualisation		Visualisation session	Visualisation session		Visualisation session		
Review & Planning	Conduct daily trading review	Conduct daily trading review	Conduct daily trading review	Conduct daily trading review	Conduct daily trading review	Conduct weekly trading review & diary plan for next week	
Discipline re trading times	Finish trading by 1.00pm	Finish trading by 1.00pm	Finish trading by 1.00pm	Finish trading by 1.00pm	Finish trading by 1.00pm		
Performance Goal							
Taking A+ setups	At least 90% of all A+ setups taken	At least 90% of all A+ setups taken	At least 90% of all A+ setups taken	At least 90% of all A+ setups taken	At least 90% of all A+ setups taken	Weekly average rating of at least 90% of all A+ setups taken	
Trade management daily average score of 8/10 or higher	Trade management daily average score of 8/10 or higher	Trade management daily average score of 8/10 or higher	Trade management daily average score of 8/10 or higher	Trade management daily average score of 8/10 or higher	Trade management daily average score of 8/10 or higher	Trade management weekly average score of 8/10 or higher	

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