ON WALL ST CONFIDENCE

TRADING PLANS

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Always keep in mind

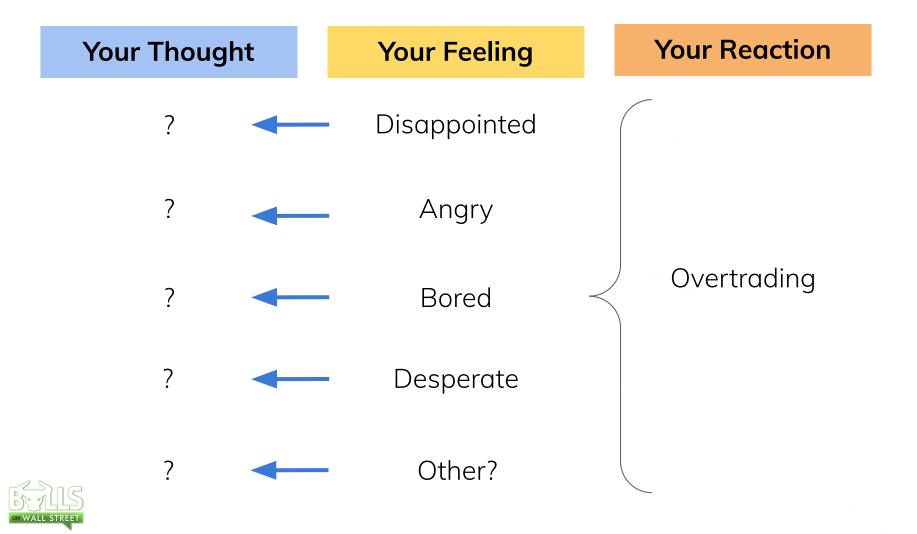
- Beliefs are not right or wrong
 - We create many beliefs to help us survive
 - Some beliefs might have simply lost their function
 - Ideally, we want to have beliefs that help us thrive
- Everyone has a unique story
 - The same type of reaction could be caused by a different belief

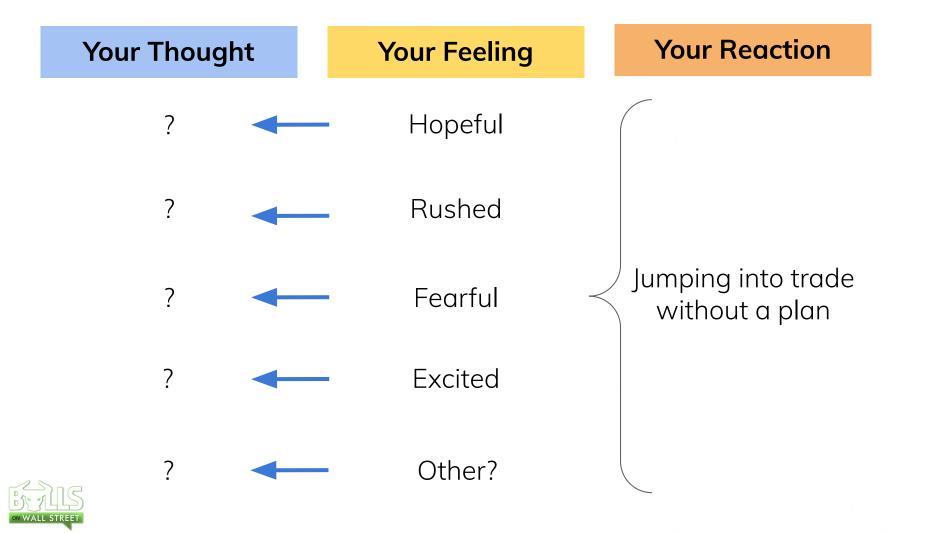


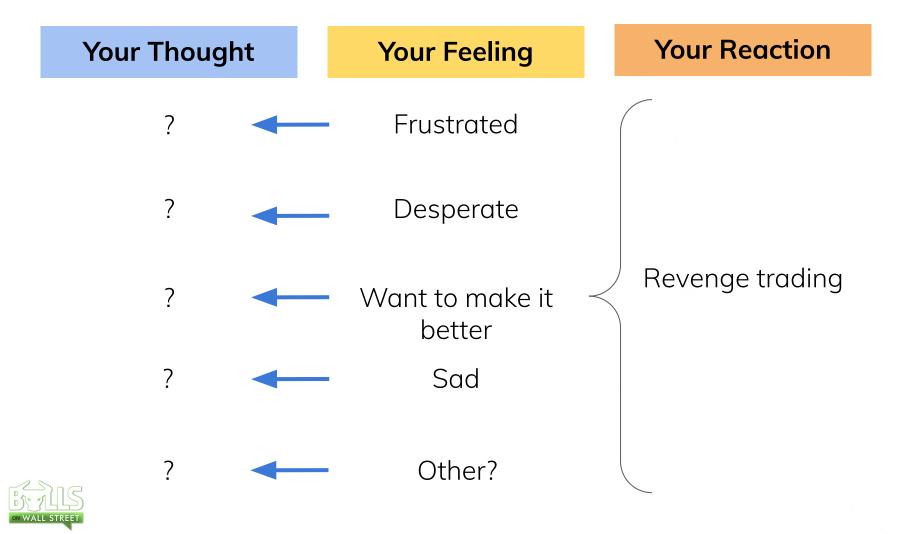
5 Common Struggles

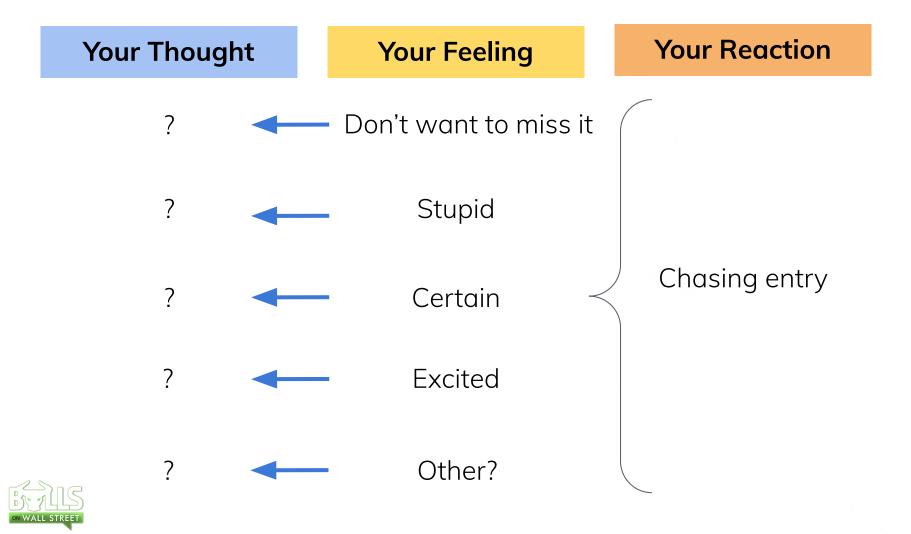
- Overtrading
- Jumping into trade without a plan
- Revenge trading
- Chasing entry
- Risk ignorance

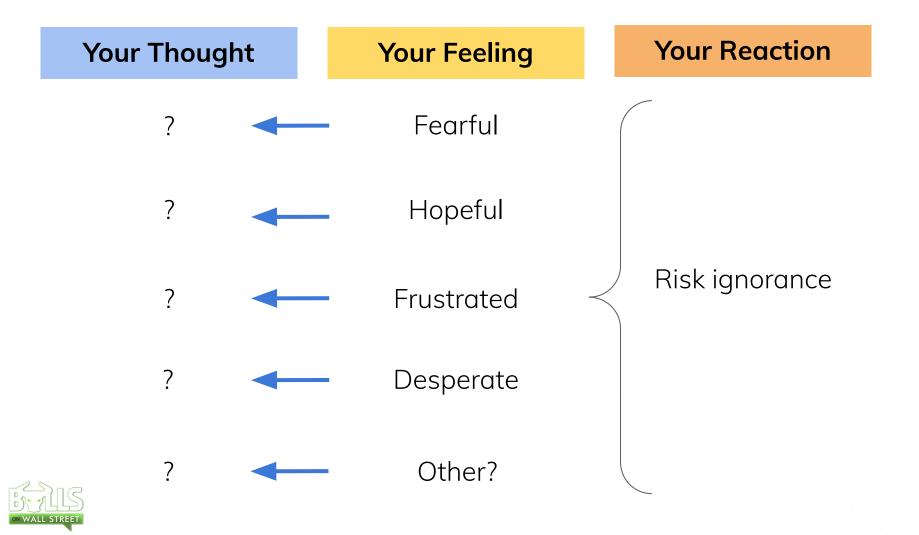












What you are telling yourself is a story you simply made yourself believe and you are enacting it.

Your Thought	Your Feeling	Your Reaction
New Thought	Different Feeling	Your Response



Your Focus Matters

- Switch your focus
 - From the result to the process
- Focus on the result in trading affects your result negatively
 - Money comes as a **result OF** your efforts.
 - Your efforts should be focused on following the process
- Focusing on the result originates in scarcity mindset
 - Find out the limiting belief behind it



Small Changes For Quick Results

- Think in term of probabilities
 - Ask yourself the "WHAT" questions.
 - Example: Instead of "I need to make up for this loss" think "What is the chance that I will lose more, if I try to make up for this loss?"
- Always go back to the process, don't get personal
 - When evaluating your trades look for what went wrong, where you could have done something different. Where can you improve?
- Introduce tools that will help you stick to the process
- Add steps to your process that support you and remove those that don't



EFFICIENCY

SPEED QUALITY COSTS