

# Pre-Trade Mindset Routine



To be read aloud or print out and check each statement as you read aloud.

Will be read before each session and before you take any trade or check the market.

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- I am or will become a highly profitable trader.
- Preservation of my capital is foremost in my mind.
- I will trade my system and I will trade it with conviction.
- I will fix mistakes immediately.
- I do not put a value on anything I trade.
- I will not lie to myself.
- I will not argue with the chart.
- In my mind at all times is “where is it going? what is its target?”.
- I don't predict—I read the story of the chart and make probable assessments and targets.
- I welcome a fluid mind—allowing my opinion to change when the data dictates.
- Being wrong does not define me or effect how I think or my objectivity.
- I detest and I am disgusted by bad trades. I refuse to allow myself to make or hold bad trades.
- I am at ease with a level of risk that would place most people in a panic attack.
- I am of clear mind. As I move forward on this trading session I am not allowing any emotions, problems or situations to have any effect on my trading.
- I am now fully and ready to begin my next trading session.

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Signature

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Date/Time