Trading psychology Tracker

🔥 ELITE TRADER PSYCHOLOGY TRACKER

Instructions:

- Use this tracker **before, during, and after every trade** to build self-awareness.
- Be **100% honest**—this is for your own growth.
- Over time, patterns will emerge that show you what **improves or destroys** your performance.

📌 Pre-Trade Checklist (Before Entering a Trade)

🔷 **Market Conditions:** (Select one)

- ☐ Trending Market
- ☐ Ranging Market
- ☐ High Volatility (News Event)
- ☐ Low Volatility (Consolidation)

🔷 **Trade Setup Confirmation:**

- ☐ Is my entry aligned with my strategy? (Yes/No)
- ☐ Did I check multiple confirmations? (Yes/No)
- ☐ Am I rushing this trade out of FOMO? (Yes/No)
- ☐ Is my stop-loss correctly placed? (Yes/No)
- ☐ Is my risk-to-reward ratio at least 1:2? (Yes/No)

🔷 **Emotional State Before Entry (Rate from 1 to 5)**

- **Confidence:** 😐 1 2 3 4 5 🔥
- **Stress Level:** 😎 1 2 3 4 5 🤯
- **Patience Level:** 🧘 1 2 3 4 5 😡
- **Impulsiveness:** 🚫 1 2 3 4 5 🔥

🔷 **Why am I taking this trade? (Explain in 1-2 sentences)**

Example: "Market structure is bullish, price is bouncing off a demand zone, RSI confirms overbought reversal."

📌 In-Trade Emotions & Behavior (While the Trade is Running)

🔷 **How do I feel after entering?**

- ☐ Confident
- ☐ Uncertain
- ☐ Regretful (Shouldn't have entered)
- ☐ Excited
- ☐ Anxious

🔷 **Did I stick to my plan?**

- ☐ Yes, fully
- ☐ No, I hesitated on entry
- ☐ No, I entered too early/late

🔷 **Did I consider closing early out of fear?**

- ☐ Yes

- ☐ No

🔷 **What emotions am I feeling now?**

- ☐ Fear (worried about losing)

- ☐ Greed (want to hold longer for bigger profits)

- ☐ Overconfidence (thinking I'm invincible)

- ☐ Panic (second-guessing my decision)

📌 Post-Trade Review (After Trade Closes)

🔷 **Trade Result:**

- ☐ Win ✅

- ☐ Loss ❌

- ☐ Break-even ⚖️

🔷 **Final Thoughts on the Trade:**

- ☐ Followed the plan 100%

- ☐ Took profits too early

- ☐ Moved stop-loss emotionally

- ☐ Held a losing trade too long

- ☐ Got out too early before the full move

🔷 **Emotional State After Trade (Rate from 1 to 5)**

- **Satisfaction:** 😡 1 2 3 4 5 😊

- **Frustration:** 😌 1 2 3 4 5 😤

- **Confidence Boosted or Damaged?** 🔼🔽

🔷 **Lessons Learned from This Trade:**

(Write 1-2 sentences)

🔷 **What Will I Do Differently Next Time?**

(Write 1-2 sentences)

My fellow trader, all the best for you trading journey,

> "The market is not your opponent, it is your mirror. Master Yourself, and you master the trades"

it is advisable to print this copy and keep near your trading setup for greater results