The background of the image shows a person's hands typing on a laptop keyboard. Overlaid on this is a vertical candlestick chart with blue and red bars. The text is centered in a white box at the top.

The Wall Street Coach™

# TRADER CHECK-IN

[THEWALLSTREETCOACH.COM](http://THEWALLSTREETCOACH.COM)

## TRADER CHECK-IN

The Wall Street Coach's custom created check-in will help you identify exactly where you are emotionally and psychologically before jumping into the market. This will provide you a cold hard truth on where you are at before you sacrifice your trading account.

This check-in is a game changer.

# TRADER CHECK-IN

## THERE ARE THREE FUNDAMENTAL REASONS THAT WE CHANGE OUR BEHAVIOR

**1) Awareness** – Consciously and honestly reflecting on where you are and how you are showing up. Noticing how you react/respond and determining if that is in alignment with the steps necessary to achieve your goals.

**2) Coaching/Mentorship** – Goals can be daunting and seemingly out of reach, but our work at The Wall Street Coach is devoted to promoting self-reliance, being there to speak the hard truths, and helping you build actionable plans so you can finally achieve your goals.

**3) Pain** – Unfortunately this is how most people begin to change their actions. When you put your hand on or near the hot stove and get burned multiple times you begin to behave more cautiously.

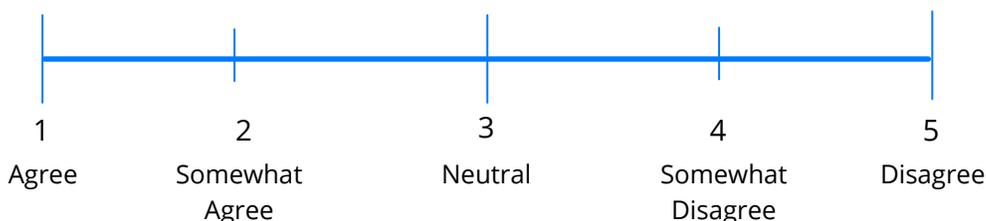
# TRADER CHECK-IN

Physical health and the effects of prolonged stress are proven to have an effect on your trade performance. It's important to take the time to check in on exactly where you are so that you can be sure at all times you are moving in the direction that delivers the outcome you seek.

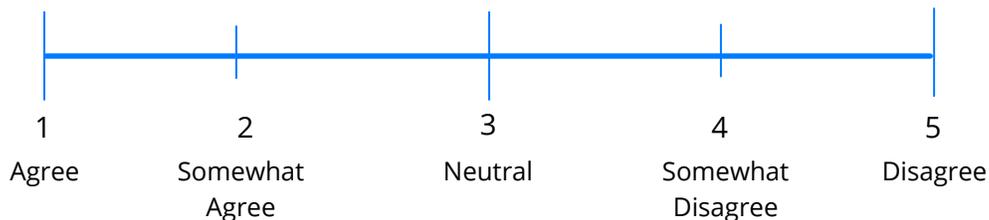
Please score yourself with 1 through 5

1 = Agree 2 = Somewhat Agree 3 = Neutral  
4 = Somewhat Disagree 5 = Disagree

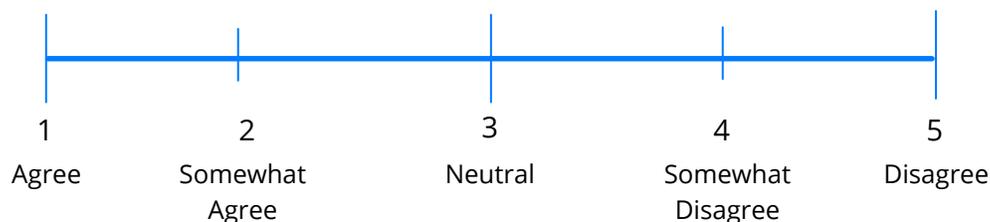
1. You know how to look inward and identify what you might be feeling.



2. You are clear on what your values are.



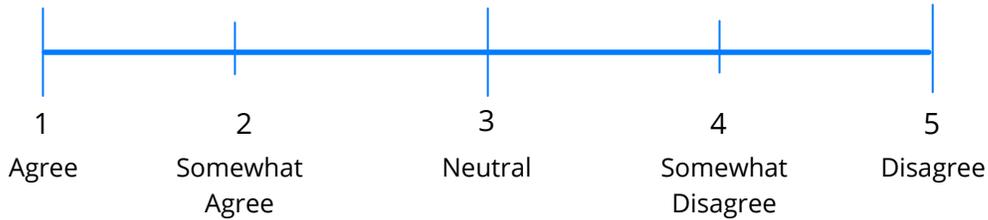
3. Your experience of disappointment and/or frustration is minimal even when you lose.



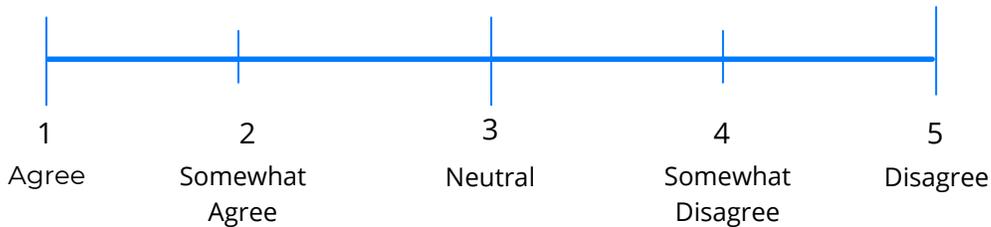
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# TRADER CHECK-IN

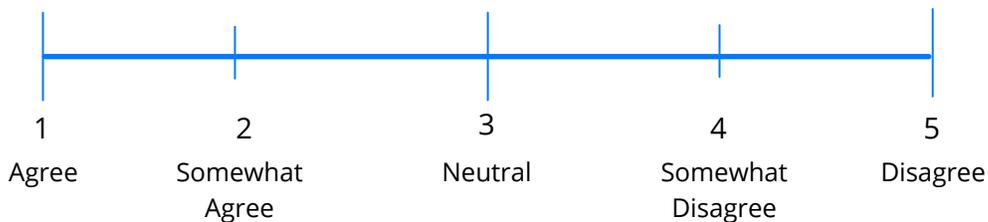
4. You know when it's time to get up from your trading desk and take a break.



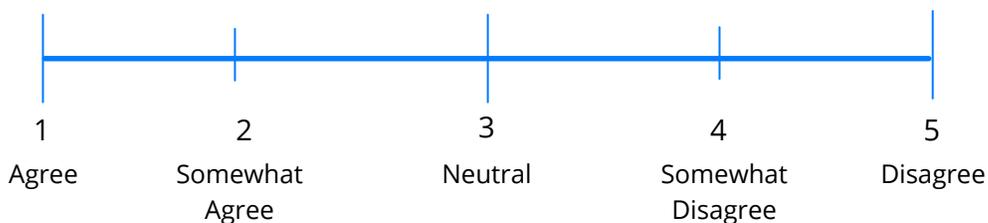
5. When you're not seeing your pattern, you're able to walk away and do something else.



6. You know after a big win you need to get back to neutrality.



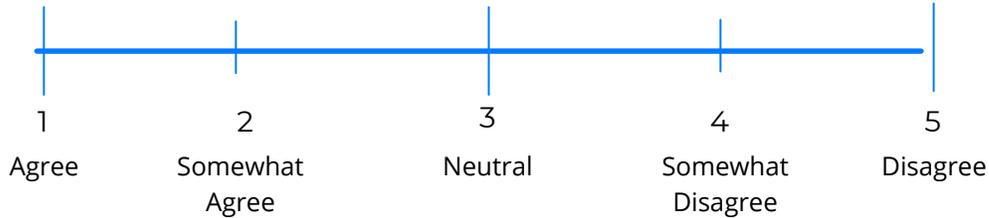
7. You don't measure your self-worth against your profit and loss



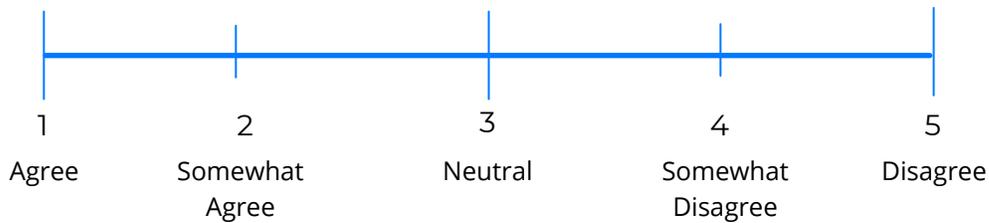
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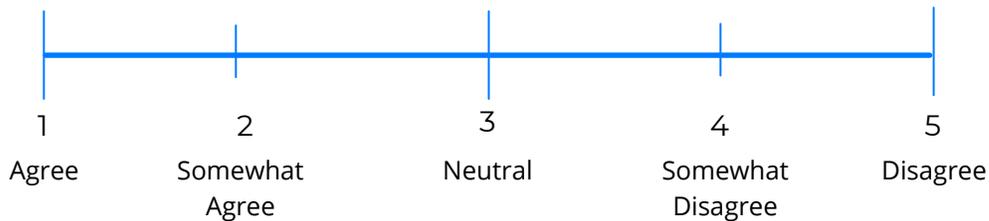
8. It doesn't take you long to bounce back from your mistakes.



9. You're true to your patterns no matter what.



10. You know that there is a trader who is just as confident of his/her position on the other side of any trade you make.



PAGE SCORE TOTAL:

# TRADER CHECK-IN

## Your Score

10



Wow!! Good job. Remember, there is more. Keep going.

11 - 19



You are so close to staying aware more. You know what is needed. Do that!

20 - 29



You are willing to be with "what's hard to be with." Well done! Go further.

30 - 39



You are closing your eyes to avoid some hard truths; with a little effort you will see change.

40 - 49



Your trading is harder than it should be; it is urgent you become more self aware.

50



You are emotionally asleep. Time to wake up!

# THANK YOU!

This check-in will be important to reference, reflect on, and edit throughout your coaching experience. What areas do you feel you could improve on most?

Bring these areas up with your coach if you have one, or in your trading journal. The key is to stay aware of how you show up every day at your trading desk, and to check in regularly throughout the day to see if you are coming from a place of neutrality. If you are not neutral, your risk levels increase.

If you are looking for additional support for your trading journey consider one of my more popular e-books, Deconstructing Greed and Fear of Failure on sale here:

<http://tradergreed.com>

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