Twitter Thread by Michael Walstedt

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4 questions I ask myself at the end of every month to refine my process:

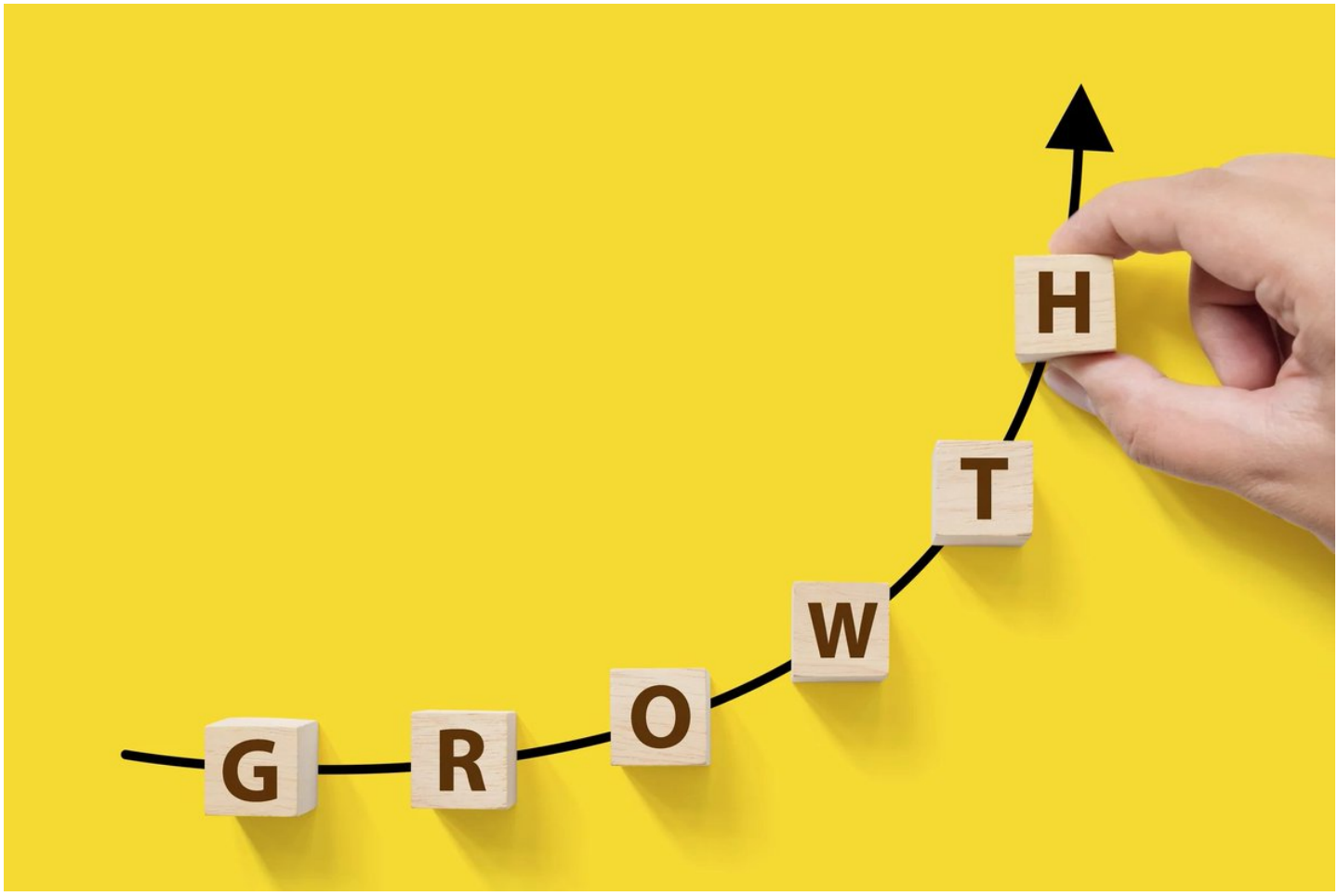
1. Where did I continue to execute my process successfully?

--> This affirms I am not starting from zero each month. This is important because I take the time to recognize what I continue to do well.



2. Where did I see the most growth in my decision making last month?

--> This question allows me to identify the areas where I saw the most growth last month. I often see previous areas of weakness show up here after I identified and worked on them.



3. Where do I need to improve my decision-making based on my last month of trading?

--> This is where I pinpoint my areas of weakness. We all have them. Note that I don't say "what did I do that is bad?" but rather "where do I need improvement?" This is important for the psyche.



4. What advice would I give if my results from last month were somebody else's?

--> This is where I look at my results objectively. We often have a difficult time pinpointing our own weaknesses but no problem doing it for others. This is a simple yet effective perspective change

