Twitter Thread by TraderLion ■



TraderLion ■
@TraderLion_

As traders, we primarily compete with ourselves to honor our rules and execute our edges.

With money on the line, trading is an incredibly strenuous mental game where emotions can flare up leading to costly mistakes

The Importance of Mastering Trading Psychology.

(Thread) ■

Trading Psychology or the Mental Game of Trading encompasses solving problems regarding emotions such as Greed, Fear, Anger, Confidence and Discipline.

Contrary to popular belief, having a strong mental game does not mean eradicating emotion.

Instead, it means learning to transcribe your emotions into data that you can use and analyze to connect past states to current ones.

Trading is a performance sport.

We execute at our highest ability when we can use emotions as fuel and for intuition but are not so dominating that they cloud our judgment.

Think about the best athletes in the world : Kobe, Jordan, Lebron, Messi, Ronaldo, Federer, Nadal...

They compete with passion, emotion. This drives them and they are able to unlock their full potential.

Similarly, to trade at the best of your abilities, you need to learn how to manage and harness your emotions.

This involves developing awareness and techniques that address the root causes of emotions, preventing them from negatively impacting your trading.

To track your emotions, you are going to want to take notes during the trading day. This allows you to offload data and analyze it later.

Look for commonalities and patterns, just as you would if you were analyzing trade results.

You will find the same signs start to develop before you for instance experience tilt and enter a trade outside of your system.

Adding a mental game system to your existing process should unlock your trading potential.

It will allow you to build instincts, and overcome performance flaws.

Keep in mind, you need a strong existing trading system with well defined and effective edges to be successful in trading.

Mastering Trading Psychology can't solve your trading problems alone, but it can take your existing performance to the next level.

A successful mental game trading system will help you trade with confidence.

It will also drastically improve your discipline & consistency.

If you are looking for a proven (no fluff) mental game system

Look no further than @JaredTendler's high-performance framework...

A repeatable system that reaches the root of your issues.

@jaredtendler Jared's work is internationally recognized for a reason.

His framework is based on over 16 years experience working with institutional traders, PGA Tour Golfers, and Champion Poker Players to help them perform at the highest level—consistently.

@jaredtendler Over the last few years teaching and building traders, we've noticed a pattern...

Traders are too focused on building a strong technical system and completely disregard the mental game—stunting their performance.

@jaredtendler This is why we are incredibly excited to be partnering with Jared, to bring his system to retail traders.

We are launching the Trading Psychology Masterclass, helping hundreds of students improve their performance and consistency.

Join them here ■

https://t.co/dJXxUQmS0U

@jaredtendler The Trading Psychology Masterclass includes 5 comprehensive and interactive webinars covering the full system.

The first webinar is coming up fast on April 9th! ■■

Grab your Early Bird Tickets here ■

https://t.co/dJXxUQmS0U

That's a wrap! Have a great Saturday!

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> (Thread) \U0001f447
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> — TraderLion \U0001f981 (@TraderLion_) March 26, 2022