

# Fierce

# 10

The 10 week high performance trading mindset program.

Made for Traders.

Pre-Market Assessment / Beginning of the session / Half way through the session / After a significant loss or win / After a string of winners and losers

**There are certain principles that guarantee success.**

**Consistency starts with my daily process I am going through pre / during and post markets (plan / execute / evaluate)**

**How I am doing right now is how I am doing right now, but what does it take for me to do better by 1% tomorrow.**

**How can I become somebody who can generate a million dollars?**

Yearly goals are the structure for the report card

Structure the report card in: Me / Trades / Markets

What is my Wildly Important Goal? Record daily report card as progress report to get closer to the goal.

Give yourself a grade for the trading session

Be solution focused .. what are your solution to get better tomorrow?

New traders need to start with developing a daily process. What are all the things you are going to do during the day to get better?

Plan / Execute / Evaluate

How do I feel?

How do I know? What is the evidence?

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What is that feeling?

How would I rather feel?

How do I get myself back into that state?

What do I need to feel better? (read, go for coffee, meet with friend, connect with family, eat fruits)

Did I have enough nutritious food / water?

Do I feel

- well rested?
- physically relaxed
- mentally calm
- alert
- in control
- calm
- energized
- positive
- focused
- confident
- effortless
- present in the moment

What can I do to change how I feel and get myself a little closer to my Ideal Trading State?

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**Do I have a routine that I have written out and that I follow each day?**

What is the setup I trade best?

Which are the setups that I don't trade best and getting rid of them

Have I tagged all my trades and recorded them in my journal to measure the statistic? (Fierce 10 Daily Assessment Excel Spreadsheet)

Are technical aligning?

Are fundamentals aligning?

Are technical and fundamentals aligning?

News catalyst / geopolitical risks?

What moves my chosen market?

Understand what my risk tolerance can be on an intra day level

And then there is did you complete them?

Did you go to the gym?

Did you eat well?

Where you well rested?

Did you do your playbook trade?

Did you look at charts?

Did you do your charts after the close?

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Did you discuss with your buddies after trading?

Did you trade the right amount of stocks?

Did you prepare for the open?

Did you spend some time on yourself to feel good about yourself?

Who are you as a trader? What do you do best?

How did you do better than yesterday?