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The 10 week high performance trading mindset program.

Made for Traders.

Module 6 – The Power of EMOTIONS

Emotions - WHERE WE 'LIVE'

- o What emotions do you rely on and go to the most?
- o What do these emotions allow you or prevent you from doing?
- o What emotions do you believe you need to go to more often?
- o What emotions do you use to distract yourself from what you don't like or want to deal with?
- o What emotions help you to become who you're becoming?
- o What would happen if you took 100% responsible for your emotions?

Rehearse choosing your emotions.

Notice how you have to use your body to achieve the different emotions. (Tony Robbins refers to it as your physiology determines your mindset)

DEALING WITH NEGATIVE EMOTIONS

- o What negative or disempowering emotion do you go to the most?
- o What does this give you in terms of a benefit?

For example, does it, in your mind, absolve you of responsibility in an area of your life or career that you find difficult or disheartening?

- o What is a more appropriate emotional response?
- o What would you have to take responsibility for if you chose the more appropriate response?
- o How will you do this?

Often, disempowering emotions help us not face a fear.

- o What could this fear be about for you?
- o What's the plan here?

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HOW WE FEEL DETERMINES WHAT WE WILL DO

Here are some emotional choices...

Overwhelm...

Confused...

Closed minded...

Judgmental

Righteous...

Dramatic...

Self-involved...

Angry...

Frustrated...

Uncertainty

Curiosity...

Open to learning...

Open minded...

Compassionate...

Compassionate...

Understated...

Empathetic to others...

Curious...

Excited about learning...

Curiosity...