



## Module 6 – The Power of **PHYSIOLOGY**

### **BODY LANGUAGE** creates our reality

Open	Vs	Closed
Attentive	Vs	Indifferent
Lean In	Vs	Resist
Certainty	Vs	Uncertainty
Peak State	Vs	TV Mode

Notice yourself and observe your body language / physiology whilst trading. How is your physiology different from when you are making profits to taking losses?

What do you observe your physiology has on your trading behavior?

Certainty and Confidence

What do you need to tell yourself to feel certainty / confidence?

What do you do with your body when you feel uncertain vs when you feel certain?

What is your physiology like when you feel doubt vs confidence about your trade?

Which do you do more?

What different choices can you make now?