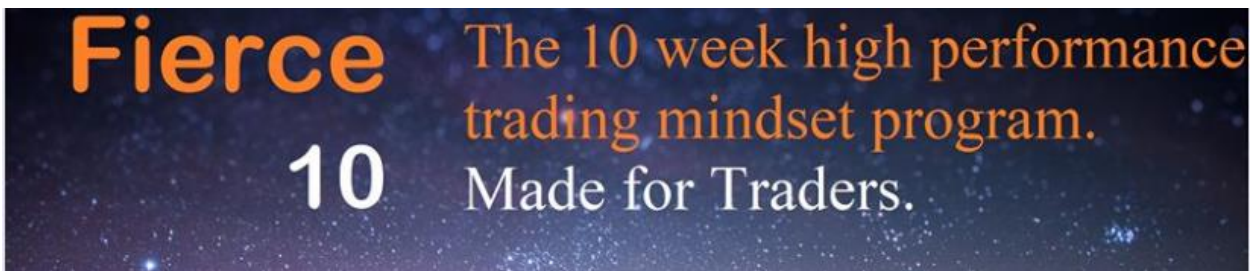


Module 7 – Trader Toughness Self-Assessment

1. I bounce back quickly from setbacks, losses, and errors.
2. It is easy for me to put losing trades behind me.
3. If I have a losing trade early on it's hard for me to turn my performance around.
4. One or two losses or losing days does not shake my confidence.
5. I am see slumps in my trading performance as temporary.
6. I trade at my best even under pressure.
7. I get too nervous and anxious when trading to really perform to my potential.
8. Sometimes I panic and make bad decisions under pressure.
9. I am able to execute my trading plan without hesitation.
10. I often find myself planning trades that I do not execute and executing trades that I did not plan.
11. My concentration and focus is excellent throughout the day.
12. I am rarely distracted when I am trading.
13. I am able to refocus easily after a distraction e.g. losing trade
14. I focus mainly on my P & L when trading.
15. I have clear routines and rituals that I stick to during the day/my trading
16. I see myself as a successful trader.
17. I frequently worry about losing trades and losing money.
18. I know my strengths and weaknesses as a trader.
19. I am frequently negative about myself and my trading performance.
20. I am a disciplined trader.
21. I love trading and find it enjoyable.
22. I find myself just going through the motions a lot in trading.
23. I have clear trading goals that are important for me to achieve.
24. I know clearly why trading is important to me.
25. I am a motivated trader.



Answer T for True and F for False for each statement.

Scoring

Section 1, questions 1-5 deal with "Resilience," or your skill at mentally bouncing back from setbacks and mistakes. Score 1 point for each of the following answers:

1. T
2. T
3. F
4. T
5. T

Section 2, questions 6-10 deal with the ability to handle pressure. Score 1 point for each of the following answers:

6. T
7. F
8. F
9. T
10. F

Section 3, questions 11-15 deal with your concentration ability. Score 1 point for each of the following answers:

11. T
12. T
13. T
14. F
15. T

Section 4, questions 16-20 deal with your level of confidence and the factors that affect confidence. Score 1 point for each of the following answers:

16. T
17. F
18. T
19. F
20. T

Section 5, questions 21-25 deal with motivation. Score 1 point for each of the following answers:

21. T
22. F
23. T
24. T
25. T

Interpretation

A score of 4 in any one of the five sections indicates a strength in that area, and a 2 or less highlights that particular area as a mental weakness that needs to be addressed.

Overall Score

A score of 20-25 indicates strength in overall mental toughness. Scores of 13 - 19 indicates average to moderate skill in mental toughness, and would benefit from specific targeted mental skills work. Scores of 12 or below mean that you need to start putting more time into the mental game.

(Source: Steve Ward)