

THE TRADING PSYCHOLOGY MASTERCLASS WORKSHEET



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HI I'M CRÉDE,

I'm a High Performance and Trading Psychology Coach and Chartered Psychologist with the PSI. I help traders with ambitious income goals to end destructive habits and get the mental edge for pro-level discipline and consistency in your trading.

WHO AM I AND HOW CAN I HELP?

I'm a High Performance and Trading Psychology Coach and creator of Go Deep to Level Up Your Trading™. I've spent the past 16+ years coaching world leaders in trading, finance, professional sport and business to master the mental edge and achieve peak performance.

I originally qualified as a sport psychologist and spent a large part of my career helping pro-athletes win gold medals and championships. For the past 5+ years I've brought this experience to the trading arena. I've coached Traders and Hedge Fund Managers, with accounts ranging from small to medium to in the multimillions, to level up and hit higher returns.

One thing I do differently is **I help you get right to the root of the limiting beliefs and subconscious blocks** that are holding you back from reaching your true potential. My job is to **help you to get out of your own way** so you can get on with hitting the ambitious goals you have set for yourself. This looks like fixing what isn't working in your performance, but also equipping you with the self-awareness and practical tools to take your trading from neutral to exceptional.

MASTER YOUR MINDSET. MANIFEST YOUR GOALS. LEAD A RICHER LIFE.

THE COMPLETE TRADING PSYCHOLOGY SYSTEM TO END DESTRUCTIVE HABITS AND REACH PRO-LEVEL CONSISTENCY IN AS LITTLE AS 8 WEEKS

Use this worksheet to help you apply the content covered in the
TRADING PSYCHOLOGY MASTERCLASS to your own trading.

Q1. WHAT IS THE #1 CHALLENGE THAT IS CURRENTLY HOLDING YOU BACK IN YOUR TRADING?

(e.g. revenge trading, ignoring loss limits, hesitating to take a trade etc.)

Q2. IF YOU COULD COMPLETELY ERADICATE THIS CHALLENGE FROM YOUR TRADING, WHAT WOULD BE POSSIBLE TO HAVE ACHIEVED IN ONE YEAR'S TIME? (in both trading and in your wider life)

In trading in 1 year's time I could be...

(e.g. consistently making \$X per month, have grown my trading account by Y%)

In my wider life in 1 year's time I could be...

(e.g. taking 4 vacations per year, saved \$X for my children's college fund)

Q3. WHAT ARE THE THREE MOST COMMON CHALLENGING EMOTIONS THAT YOU EXPERIENCE WHILE TRADING?

(e.g. greed, fear, FOMO, rage, frustration etc.)

1.

2.

3.

Q4. WHAT TECHNIQUES DO YOU CURRENTLY USE TO MANAGE OR TRY TO NEUTRALIZE THESE EMOTIONS?

(e.g. breathing techniques, journaling, trading higher-timeframes)

Q5. ARE YOU AWARE OF ANY BELIEFS THAT MIGHT BE DRIVING THESE EMOTIONS? IF SO, WHAT ARE THEY?

(e.g. believing a losing trade means that I am a failure)

Q6. IN YOUR OPINION, ON WHAT PERCENTAGE OF ALL TRADES TAKEN ARE YOU FOCUSED ON THE P&L OVER THE EXECUTION OF YOUR TRADING PLAN?

(e.g. if someone really struggles with revenge trading or hesitating to take entries they might answer that on 80% of trades they are focusing on the P&L instead of on executing their plan)

Percentage of all trades that I focus on P&L instead of trading plan execution (the ideal score here is 0%):

Q7. LIST THREE PRACTICAL TECHNIQUES YOU COULD USE TO SHIFT FROM A "P&L FOCUS" TO FOCUSING ON THE EXECUTION OF YOUR TRADING PLAN

(you can use the examples from the masterclass)

1.

2.

3.

Q8. DEFINE WHAT "TRADING SUCCESS" NOW MEANS TO YOU

Q9. BASED ON YOUR ANSWER TO Q8 ABOVE, WRITE OUT YOUR OWN "TRADING JOB DESCRIPTION" IN THE SPACE PROVIDED BELOW

Consider the personality characteristics of a great trader, the key performance indicators, day-to-day tasks required of the role, skillset, salary and bonuses etc.

Q10. COMPLETE YOUR TRADER PERFORMANCE PROFILE (THE BONUS RESOURCE INCLUDED IN THE MASTERCLASS) AND LIST THE TOP 5 FACTORS THAT YOU HAVE IDENTIFIED AS KEY TO WORKING ON TO IMPROVE YOUR OVERALL TRADING PERFORMANCE

1.

2.

3.

4.

5.

NOW IT'S TIME TO COMMIT TO TAKING ACTION!

WHAT **ONE KEY ACTION CAN YOU TAKE TODAY TO SHARPEN YOUR MENTAL EDGE AND START LEVELLING-UP YOUR TRADING?**

NEXT STEPS

Thank you for taking the time to watch the masterclass and complete this worksheet. Hopefully you now have an idea of what might be behind you breaking your trading rules, and how you can start improving your mental edge.

If you are **serious** about your trading career and you want to stop **repeating the same tired mistakes** and **fulfil your true trading potential instead** - we've got you.

You can FAST TRACK the learning curve and avoid the stress (and losses) associated with trying to figure it out alone.

GO DEEP TO LEVEL UP YOUR TRADING™

is an intensive online program that will help you overcome destructive habits and reach pro-level discipline and consistency in as little as 8 weeks.
Click the logo below to find out more.

