



4. Trade with your Mind in the Moment: When

Dr. Gary Dayton is "one of a few who have integrated the mental side of trading with the technical side. He employs state of the art psychology with classic technical analysis to teach the trader how to trade successfully the market." He is the first psychologist who applies mindfulness in helping traders develop focus and concentration required to trade successfully. As one trader puts it, "Dr. Gary To find out what traders say about Dr. Dayton, visit <http://Tradingpsychologyedge.com/feedback>

trading, stay focused on the here and now. Let past events and future concerns fall by the wayside. When ~~4~~ you notice your mind wandering, gently bring it back to the trading task-at-hand.

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~~5~~ **5. Mentally Park Losses and Errors:** Avoid an emotional hijacking by 'parking' losses and trading errors. Write them in your journal and forget about them until after the market closes. Mental parking signals to your mind that now is not the time to think about the loss or error. It helps keep your mind clear.

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Seven Tips to Boost Your Mental Game While Trading

Compliments of

Dr. Gary Dayton

www.TradingPsychologyEdge.com

Here are seven tips that can help you achieve a true edge in your trading. Combined, they are a powerful system for developing both your mental skills and your technical skills. Followed consistently and with practice, you can improve your all-important psychological skills and meaningfully impact your trading results.

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~~7~~ **7. Attend to Process, not Results:** While trading, concentrate only on what you need to do now. Refrain from thinking about money made, win:loss ratios, or other "stats."

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- 1. Prepare for the Trading Day:** Assess your market every night. Identify areas where trades may set up tomorrow. Preparation helps you anticipate price movement and puts you in a position to take action with confidence.
- 2. Stick to Your Plan:** Take only trades consistent with your plan. Sticking to your plan pays many dividends, including keeping your confidence high.
- 3. Keep a Trading Journal:** Log all trades in a notebook. Record your thoughts and feelings about each trade. The journal can help you identify your patterns as well as record your progress.

**Free Trading Psychology
Edge e-Course**

Start your journey toward successful trading. Visit www.TradingPsychologyEdge.com to receive your free e-course you can immediately use to improve your trading performance.

8. Review the Day for Self-Improvement: After the close, review the trading day and identify what went well and what didn't go so well. Now is the time to

review what you parked. Make a plan of corrective action, if needed.

Just like professional athletes looking to gain a competitive edge, I help motivated traders develop vital mental skills for peak performance trading. I offer personalized coaching, webinars & workshops where you can learn to overcome erratic trading behaviors (e.g., overtrading, cutting winners short, and failure to pull the trigger) and focus on the trading actions that matter most in successful trading.

As an expert in Wyckoff trading, I also teach traders the classic, high probability trading method of bar-by-bar analysis. This nearly lost art can help put you on the winning side of the market, no matter what your trading style or method.

To learn more about how I can help you develop mental skills and/or Wyckoff classic chart reading skills to trade successfully, you are invited to contact me or visit my website and blog at: www.TradingPsychologyEdge.com

Dr. Gary Dayton
drgary@tradingpsychologyedge.com

