

Maintain Your Psychological Trading Performing Edge: Tips to Decrease Stress, Improve Trading Skills

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For most traders and investors these tips may seem obvious, but few actually use and adhere to them on a daily trading basis. Following these tips each day will decrease stress, build confidence and improve your odds for success.

1. **Prepare for the trading day** – putting a trading plan together helps keep you focused and relaxed.
2. **Stick to your trading plan** – like most things, when you stray from your initial plan you begin to miss things and even make errors.
3. **Keep a Trading Journal** – it's important to record what you have done so you can later reflect and learn from any mistakes.
4. **Trade with your mind in the moment** – don't allow emotion to dictate how you trade. A clear mind focused on the facts will increase trading success.
5. **Mentally park losses and errors** – in life everyone makes errors. Don't let the emotion of losses and errors get in the way of future trades. Let them go and move forward.
6. **Attend to the process, not the results** – chasing money will not get you what you want. Looking at trading as a rational and well thought out process will help you better achieve your end goal.
7. **Review your trades for self-improvement** – the one thing you can do to improve your trading success is to look back through your Trading Journal to learn what you did right and what you did wrong, so as to not to make the same mistakes again. Learning makes you better; you'll know what signs to look for; it will build your confidence and lead to success.