



Trade Mindfully Exercise Worksheets

To be used with the book

Trade Mindfully

*Achieve Your Optimum Trading Performance
with Mindfulness and Cutting-Edge Psychology*

by Gary Dayton, Psy.D.

Wiley Trading Series
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Due to publisher space limitations in the book, *Trade Mindfully*, some of the exercise worksheets are too small to be useable by readers. Therefore, we have created this pdf file of all exercise worksheets found in *Trade Mindfully*. Readers are free to copy them for their personal use.

Learn more about trading psychology and trading the markets by price and volume alone at:

www.TradingPsychologyEdge.com

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Exercise 2.1

| Becoming Aware of Fear & Other Strong Emotions | | |
|---|---------------------------------|--------------------|
| Emotion (if fear, note type of fear) | What Your Mind Tells You | How You Act |
| | | |
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Exercise 2.2

Developing Emotional Intelligence: My Patterns for Strong Emotions

| Event or Situation that Triggers the Emotion | Hot Thoughts that Ignite and Amplify Strong Emotions | How You Feel | Actions You Take | Results & Consequences |
|---|---|---------------------|-------------------------|-----------------------------------|
| | | | | |
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Exercise 3.1

| The Price I Pay to Control My Thoughts & Feelings | | | | |
|--|--|--|---------------------|---------------------|
| Triggering Situation | Thoughts, Emotions & Sensations | Control Strategy Used /What you did | Effect on Me | Price I Paid |
| | | | | |
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Exercise 3.2

| Short- and Long-Term Costs and Benefits of My Control Strategies | | | | |
|---|----------------------------------|------------------|----------------------------------|------------------|
| Control Strategy | Disadvantages & Costs | | Advantages & Benefits | |
| | Short-Term | Long-Term | Short-Term | Long-Term |
| | | | | |
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Exercise 4.1

| How My Emotions Function in My Trading Decisions | | | | |
|--|-------------|-------|-----------|------------|
| Situation | Information | Speed | Attention | Commitment |
| | | | | |
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Exercise 7.1

Tracking My Thoughts & Feelings

Use this form to track your feelings and thoughts over the course of a week or two. We want to begin to develop better awareness of your thoughts and feelings, and especially how they show up and change. Three times a day, simply note your mood, any prevalent thoughts, anything specific that might have stimulated your feelings and your thoughts, and whether you chose to have these thought or if they just showed up on their own.

| Time | What I was feeling/mood | Body Sensations I noticed | What my mind was telling me | Situation/event | Did I choose to have these thoughts & feelings or did they just show up? |
|------|-------------------------|---------------------------|-----------------------------|-----------------|--|
| | | | | | |
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| | | | | | |
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Exercise 8.1

| Minor Decisions that Impact My Trading | | | | |
|--|----------|----------|--------------|---|
| Situation | Feelings | Thoughts | Consequences | ✓ |
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Exercise 8.2:

Finding My Trading Values

Part 1: Answer these questions: If something magical could suddenly happen and there was absolutely nothing that could hold you back from behaving like the trader you really want to be, then what would that look like? Remember, nothing can stop you. How do you really want to be and act as a trader?

Part 2: After a decade of living and trading as described in Part 1, write about what sort of trader you have been? Assume the role of a journalist and describe 3 or 4 of your greatest qualities?

Quality #1:

Quality #2:

Quality #3:

Quality #4:

Exercise 8.3

Challenging Trading Situations, My Internal State and Values

| Challenging Situation | Thoughts | Feelings | Body Sensations | Relevant Value |
|-----------------------|----------|----------|-----------------|----------------|
| | | | | |
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| | | | | |

Exercise 8.4

Overcoming My Challenging Trading Situation

| | |
|---|--|
| What I stand for in my trading: | |
| My challenging situation: | |
| My Goals: My initial goal: | |
| My longer-term goal: | |
| Plan for my initial goal: | |
| What will present the greatest challenge for me: | |
| How I will meet that challenge: | |

Exercise 8.5:

Monitoring My Progress in Overcoming a Challenging Trading Situation

Challenging Situation:

Actual Event:

What I did well:

Where I fell short:

What caused me to fall short:

What I can do next time:

Actual Event:

What I did well:

Where I fell short:

What caused me to fall short:

What I can do next time:

Exercise 9.1

| Important Roles in My Life | | |
|----------------------------|------------------------|--------------------|
| Role | What's Important to Me | High Value Actions |
| | | |
| | | |
| | | |
| | | |
| | | |

Exercise 9.2

| My Current Strengths and Limitations | | |
|---|--------------------------|-----------------------------|
| | Current Strengths | Current Limitations* |
| Mental | | |
| Technical | | |
| Other | | |

* Use an asterisk to denote whether the limitation is something you can easily avoid or if it is a developmental need.

Exercise 9.3

| Mental Skills Inventory: High Quality Preparation | | |
|--|--|---------------|
| Mental Domain | | Rating |
| Perspective | <ul style="list-style-type: none"> • I maintain a balanced perspective between trading and the other important roles in my life. I am able to mentally park non-trading related concerns while I am trading. • I have a strong understanding of how I trade the markets which is reflected in my written trading plan. • I understand and act in concert with the laws of probability in trading, especially the idea that my trading edge will play out over a large number of trades. | |
| Personal Awareness | <ul style="list-style-type: none"> • I am clear on my strong points and my limitations in the mental, technical, money management and other important areas of my trading. | |
| Self-Motivation | <ul style="list-style-type: none"> • I set and achieve goals with respect to my performance and development as a trader. • For my current limitations, I have developmental goals framed as SMART goals. • I focus on my trading process more than my trading results. | |
| Mental Discipline | <ul style="list-style-type: none"> • I follow my trading plan, understand how my willpower can be strengthened and depleted and take steps to preserve and increase my mental discipline. • I create a game plan for my trading. | |

Exercise 10.1

| Factors that Affect My Focus | | | | |
|--|------------------|------------------|------------------|------------------|
| My Personal Examples | | | | |
| Factors | Example 1 | Example 2 | Example 3 | Example 4 |
| Market & performance situations | | | | |
| Location of my thoughts in past or future | | | | |
| People, places & things | | | | |

Exercise 10.4:

| Mental Skills Inventory: Effective Execution | | |
|---|--|---------------|
| Mental Domain | | Rating |
| Self Confidence | <ul style="list-style-type: none"> • I believe in and trust my abilities in interacting effectively with the markets, especially executing, managing and exiting my trades. • I am clear about the things that I can control. I focus on these and not on things that are not within my control. | |
| Emotional Intensity | <ul style="list-style-type: none"> • I trade with an effective level of energy and emotional intensity. I monitor my energy and emotional intensity while trading. | |
| Focus | <ul style="list-style-type: none"> • I maintain effective focus on the trading task at hand. I know the factors that can be distracting and use mindfulness routines when I am vulnerable to distractions. I focus on process rather than results. | |
| Poise | <ul style="list-style-type: none"> • I remain poised while trading, even in challenging situations. I can recognize when I am vulnerable to losing composure and take the necessary steps before losing it. | |

Exercise 11.1

Trader's Personal Performance Assessment

1. What were my trading strong points? Why were these strengths?

2. What were my trading limitations? Why were they limitations?

3. What have I learned about myself and my trading?

4. What steps can I take based on what I have learned?

Exercise 11.2

| Mental Skills Inventory: Constructive Self-Assessment | | |
|--|--|---------------|
| Mental Domain | | Rating |
| Self-Esteem | <ul style="list-style-type: none"> • I know my self-worth and am able to keep myself on an even keel no matter how my trading goes. • I neither get excited when I have a strong trading performance nor get down on myself when my trading performance is less than I would like. | |
| Performance Accountability | <ul style="list-style-type: none"> • I take full responsibility for my trading performance and am willing to confront the factors that affect my performance, including my performance shortcomings. | |
| Perseverance | <ul style="list-style-type: none"> • I do the work necessary without distraction and strive to be the best trader I can. • I maintain my intensity of effort even when things aren't going my way. | |
| Continuous Improvement | <ul style="list-style-type: none"> • I use the information about my trading performance to improve as a trader, making adjustments in my trading. • I constantly seek ways to develop and improve my trading knowledge, skills and abilities. | |