

Quotes



“A trading journal keeps you constructive, keeps you learning, and keeps you working on the things that are most important. It is not a tool for simply rehashing the day; it is a tool for self-development.”

Brett Steenbarger

“A trading journal is probably the most important, and most often neglected, tool in determining your success or failure in the market.”

Toni Hansen

“Successful traders know that a consistent and systematic review of their daily trading activities is the direct path to growing and improving.”

Dr. Van Tharp

“The best way to measure your investing success is not by whether you're beating the market but by whether you've put in place a financial plan and a behavioural discipline that are likely to get you where you want to go.”

Benjamin Graham

“The most important investment you can make is in yourself.”

Warren Buffett

“If your goal is to trade like a professional and be a consistent winner, then you must start from the premise that the solutions are in your mind and not in the market.”

Mark Douglas

“If you can't measure it, you probably can't manage it. Things you measure tend to improve.”

Ed Seykota

“You have to identify your weaknesses and work to change. Keep a trading diary – write down your reasons for entering and exiting every trade. Look for repetitive patterns of success and failure.”

Alexander Elder