



POWERFUL POSITIVE AFFIRMATIONS FOR TRADERS (INSIGHTS)

Positive trading affirmations can be an incredibly powerful tool for traders. Whether you're a novice or a seasoned professional, repeating positive affirmations on a daily basis can help you become the trader you want to be. By making positive statements about yourself and your trading, you can develop a mindset that is focused on success and progress.

To get the best results, it's important to create affirmations that are specific to your own trading goals. This may involve reflecting on what kind of trader you want to be and what qualities you want to possess in order to be successful. Once you have these ideas in mind, you can start to craft positive affirmations that reflect your desired trading identity.

In addition to creating your own affirmations, you may also want to use some of the 32 affirmations listed in this write-up. By repeating these affirmations on a daily basis, you can help to cultivate an attitude of confidence & success.

No matter which affirmations you choose, it's important to be consistent and to believe in yourself. Positive affirmations can help you stay focused and motivated, but you have to take action in order to make progress with a bit of patience and perseverance.

HOW TRADING AFFIRMATIONS WORK

Trading affirmations are powerful statements that act as a positive reprogramming of the subconscious mind, allowing you to create the life in trading you truly desire.

It is natural to have both positive and negative subconscious programming as a result of external influences. Over time, these messages become deeply engrained in our subconscious and become our identity and reality.

Positive affirmations can help us to reverse our negative programming and replace it with positive and empowering messages. This process can help us to rewire our brains and create a new reality for ourselves.

However, it is important to remember that affirmations don't work instantly. It took years to create our negative programming, so it could take anywhere from several weeks to a couple of years to reverse that programming.

Writing your own Powerful Trading Affirmations in four steps :

1. **Start with a positive statement about your capabilities:** The first step to writing powerful trading affirmations is to start with a positive statement about your capabilities. This statement should be tailored to reflect the level of confidence you want to achieve as a trader. By affirming your capability and confidence, you will be more likely to take the necessary steps to achieve your goals.
2. **Specify your desired outcomes:** The second step is to specify your desired outcomes. For example, you might want to focus on making consistent and profitable trades. Your affirmations should be SMART (Specific, Measurable, Attainable, Relevant, and Timely) and should reflect the goals you have set for your trading.
3. **Make your affirmations specific:** The third step is to make your affirmations specific and realistic. This means that you should be realistic with what you want to achieve and should not set yourself uphill task by making humongous goals. Additionally, you should also be mindful of the amount of time it may take to reach these goals with a bit of patience and perseverance.
4. **Make sure your affirmations are in the present tense:** The fourth step is to make sure your affirmations are in the present tense. This means that you should focus on what you are able to do today and not on what you will be able to do in the future. Affirmations should be used as a tool to focus on the present and to take action today.

POSITIVE AFFIRMATIONS

1. I am confident of my trading abilities.
2. I focus on the long term goals of my trading strategy.
3. I am patient and remain disciplined in my trading decisions.
4. I am determined to succeed in trading.
5. I focus on the process and not the outcome.
6. I stay committed to my trading goals.
7. I am open to new ideas and techniques.
8. I take responsibility for my losses and learn from them.
9. I remain focused and do not let emotions drive my decisions.
10. I take trades based on my own analysis, not rumors or speculation.
11. I have the patience to wait for the right opportunities.
12. I remain disciplined with my risk management.
13. I understand that trading is a marathon and not a sprint.
14. I accept that losing trades are part of the process.
15. I remain open-minded and willing to try new strategies.
16. I am willing to take the time to learn and understand the markets.
17. I am resilient and will continue to strive for success in trading.
18. I am prepared for the unexpected and remain flexible.
19. I am open to feedback and will use it to improve my trading.
20. I always keep the trade risk low i.e 1-2% of account value.
21. I am patient and understand the importance of timing.
22. I strive to be a better trader every day.
23. I remain composed under pressure and make rational decisions.
24. I have confidence in my ability to identify entry and exit points.
25. I stay up-to-date with the markets and use my knowledge to my advantage.
26. I practice risk management to ensure my capital is preserved.
27. I understand the importance of proper money management.
28. I am confident that I have the knowledge and skills to succeed.
29. I keep a journal of all of my trades, both losers and winners.
30. I embrace change and understand that it is part of the trading process.
31. I am open to constructive criticism and use it as a learning tool.
32. I keep a positive attitude and remain optimistic about my trading.

NOW IT'S YOUR TURN TO TAKE ACTION!

Create your own positive affirmations or choose a few from this list. Write them down and keep them somewhere easily accessible. Start with 3-5 affirmations and if you can manage that for a couple of weeks, add a few more. Don't overwhelm yourself with too many affirmations.

Repeat your affirmations at least twice a day, every day. The most effective time is just

before you go to sleep since your mind tends to replay the last thing you saw.

By continuously repeating positive affirmations, we can slowly but surely start to see the results in our lives. With dedication and consistency, patience and persistence we can create a life of positivity, joy, and fulfillment.



About the author



Hitesh Sheth is a member of the Advanced InvesTrade Forum and an Elliott wave expert who specializes in Neo Wave theory by Glenn Neely. With vast experience in various indicators and oscillators like Fibonacci, Gann, Heikin-Ashi, Time cycle etc., he offers precise and logical trading advice, from stock selection to target identification, in an easy-to-follow trading system. He can be reached at hitesh.p.sheth@gmail.com



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