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The Trader’s Curriculum

Becoming the trader you’re meant to be.

Learn the Market · Train the Brain · Practice the Craft

Technical Analysis · Performance · Neuroscience

Happy Sunday Traders!

Here is one thing to learn about the market, one way to train your brain, ar one question to explore this week.

1. LEARN

Every trade is a vote for the trader you're becoming.

Canadian psychologist Donald Hebb (1904–1985), often regarded as the father neuropsychology, transformed our understanding of how experience changes brain. His work inspired the principle, *"Neurons that fire together, wire together."* Ev time you react to a market event, whether with patience, panic, discipline, impulsivity, you strengthen the neural pathways that make that same response m likely in the future. In other words, if you repeat a trading behavior enough times, t

pathway becomes a superhighway, turning your reactions into automatic, unconsci
habits. Understanding this law can transform your market performance from chac
gambling into disciplined execution.

2. TRAIN

You cannot delete an old neural pathway, but you can override it. By intention
pairing a specific market stimulus with a disciplined response, you forge a n
stronger pathway. The goal isn't to eliminate old habits overnight, but to repeate
strengthen a better response. This week, practice rewiring one automatic trading ha

I. Create one “If–Then” plan

For example, if I feel the urge to move my stop loss, then I will take one slow bre
and reread my trading plan.

II. Interrupt the pattern

When you notice the urge, physically pause for 10 seconds or stand up from y
desk. That brief interruption gives your brain time to shift from an automatic react
to a deliberate decision.

III. Reward the Process

At the end of the day, celebrate every trade where you followed your process - eve
it lost money. The goal is to learn how to trade correctly first.

3. THIS WEEK’S QUESTION

Can you identify any repeated behavior(s) that has been hurting your trad
performance lately?

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When an axon of cell A is near enough to excite cell B and repeatedly or persistently takes part in firing it, some growth process or metabolic change takes place in one or both cells such that A's efficiency, as one of the cells firing B, is increased.

- D.O. Hebb

Want to Go Further?

Every lesson in *The Trader's Curriculum* is inspired by research in neuroscier psychology, and expertise. Continue this week's lesson with additional trad exercises, scientific references, and learn how we develop these skills inside **Mar Alchemists**.

→ Continue This Week's Lesson

THE WEEKLY ROADMAP

With this week's lesson in mind, it's time to prepare for execution. Explore this week's Weekly Roadmap to identify the higher time frame levels, trend lines, and decision points that will guide our focus throughout the week.

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