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The Trader's Curriculum

by Dr Vee

Becoming the trader you're meant to be

Insights · Practice · Growth

Weekly evidence-based insights for better trading performance

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The Discomfort of Unrealized Gains

Happy Sunday Traders!

Here is to one lesson, one exercise and one question to explore this week.

1. LEARN

Every winner tests your ability to tolerate discomfort.

The market doesn't take your profits away. Fear does. The moment it fe
more urgent than your plan.

Every trader who's ever closed a winner early has a story about a time th
didn't, and it turned into a loss. That story becomes evidence. The eviden
becomes a rule: *get out while you can.* The rule feels earned. It's actually j
fear wearing a plan's clothes.

The real plan has to be written before the trade. A target is set at the le
the market is statistically likely to reach, not the level you hoped it would
that target isn't locked in before you enter the trade, there's no plan
protect you from the fear. There's just you, alone, improvising, at the ex
moment your nervous system is worst at it.

2. TRAIN

This week, try this on every trade you take:

Before you enter, define your target and set your bracket. Base it on the n
pivot, not on an expectation. Then don't touch it.

While you're in the trade, notice the urge to close early. Don't act on it. J
notice it, sit in it and let it pass.

At the end of the week, count two things: how many trades you closed ea
and how much R that cost you. Let that number, not Friday's feeling, dec
what you do differently next week.

3. THIS WEEK’S QUESTION

When a winning trade is running and the urge to close it hits, what are y

actually protecting: the money, or yourself from having to feel t
discomfort of not knowing yet?

> Hope and fear are two dancing partners that I had to learn to keep in balance.
>
> - Tom Hougaard, on trading his own emotions

Continue this week’s lesson

Today's lesson is only the beginning. Continue exploring this week's idea a discover how we help traders build these skills through deliberate pract inside Market Alchemists.

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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.

Discover More

To one lesson at a time,

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Performance Psychology for Traders
Co-Founder of *Market Alchemists*

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