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The Trader's Curriculum

by Dr Vee

Insights · Practice · Growth

Weekly evidence-based insights to become the trader you're meant to be

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None of Your Business

Happy Sunday Traders!

This week we're talking about what it means to win in trading, and why a good coin not enough.

1. LEARN

The Great Illusion of Control

The exact second you hit "buy" or "sell" based on your system, your job is offici done. What the market decides to do next is none of your business. You can control it, so you cannot care.

Too many traders suffer from the illusion that they are “making the price actic They watch a floating profit, panic, and cut it early because they feel like they personally generating the money and must protect it before they “spoil” it. This fatal mistake. Trading is the complete opposite of a normal job or business. In the world, effort equals output. In trading, money is simply the byproduct of alignm with probability—and often, the byproduct of complete inaction to protect y capital.Know your coin: expectancy

The System is the Boss, You Are the Worker

To survive this game, you must split your mind into two distinct operational ro Boss Mode and Employee Mode. When you are at the screen, you are the employ Your *only* job is to follow the rules of the system. Therefore, you must complet abandon responsibility for individual wins and losses. If you follow your system lose money, *you* didn't lose; the system just experienced a statistical variance. The or the loss belongs entirely to the system. Trying to control or override the outcc midway only complicates a simple math problem, rendering it completely unsolvabl

BOSS MODE
Does the heavy lifting beforehand (backtesting)
Builds the rules, calculates the edge
Owns the system’s long-term probability
▼ *Hands over the playbook*
EMPLOYEE MODE
Executes rules blindly, without emotion
Has zero authority to alter the plan mid-trade
Has NO responsibility for the market’s reaction

2. TRAIN

Elite traders don’t win the fight against price fluctuations with willpower. They des their environment so there is no fight: rules and structures that keep their emoti out of every tick. Here are some examples:

Hard-Coded Automation (OCO Brackets)

The most common structural technique is using OCO (One-Cancels-the-Other) brac orders. The moment an entry order is filled, both the hard stop-loss and the ta profit target are simultaneously hosted on the broker's servers.

Externalizing Risk via Hard Limits

Rather than relying on real-time discipline to control an emotional respor institutional and top-tier prop traders use absolute hard stops built into tl execution software.

- Fixed cephalic sizing ceilings: Calculating position sizes prior to market open.
- The Consecutive Loss Limit: Setting a firm rule such as stopping all activit for the day after two consecutive stop-outs, to prevent revenge trading.

Hiding the Floating P&L

Many top traders explicitly configure their trading dashboards to hide real-ti financial tracking. They only permit themselves to view the chart or the percent distance to a technical invalidation level.

The lesson doesn't end here. Dive into this week's scientific references supporting th findings on our website

→ Dive Deeper

3. THIS WEEK'S QUESTION

If your next 10 trades were all rule-perfect and all losses, would you change anythi Why?

> Your job is to follow your process. The market's job is to pay you, if it chooses to.
>
> - Unknown Trader Axiom

THE WEEKLY ROADMAP

With this week's topic in mind, it's time to prepare for execution. Explore Vee's high time frame decision points guiding our Adepts' trading focus throughout the week

→ Explore Here

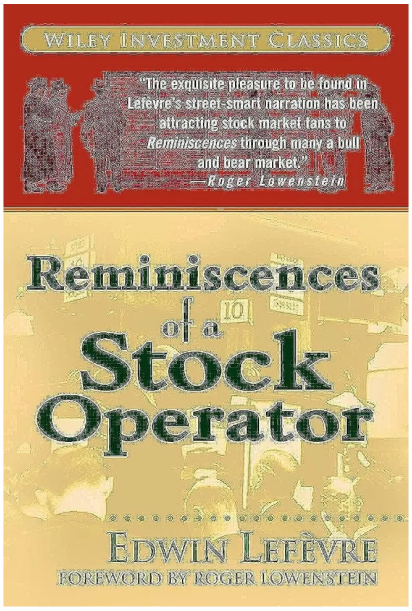
To one lesson at a time,

Dr. Vanessa Charland, PhD
Trading Science Communicator & Human Performance Specialist
Co-Founder of *Market Alchemists*

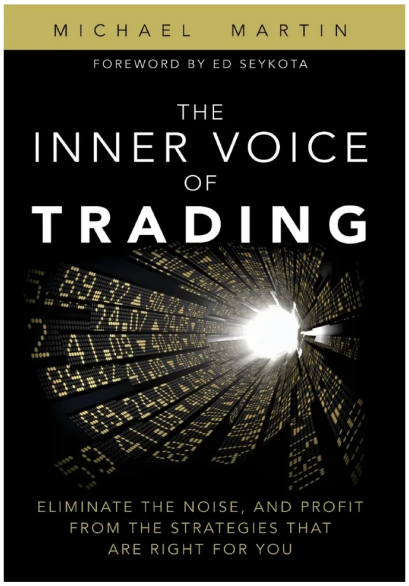
THIS WEEK'S BOOK RECOMMENDATIONS

1. **Reminiscences of a Stock Operator.** A classic and because the mistakes

describes haven't changed: cutting winners early, hoping on losers, and tradir on opinion instead of rules.



2. **The Inner Voice of Trading.** Want to be a successful trader? It's not enoug to master generic trading strategies: *you must first know yourself.*



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