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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

Trading is F* Hard. What Did You Expect?

Happy Sunday Traders!

Trading is the hardest way to make easy money. Becoming great at this will bring you unimaginable wealth. The real fortune is freedom. So stop resisting the grind and start enjoying it.

1. LEARN

The Grind

Psychology and neuroscience don't romanticize the grind. They study it. What happens when you keep doing something difficult before the reward shows up?

happens when you keep doing something difficult before the reward shows up. Researchers don't care about your motivational speech. They care about what your brain does under sustained effort. Why some people keep showing up when progress is invisible. Why others stop. And how repetition slowly changes the brain until what once required enormous effort becomes easier to execute. This is how skill is built.

Key scientific concepts:

I. **Grit:** Psychologist Angela Duckworth and colleagues (2007) defines grit as passion and perseverance for long-term goals. Research shows grit predicts success independently of raw talent.

II. **Deliberate Practice:** Psychologist Anders Ericsson and colleagues (1993) found that mindless repetition does not work. Effective grinding requires strict focus, pushing past your comfort zone, and getting immediate feedback.

III. **The Brain and Effort:** Neuroscience shows the brain weighs the energy cost of a task against the expected reward (see Westbrook et al., 2020). Dopamine helps drive this cost-benefit calculation, keeping you moving when work feels boring or hard.

*The lesson doesn't end here. Dive into this week's full scientific references on our website. → **Dive Deeper***

2. TRAIN

How to start grinding effectively according to science:

- **Use Deliberate Focus:** Do not just repeat easy tasks. Target your weak spots and fix mistakes in real time.
- **Set Micro-Goals:** Break large performance objectives into tiny steps. This triggers small hits of dopamine, which keeps your motivation high.
- **Manage Cognitive Fatigue:** The brain runs out of focused energy over time. Take breaks to recharge.

Behavioral experiments show that working in set blocks with short break prevents burnout.

- **Prioritize Sleep:** Your brain strengthens new neural connections and processes hard work while you sleep. Grinding without rest leads to low performance.

3. THIS WEEK'S QUESTION

You've had a losing week before and kept grinding. Have you ever had a winning week and kept grinding just as hard or did the reps quietly stop the moment the results showed up?



Luck is preparation meeting opportunity.

- Ed Seykota, American Trader

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](#)

The end lesson at a time

to one lesson at a time,

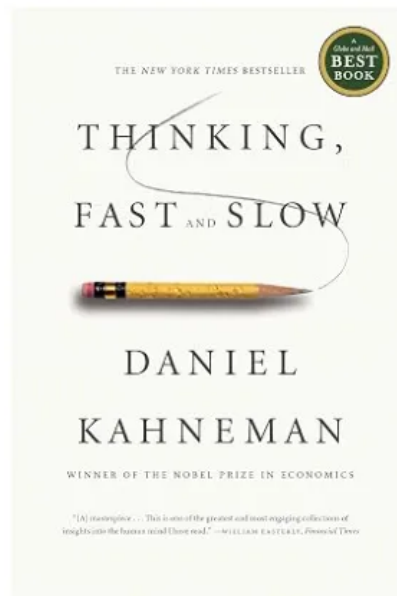
Dr. Vanessa Charland, PhD

Trading Science Communicator & Human Performance Specialist

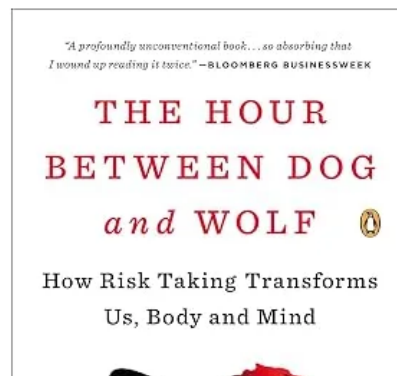
Co-Founder of *Market Alchemists*

THIS WEEK'S BOOK RECOMMENDATIONS

1. Thinking Fast and Slow



2. The Hour Between Dog and Wolf





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