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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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The Evidence Behind Confidence: Why trading conviction should come from data.

Happy Sunday Traders! Another week, another opportunity to lea
practice, and ask the questions that move our trading forward.

1. LEARN

Most traders suffer from misplaced confidence: a psychological trap known as Dunning-Kruger effect. They feel highly confident after a lucky win, leading oversized bets and inevitable blowups. True, sustainable trading conviction is not emotion; it is an objective calculation based on verified historical samples. If

cannot point to a 50-trade sample size proving your edge, your conviction is actu
delusion.

- The Overconfidence Bias: Academic research proves that investors who trac most actively experience the lowest net returns. A seminal study by Barber Odean (2000), *"Trading is Hazardous to Your Wealth,"* analyzed 66,46 households and found that overconfident, hyper-active trade underperformed the market by 3.5% annually due to speculative, unbacke conviction.
- The Power of Feedback Loops: To build real conviction, the brain requires a accurate, immediate feedback loop. According to deliberate practice researc by Dr. K. Anders Ericsson (the basis for the 10,000-hour rule), expertise is n built by repetition alone, but by tracking specific metrics, isolating errors, ar correcting them in the next iteration. In trading, your spreadsheet is th feedback loop.

2. PRACTICE

Stop analyzing markets. Start analyzing yourself. Execute this 50-Trade Data Sprint:

- Pick One Setup: Why you entered the trade (breakout, pullback, trer continuation, etc.)
- Log the Uncomfortable: For the next 50 trades, you must log three nor negotiable data points: Time of day, R-multiple achieved (Risk vs. Reward), ar your Impulse Level (1–5 scale of how much you wanted to break your rules).
- The 50-Trade Lockout: Do not change your strategy, tweak your indicators, c alter your risk until trade #50 is booked. Once complete, filter by "Impuls Level." You will immediately see exactly how much money emotion execution is costing you.

3. ASK YOUSELF

What do you believe about your trading that you have never actually tested?

> All a technical system does is identify those patterns and quantify them so you have a statistically reliable outcome.
>
> - Mark Douglas, Amercian Trader and Broker

Continue this week’s lesson

Today's lesson is only the beginning. Continue exploring this week's idea and disco how we help traders build these skills through deliberate practice inside Mar Alchemists.

→ Read More

The Weekly Roadmap

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

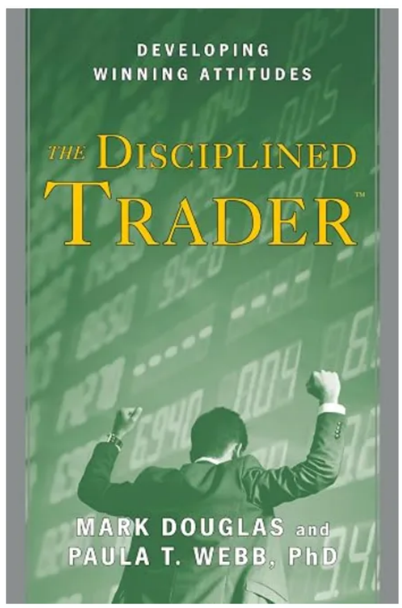
Discover More

To one lesson at a time,

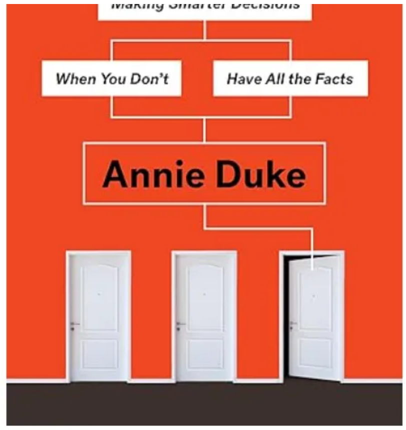
Dr. Vanessa Charland, PhD
Trading Science Communicator & Human Performance Specialist
Co-Founder of *Market Alchemists*

This week's books recommendations

1. The Disciplined Trader



2. Thinking in Bets



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