

## Daily Trading Affirmations

There is unlimited opportunity every day—therefore I don't need to feel like I am "missing" anything or that I need to "make my money back" right away—all those emotions are illusions.

WAIT for the close of the bar every time—and follow the rules for limit-order placement. The probability of the market running away so far and so fast that you forfeit the potential is very remote—most pairs re-test often enough to get your best entry by waiting.

When a major report/significant fundamental is due—reduce position size and/or go flat ahead of the news. It's OK to hold small positions if working off a solid lead from an XR or HR reversal—but still run a B/E stop. The idea is to protect your equity from a reversal; not try to capture the whipsaw. You hope to sit through whipsaw—but not if a reversal is brewing—since you can't know that ahead of time—run a B/E stop at the very least.

The news, the signals, the fundamentals or your own thoughts are insignificant. The only thing that matters is that you follow the trade execution and trade management rules. Whatever takes you away from following the rules takes money out of your pockets. DO NOT try to second guess the signals or put any emphasis on what you think is likely. Just follow the rules.

I hold absolutely no point-of-view on price action. Ever. Significant highs can be followed with fresh highs—significant lows can continue to see even lower lows; reversals are never "mandatory", and trends are never "for certain" to continue or develop. Price action simply "just is" and I follow my signals perfectly to take advantage of probabilities—never to project or "predict" prices.

There are no "What if's?", there are no "Shoulds", there are no "Musts", "Won'ts", "Can'ts", "Would's", "Wouldn'ts", or "Could's" ... All those words are comparisons to something else; and there are no "something else" situations in this business. I take from the markets the amount my discipline can pay me—and that is it. If the markets had more to go in my favor—that is only a clue to learn to hold winners better. If the market reverses and I have nothing on—that is just how the signals worked out this time. There are no comparisons to make—everything is discipline to the method—nothing else.

There is MORE than enough opportunity every single day to make myself rich in less time than I can possibly imagine. The amount of money I take from the markets and the time it takes to take that amount is the size of the potential inside my head relative to the unlimited potential

inside the market. The less of “me” there is inside my trading—the faster I will reach my goals and larger they can become.

There is no such thing as “fundamental correlation”—what appears to be a correlation now will eventually change as the passions of traders constantly searches for “new” things they expect will make a difference to their trading. You can’t know when or how fast the “correlation” will change.

ALL “gurus” are frauds. Look for them to call tops and bottoms by becoming verbally committed to the long side after a solid rise to significant prices—and/or verbally committed to the short side after a solid drop in prices to significant prices. “Gurus” are almost universally wrong at the actual REAL top or bottom...

No matter what my feelings or emotions might be at any one time during my trading day or trading week; the markets have no knowledge of that. Nothing that happens inside my head will EVER influence the market, it can only influence my results. For me to have the best results possible—my emotions & feelings must NEVER pressure me to do (or NOT do) anything in the markets. The only reason to add effort to my trades is because the clues that say the order flow is changing are there and I know which ones have the probability to actually happen.

No matter my results—no matter my gain or loss—no matter how the account equity may have varied during the current week of trading...there remains unlimited opportunity next week, I would never have gotten it all anyway, some signals will work better than others, and the only equity that really counts is the closed trade equity. My true results tell me what my discipline is worth. If my accounts are growing—that means my discipline is good enough for gains. If they aren’t—then my discipline needs to improve. That is 100% of what it takes to win—not evaluation; I need observation.

I refuse to settle for anything less than everything. The markets provide me with so much opportunity that it is virtually impossible to fail...all the money I could ever want is waiting for me to take it and I work every day to take my unfair share. There are no upside boundaries or limits. I can have anything and everything I could ever desire. I am working to achieve my huge level of success every day; and every day is another permanent step closer to getting it all.

The reason why I maintain a high level of discipline and I hold myself to a standard of performance that no one else would hold me to is simple: I cannot reach my full potential unless my daily action and my daily thinking are flawless in the direction of my goals. Because I know where I am going—I also know what will take me off track. The only thing that prevents me from going off track is my discipline; and without a standard of performance higher than I am achieving now, how can I know how far I could go?

If I follow the rules--and follow them without compromise or "fudging" on the rules in any way--the probabilities will drop to my bottom line. When I have a string of winning trades—it is only reasonable to expect that I will have a string of losing trades. Therefore, I have no reason to get emotionally upset or "worried" over my long-term success. The next few trades will likely be winners keeping my ratios where they need to be; the long-term ratios are the only thing that matters...any single trade (whether a winner or a loser) simply doesn't matter.

There are no limits to my success—I can reach any level of profits I can conceive. The only hindrances to any success I am looking for are my own self-imposed limitations; which become my flaws in my discipline. The more I confront my flaws in my discipline and overcome them—the faster I will reach my goals.

No matter how I might "feel" on any given day—I make time every day for some sort of effort towards my physical health. As I age, I am seeing changes to my physical capacities and I know I must make effort to maintain optimal health. There is no point to achieving unlimited wealth and unlimited success if I must take that money and spend it on health care for conditions I could have prevented just by making a few minor efforts each day. I know I won't get back to the same physical condition I was when I was 17; but there is no reason I have to be a walking corpse at 65 either.