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17 Effective Ways to Help You Achieve Consistency in Your Trading

Article by Agnieszka Wood, Trading Mindset Coach & Day Trader

As a trading mindset coach and a day trader, I know that achieving consistent profits in trading can be challenging. In fact, statistics show that about 95% of traders never become financially independent. However, this does not mean that you are doomed to fail. To succeed, you need to do something different than everyone else is doing and change your actions. As Albert Einstein once said, "The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking."

Working with a trading mindset coach not only shortens the learning curve significantly but it helps you achieve success in trading. But you can start improving your mindset already today! Begin with implementing these 17 effective tips into your daily routine.

1. Detachment is crucial. Write down the following note and place it next to your trading screen: "Being right depends on the context - getting out of a losing trade is the right thing to do."
2. Use self-talk focused on action. Replace "I am" with "I do" when you talk to yourself during trading (and outside of trading, too). For example, say "I just did such a stupid thing" instead of "I am so stupid."
3. Pause before you react. When you get triggered and you are about to react, make a note of the thought that pops up in your head first.
4. Ask yourself why you are revenge trading. "What am I trying to prove? And to whom?"



5. Align your goals with your desired lifestyle. Write down what trading success means to you and list all the things that trading will change for the better in your life. Can you see how much pressure you put on yourself? Adjust your goals and take some pressure off - put less at stake.
6. Find your unique path. There are many ways to walk the path to success. Ask yourself, what is your way and follow it.
7. Stop trying to predict the future. No one knows for sure what's going to happen. It's the psychology that matters the most in day trading - not your ability to do magic.
8. Monitor your thoughts. We have 60-70 thousand thoughts per day, and about 90% of those are the same as the day before. Start monitoring your thoughts and change those that cause you to make mistakes.
9. Question your trading decisions. Ask questions and consider your doubts before you get into a trade, not when you're in the trade.
10. Set your criteria. Make a list of reasons why you would get in and out of a trade. What do you need to see happen to pull the trigger?
11. Don't look for confirmation in company fundamentals to stay in a losing position. If you find yourself doing it – that's your cue to get out.
12. Change your perspective. When a trade goes in your direction, but you are looking to get out before your target is reached, for no reason other than fear of losing your gain - switch to a higher timeframe to change your perspective.
13. Spend more time away from your screen than looking at it during the trading day.
14. Take breaks. Take a lunch break. Take time for a walk, a workout or a nap every day. Start getting used to the free lifestyle you want. It will help you relax.
15. Consider getting a standup trading desk. There are many good reasons for it.
16. Take responsibility. Freedom goes hand in hand with responsibility. If you are taking losses that you didn't account for, that shows your inability to handle freedom. The universe only gives us what we can handle and what we are ready



for. You will achieve freedom with trading when you prove you are ready for it. So show the universe you are ready!

17. Take action. Don't just wait hoping things will get better. If they haven't so far - they probably won't. Unless you change what's causing you trouble. It's all in your hands.

It is also all in your head. If you want to achieve success in trading, begin to build a solid mindset that will support your efforts. After 2 years of repeating the same mistakes and losing my gains, these 17 ways totally changed the course of my trading in just a few months. I was able to create a consistent living income and I've been profitable since. It worked for me, so why wouldn't it work for you? At least give it a try!

If you are struggling with losses and cannot seem to move forward, [CLICK HERE](#) to download a [Free Guide with 10 additional tips](#) that you can implement into your trading process to stop losing your gains and start making progress right away.

Are you ready to make a change and have a positive impact on your trading results?

I'm here to help.

Agnieszka Wood



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