

PSYCHOLOGY, DISCIPLINE, AND TIME MANAGEMENT 2024 CONFERENCE

Online Trading/Investing Education Conference

MAY 7TH-9TH
10AM ET - 8PM ET

We will be LIVE with 30 sessions:
Top educators providing actionable
info on the techniques they use
to make money in today's markets.

TimingResearch.com/STPDF



Live Access And Full
Schedule Available
At This Link!

HOSTED BY TRADEOUTLOUD AND TIMINGRESEARCH

This is a FREE Educational PDF Preview For:

Synergy Traders #51:

Psychology, Discipline, and Time Management 2024 Conference

May 7th-9th, 2024 • 10AM-8PM ET

timingresearch.com/STPDF

Live access and full live schedule available at this link!

Hosted by TradeOutLoud and TimingResearch

Join us to experience 30 trading Pros sharing their knowledge...

- **Master Trading Psychology:** Learn how to maintain emotional control in volatile markets to make more rational decisions.
- **Enhance Discipline & Time Management:** Stick to your trading plan; Avoid impulse trades; Optimize your trading schedule; Increase productivity and profitability.
- **Interact With Top Experts:** Valuable knowledge from seasoned professionals; Live Q&A sessions; Real-time charting and market analysis.

Trading is not suitable for all people...

Read the Terms / Disclaimers / Policies Statement at the end of this document.

Lineup for this Event (more detailed schedule available [HERE](#)):

- **Day 1 (5/7/24):** Anka Metcalf, Richard Friesen, Michael Filighera, Jeff Beamer, Michael Guess, Alla Peters, Harry Boxer, Paula T. Webb
- **Day 2 (5/8/24):** Valerie Fox, Marina Villatoro, Michael Nauss, Simon Klein, Peter Schultz, Daniel Sinnig, Tim Racette, Dan Gramza, Sunny Harris, Jason Alan Jankovsky
- **Day 3 (5/9/24):** Price Headley, Norman Hallett, Hans Albrecht, Agnieszka Wood, Brian McAboy, Martha Stokes, Jake Bernstein, AJ Monte, Ann C. Logue, Mandi Rafsendjani

Arranging the schedules of 30 of the most in-demand trading professionals is complicated! There may be minor changes and rearrangements of the schedule all the way up to the day of the event, but you can always get the current LIVE schedule with times and presentation titles, as they are available, at this link...

timingresearch.com/STPDF

Live access and full detailed schedule available at this link!

Trading is not suitable for all people...

Read the Terms / Disclaimers / Policies Statement at the end of this document.

13 Success Hacks

by Tim Racette

<https://eminimind.com/>

Reflecting back, I've come to the observation that my success in trading has stemmed from a lot of the same routines that have led to success in all areas of my life. From bike racing to delivering exceptional presentations, and remodeling houses to learning a musical instrument.

As I sit back and think about all the things I do that give me motivation and the desire to work hard, I've come to realize most of these things are small, but they add up to make for big success.

A nice house, lots of money, and fancy cars are the typical ways people measure success, the appearance from the outside. I'm being honest, I have way more than I need to live comfortably and I would bet you do too. For me, the definition of "success" is about being able to live the life I choose, every single day.

Defining Success

So defining what success means to you is the first step. Close your eyes and picture what the perfect day looks like. Where are you at? What are you doing? Who are you with? Once you reach the level to where you can achieve all three of those things every single day I believe, you have become successful.

For some, money is not the drive, and that's okay. The desires to have an impact on the world, live by faith, or live honorably are just a few values that you may or may not follow, but the point is to define what success looks like to you and come up with some core values to help guide you there.

Okay, enough about the holistic side of things, let's get to the tangible stuff. The following are things I do on a daily (or weekly) basis that help me improve and grow. You can use these hacks to make yourself more productive and become successful (however you choose to define it).

Forget what everyone else says about what success is. YOU have to be the one to define your own success.

The Most Important Thing

The most important thing you can do (well two things really) are be intentional and take action. Without these two, you'll get nowhere. Knowledge is great, but applied knowledge is power.

Listen to Classical Piano

I like to listen to classic piano when I work. No words, just notes. Not only is it relaxing, but it really helps me focus and stay in the zone. Pandora is great, just be sure to listen without ads or it will break up your concentration.

What's Working, What's Not (aka 80/20)

Each week I ask myself what worked and what didn't. In order to keep me on course, I do this check in to make sure I'm putting my energy towards what's working, and do less of what's not. I keep a word doc of my what's working, what's not each week and pretty quickly you can spot trends or patterns in the what's working column. It's incredibly helpful.

Define What a Successful Week Looks Like, Ahead of Time

Each Sunday, I pick out three things that, if I complete them by the end of the next week, would make it a success. They could be small, but nonetheless important, it might be a piece of a larger project or simply getting an answer to a question that will allow you to move forward. This helps me keep what's important front and center and always top of mind.

Since the brain is constantly working, even when you're not thinking about a problem, it's a great way to overcome being stuck and a good jumpstart to doing just that, starting.

Just Start

The hardest part of doing anything is getting started. Loosing 50 pounds, writing a book, raising a kind and loving child, they're all daunting when you think about the end goal. So, once you have that goal in mind, work backwards and figure out what the very next step is to move you towards that goal.

For losing weight, it might simply be laying out your clothes the night before a morning walk around the block, in writing a book, it could simply be jotting down some ideas on a post it note. And when it comes to raising good quality kids, well you know the first step there, make them.

The important things is to just get started, you'll likely change course along the way and learn a lot in the process.

Visualize

When I'm training for a bike race, I do a lot of visualizations of the course and how I might feel at different points in the race. With trading, I use to visualize taking a full stop out before I was even in the trade. This helped me accept the potential max loss so now, it doesn't phase me one bit and my heart rate doesn't go up when I'm in a trade.

Visualizing how you might react in different situations is another great visualization. I think the real benefit to visualizations is it helps you plan for high stress environments in the safety of our own bed, cozy chair or backyard.

Plan Breaks

This is another one from the bike racing (and more importantly training) playbook. If all you do is train train train, work work work, you will become burnt out and lose all motivation to continue. Trading is the same way. If there is a holiday week, contract rollover, a Fed meeting, or some other reason that I deem not a good day to trade I will plan to take that day or week off.

With planned breaks, this is a great way to keep your focus sharp and not lose motivation.

Create Process Goals

Monetary goals are great, but often can be hard to achieve. Just like the goal of winning a race or tournament, there are a lot of things out of your control. Process goals help shift the focus from what's "out of my control" to what's "in my control."

Things like, executing my trades well, following my exit plan to the T and not continuing to trade if I reach a max loss threshold are all small wins that should be celebrated.

Read a few pages

I'm a big fan of reading, but I don't read a ton. I always keep a book on my nightstand on my Kindle. It's usually not trading specific, but just reading a few pages in the morning and at night is a great way to get the brain juices flowing. Compared to watching TV, your brain is much happier and productive reading a book.

Pick One Thing to Work On

We all have a lot we want to do and get better at. Rather than overwhelm yourself, try picking one thing and focusing on that for the week. If you find yourself complaining a lot, you might try to not complain for an entire week. Don't expect to be perfect, but even if you slip into an old habit for a short while, by the end of the week you'll likely be better off than the last week. The same goes for losing weight, getting fit, and becoming a better trader.

You might just focus this next week on not moving your stop after entry. Something in itself is small and simple, but if you do this each week, by the end of 52-weeks you'll have made huge progress.

Meditate

Peace and quiet is nice, and it's a big part of why I spend a lot of time outside in nature. Giving yourself 3-mins where you just sit quietly and try not to think about anything (focusing on your breath helps) is a great way to center yourself and get reenergized.

Yoga is another nice way to unwind at the end of a long day. It doesn't have to be a chore, just 15-mins is extremely worthwhile. Just search Sarah Beth Yoga in YouTube, there's plenty of great videos out there without having to go to a Yoga studio.

Put Your Pencil to Paper

Studies have shown that when we write things down our brain absorbs the information much better. I love Post it Notes, I'm always jotting things down. Get the ideas out of your head and onto paper. I keep a legal pad next to my computer for recording my trades throughout the day and then enter them into my trading journal afterwards.

“When you write a thought on paper, your full attention is automatically focused on that thought. That's because the mind is not designed to think one thought and write another at the same time. And when you write on paper, you “write” on your mind, too. Tests prove conclusively that you remember something much longer and much more exactly if you write the thought on paper.” – [The Magic of Thinking Big](#) by David Schwartz

And finally,

“Don't put off until tomorrow, that which you can do today.” – Benjamin Franklin

I hope these hacks can help you become a better trader and more importantly a better overall human being.

Happy Holidays and best of luck in the new year (or whenever you may be reading this).

About Tim Racette

Tim is a trader in the futures and stock markets and founder of EminiMind.com. He is also a Chicago-land native, competitive mountain biker, adventurer, and ASU Sun Devil currently living in sunny Scottsdale, AZ.

<https://eminimind.com/>

This is a **FREE Educational PDF Preview For:**

Synergy Traders #51:

Psychology, Discipline, and Time Management 2024 Conference

May 7th-9th, 2024 • 10AM-8PM ET

timingresearch.com/STPDF

Live access and full live schedule available at this link!

Hosted by TradeOutLoud and TimingResearch

Join us to experience 30 trading Pros sharing their knowledge...

- **Master Trading Psychology:** Learn how to maintain emotional control in volatile markets to make more rational decisions.
- **Enhance Discipline & Time Management:** Stick to your trading plan; Avoid impulse trades; Optimize your trading schedule; Increase productivity and profitability.
- **Interact With Top Experts:** Valuable knowledge from seasoned professionals; Live Q&A sessions; Real-time charting and market analysis.

Trading is not suitable for all people...

Read the Terms / Disclaimers / Policies Statement at the end of this document.

Lineup for this Event (more detailed schedule available [HERE](#)):

- **Day 1 (5/7/24):** Anka Metcalf, Richard Friesen, Michael Filighera, Jeff Beamer, Michael Guess, Alla Peters, Harry Boxer, Paula T. Webb
- **Day 2 (5/8/24):** Valerie Fox, Marina Villatoro, Michael Nauss, Simon Klein, Peter Schultz, Daniel Sinnig, Tim Racette, Dan Gramza, Sunny Harris, Jason Alan Jankovsky
- **Day 3 (5/9/24):** Price Headley, Norman Hallett, Hans Albrecht, Agnieszka Wood, Brian McAboy, Martha Stokes, Jake Bernstein, AJ Monte, Ann C. Logue, Mandi Rafsendjani

Arranging the schedules of 30 of the most in-demand trading professionals is complicated! There may be minor changes and rearrangements of the schedule all the way up to the day of the event, but you can always get the current LIVE schedule with times and presentation titles, as they are available, at this link...

timingresearch.com/STPDF

Live access and full detailed schedule available at this link!

Trading is not suitable for all people...

Read the Terms / Disclaimers / Policies Statement at the end of this document.

Bonus offer...



NEW! Stock Watchlist Weekly (Substack Newsletter)

The Stock Watchlist Weekly [proprietary algorithm](#) assesses thousands of stocks each week using a blend of fundamental and technical analysis to find the companies that are poised for high-probability, index-beating bullish moves (for both possible short-term trades and long-term investments).

- Published every Sunday at 1PM ET.
- All Stocks: Optionable, Highly Liquid, NYSE/NASDAQ Listed.

[Click here to learn more.](#)

NOT Financial Advice. Only for Education/Entertainment/Research Purposes.

Full TimingResearch.com Terms/Disclaimers/Policies here:
<https://timingresearch.com/policies/>

TimingResearch may generate revenue from any link on the website, emails, reports, or any other content.

REMEMBER There is a risk of loss in all trading and it is not right for everyone. Consult your brokerage firm/broker/advisor to determine your own suitability. Past performance is not indicative of future results. Information and opinions provided are for informational purposes only. It is NOT advice.

OptionProfessor owners, guests, affiliates, and associates are real traders and investors and may hold the equities discussed in this report directly or indirectly through ETFs or other funds.

This report is for information and entertainment purposes only; trading and investing is extremely risky. We've made every reasonable attempt to ensure that the above information is accurate at the time of publication, but please do your own research. The reader bears sole responsibility for their trading and investing decisions. Please consult a qualified financial advisor for help with financial decisions.

Statement Of Disclaimer: U.S. Government Required Disclaimer - Commodity Futures Trading Commission. Futures, option, forex and stock trading have large potential rewards, but also large potential risk. You must be aware of the risks and be willing to accept them in order to invest in the futures and options markets. Don't trade with money you can't afford to lose. This website/email is neither a solicitation nor an offer to Buy/Sell futures, options, forex or stocks. No representation is being made that any account will or is likely to achieve profits or losses similar to those discussed on this website. The past performance of any trading system or methodology is not necessarily indicative of future results.

CFTC RULE 4.41 - Hypothetical or simulated performance results have certain limitations. Unlike an actual performance record, simulated results do not represent actual trading. Also, since the trades have not been executed, the results may have under-or-over compensated for the impact, if any, of certain market factors, such as lack of liquidity. Simulated trading programs in general are also subject to the fact that they are designed with the benefit of hindsight. No representation is being made that any account will or is likely to achieve profit or losses similar to those shown.