

Day 3: Consistency and Discipline in Trading

Building Daily Habits for Consistent Performance

1. Start small and stay realistic 📅

- Set achievable daily goals like:
 - “Spend 30 minutes analyzing charts.”
 - “Record every trade in my trading journal.”

2. Automate your habits ↻

- Turn trading habits into a routine.
- Same time, same place – consistency reduces stress and avoids mistakes.

3. Prepare for tough days

- Not every day will go smoothly. What matters is showing up and sticking to the process.

4. Remind yourself of your WHY 🎯

- Why did you start trading? What do you want to achieve?
- Keep these reasons clear to stay motivated even during setbacks.

How Discipline Leads to Long-Term Success

1. Stick to your plan, no exceptions

- Don't let emotions like fear or greed control your decisions.
- Your rules protect your money and teach you responsibility.

2. Reward yourself for staying disciplined

- Celebrate when you stick to your trading plan, not just when you make profits.
- Small rewards reinforce good behavior and build confidence in your process.

3. Discipline = Consistent Results

- Traders who master discipline survive in the market long enough to see success.
- Remember: The goal is *long-term survival*, not quick wins.

The Power of Routine in Creating Confidence

1. Create a daily trading routine

- Morning: Meditate or visualize your trading day.
- Before trading: Analyze the market without taking trades.
- After trading: Log your trades and review performance.

2. Routine keeps you stable

- It helps you manage stress and avoid impulsive decisions.
- The more consistent your routine, the more confident you'll feel in your skills.

3. Perfection is not required

- Focus on gradual improvement, not perfection.
 - The goal is to show up daily and refine your habits over time.
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Lessons from *Atomic Habits* and *Think and Grow Rich*

- **"Small changes lead to big results."** (*Atomic Habits*)
 - Every small improvement compounds into significant growth over time.
 - **"Discipline is the bridge between goals and success."** (*Think and Grow Rich*)
 - By sticking to daily routines, success becomes inevitable.
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Conclusion

- Consistency and discipline are the foundation of successful trading.
 - Build habits, follow your plan, and trust that your routine will guide you to success.
 - Focus on the process, not the outcome – small daily wins lead to long-term achievements. 🏆
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Homework:

- Create new trading habits: Take notes from each lesson and never miss a day of the course
 - Start reading 5 pages a day – Don't miss a day, you're trying to build discipline and consistency!
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"Do the boring work consistently, and extraordinary results will follow."

- **Alex Hormozi**