

Regarding the trading Journey this week:

I happened upon a "breakthrough" idea that I think best matches my schedule and vibe.

This week, I already shared some trading session results (and new indicator versions), so I thought to express a "Musing" on how to make trading a more positive experience.

Niiiiiiiice! :o)

The Breakthrough idea:

Now that I have a few indicators that I like, I should try to spend a bit of time before each session enjoying the process of getting a "reading" on where key levels are, and establishing a general awareness of what potential market order flow is.

Ideally, this "time before each session" should be a "constructive habit", in order to make the trading session sustainable.

The trading business is known to be stressful, so nurturing good habits is key.

A positive habit is key to sustaining discipline with something like trading business.

It takes discipline to develop habits.

"Discipline is a form of self-love."

In the book called "The One Thing" (Keller/Papasan), I learned to nurture one "habit" that has been proven successful to someone else.

My plan is to stay disciplined with this process habit.

"Habits require much less energy and effort to maintain than to begin" (The One Thing, pg 57)

At the same time the saying, "ain't nothing to it but to do it" applies.

"A Journey of a Thousand Miles begins with one step".

The book also teaches that it takes time to develop a habit, and when a person nurtures a "positive habit" they report less stress.

"Sustain the discipline long enough on one habit, and not only does it become easier, but so do other things as well. It's why those with the right habits seem to do better than others" "The One Thing", pg 59)

So with trading MNQ, what would be my habit or process?

"...habit makes the hard stuff easy" "(The One Thing, pg 58)

My idea the past few days, is about learning to see the pre-market study time as more of something like geometry, or trimming a bonsai tree, or drawing a structure of a creative project?

Here is a picture of a habit example that I am nurturing, in order to keep the trading session peaceful.

A successfully proven habit takes about 66 days to form then it's "routine".

A successful habit can lead to "extraordinary results".

Finding that "One Thing" habitual routine that matches a person's Vibe and temperament, is difficult, with a probabilistic business like Trading.

I have found with trading, that it's easy to keep looking for the "perfect strategy" that matches a person's vibe.

A "never ending" strategy search could go on for a long time.

The "One Thing" book idea is to break a process down into habitual "manageable tasks", and to try to create a process that is fun (purposeful).

The book talks about having "purpose", because when you have meaning in life, what you are doing involves your entire being.

For me, "the purpose" is to succeed at trading, and then share it with other hopeful traders.

"...extraordinary success is sequential...what starts out linear becomes geometric. You do the right thing and then you do the next right thing. Overtime it adds up, and the geometric potential of success is unleashed...the domino effect applies to the big picture, like your work or your business, and applies to the smallest moment in each day when you're trying to decide what to do next. Success builds on success, and as this happens, over and over, you move toward the highest success possible...One Thing sits at the heart of success and is the starting point for achieving extraordinary results" ("The One Thing", pgs 16 and 24).

Here is another cool quote:

"It's not that we have too little time to do all the things we need to do, its that we feel the need to do too many things in the time we have. So we double and triple up in the hope of getting everything done" ("The One Thing", pg 46)

Peace -