

## *Proper Journaling to Break the Cycle of Mistakes in Trading*

This article covers the following topics:

- The Importance of Visual and Video Recording
- Video Journaling: Capturing the Chain of Thoughts
- Analyzing Strengths and Weaknesses Based on Actual Behavior
- The Importance of Writing Thoughts During Trading
- A Technique That Helped Me Become Profitable

Many novice traders believe that simply recording information like entry price, stop loss, and take profit levels is enough to prevent future mistakes. However, this approach only floods the trader's mind with raw, useless data. What truly matters is recording and analyzing mental behavior and real decision-making during the moment of trading — a process made possible through proper journaling.

## ***1. The Importance of Visual and Video Recording***

To better understand our decisions, merely writing down numbers is not sufficient. Capturing screenshots or videos of the entry point, stop loss, and take profit allows us to see exactly where and with what justifications we entered a trade. Observing the candlestick patterns, market structure, and real-time conditions provides the best source for analyzing mistakes or identifying strengths.

## ***2. Video Journaling: Capturing the Chain of Thoughts***

In video journals, the goal is not just to capture images; we must also record the sequence of our thoughts during entries and mistakes. This process helps us, at the end of each week, to review the recordings, recognize faulty thinking patterns, and create a plan to correct them.

## ***3. Analyzing Strengths and Weaknesses Based on***

## ***Actual Behavior***

After recording trades, we need to assess whether our decisions aligned with our trading strategy. If the action was correct, we should identify and reinforce the positive patterns. In case of a mistake, it's essential to pinpoint exactly where the error occurred – whether in the entry, stop loss, or take profit – to prevent its recurrence.

## ***4. The Importance of Writing Thoughts During Trading***

Writing down our thoughts during trading plays a crucial role in clearing the mind and creating clarity for future decisions. By putting emotions and thoughts onto paper, we reduce psychological pressure during critical moments and enhance focus on executing the strategy properly.

## ***5. A Technique That Helped Me Become Profitable***

Personally, I use visual journals to capture trades precisely and video journals for recording detailed

explanations. After recording, I summarize my mistakes on a sheet of paper and place it in my view throughout the upcoming trading week. This constant reminder helps the subconscious mind avoid repeating bad behaviors. Of course, this method requires strong willpower, as in trading, the outcomes of good or bad decisions are not immediately visible – they become clear only over longer periods such as a week or a month. Success in this path demands patience, persistence, and continuous focus on the long-term process.

Always remember, the goal is to build strong habits, not just to make money.

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