

Daily Trading Mindset Journal

Pre-Trading Reflection

1. How are you feeling today? (e.g., excited, anxious, calm):
 2. What are your goals for today? (e.g., follow strategy, avoid overtrading):
 3. Write one affirmation for the day (e.g., "I will trade with discipline."):
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During Trading Notes

1. Did you stick to your strategy? Note any deviations:
 2. How did you feel during your trades? (e.g., confident, fearful, greedy):
 3. What emotions impacted your decisions, if any?
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Post-Trading Reflection

1. How do you feel about today's trading session overall?
 2. What did you do well today?
 3. What can you improve tomorrow?
 4. Total P/L (Profit/Loss) for the day:
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Additional Notes

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