Mental analysis evolved by c0tt0nc4ndyta L1: Intro worksheet

Welcome to the Mental Analysis Evolved course! Every topic will include a worksheet where you'll write out your thoughts, analyze your flaws, and increase your decision making. Through your progression these sheets will help you identify and overcome mental roadblocks. You'll only get what you're willing to put into these worksheets and videos; if you want to become the best version of yourself it's going to take hard work and focus.

What does mental analysis mean to you?

Has this definition helped you in trading? A. If so, then how and why? B. If not, why do you think that is?

What do you struggle with every time you trade?

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Please describe your everyday relationship with trading: Is it a pass-time for you, are you trading everyday and how often, are you looking to go from pass to full time, or full to pass time, or is there something else you'd describe this as?
How much time do you allocate in a week for trading?Training?
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Do you have a systems in place to help you with your decision making?
Does the amount in your trading account effect the decision you make? Y/N ls it enough to sustain you? Y/N
What are 3 main pitfalls that hinder you from making the best trading decisions?