

GOALS

What is your trading goal this year?	How will you ensure you achieve this?	What obstacles might you encounter with this?	How will you overcome them?

Does your trading plan need to be rewritten? Y / N

If yes, have you done it? Y / N

If no, when will you do it by? _____

What was your biggest strength in 2022?	How will you ensure you maintain this in 2023?	What obstacles might you encounter with this?	How will you overcome them?

What was your biggest weakness in 2022?	How will you rectify this in 2023?	What obstacles might you encounter with this?	How will you overcome them?

EDUCATION

What education do you plan to undertake in 2023?	Cost
	Total

Is your trading space adequate or do you need to improve the light, de-clutter, change the position of your chair, monitor etc?

Y / N

If no, what will you change?	Cost
	Total

Is your tech setup adequate or do you need to improve your internet connectivity, number of monitors, hard disk space etc?

Y / N

If no, what will you change?	Cost
	Total

What trading tools did you use in 2022?

Tradeaider software - Was it useful? Y / N

Why?

How are you going to make it more effective?

Tradeaider services - Were they useful? Y / N

Why?

How are you going to make them more effective?

Non-Tradeaider services - Were they useful? Y / N

Why?

How are you going to make them more effective?

What is your pre-trading mindset routine?

How good are you at recognizing when your emotions are overtaking your thinking?

If you're not good what are you going to do about it?

What is your technique for stopping any unhelpful emotions?

In what ways are you working on improving your focus?

In what ways are you catching unhelpful beliefs and thinking patterns?

How are the following lifestyle factors affecting your trading mindset?

Sleep?
How can you improve this if necessary?

Gut microbiome?
How can you improve this if necessary?

Use of intoxicants and stimulants?
How can you improve this if necessary?

Exercise?
How can you improve this if necessary?

Balancing trading with other parts of your life?
How can you improve this if necessary?

Overuse of digital devices?
How can you improve this if necessary?