

Calmer
Decisions
Stronger
Trades
A Better You.

From Emotion to Execution

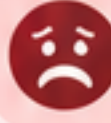
RECOGNISE | RESPOND | STAY IN CONTROL



“Emotions are normal. How you respond to them makes the difference.”
— NAVDEEP CHHABRA —

1 COMMON EMOTIONAL TRIGGERS

They show up for every trader. Recognise them early.

- **FOMO**
“I might miss the move.”
Leads to impulsive entries and poor setups.
- **FEAR**
“What if I lose?”
Leads to hesitation, early exits or no trades.
- **REVENGE**
“I need to win it back.”
Leads to overtrading and increased risk.
- **OVERCONFIDENCE**
“I can’t lose right now.”
Leads to larger positions and rule violations.
- **FRUSTRATION**
“This isn’t working.”
Leads to impulsive changes and poor decisions.
- **DOUBT**
“Maybe my strategy doesn’t work.”
Leads to inconsistency and abandoning the plan.

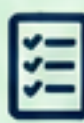
Same
Emotions.
A Different
You.

PAUSE
PERSPECTIVE
PROCESS
EXECUTION

DISCIPLINE
TURNS
EMOTIONS
INTO
OPPORTUNITY

2 PRACTICAL RESPONSES

Shift your mindset. Take deliberate action.

- **PATIENCE**
Wait for your setup.
A missed trade is better than a poor trade.
- **PROCESS**
Define your risk.
Focus on what you can control.
- **PAUSE**
Step back.
A loss does not create an obligation to trade again.
- **DISCIPLINE**
Stick to your rules.
A winning streak does not change your plan.
- **REVIEW**
Find the lesson.
Investigate what happened before making changes.
- **EVIDENCE**
Look at the bigger picture.
Judge your method over a series of trades, not one outcome.

THE EMOTION TO EXECUTION PROCESS



- **KEY TAKEAWAYS**
- Emotions are a normal part of trading.
 - Your response matters more than the emotion.
 - A plan gives you options.
 - Pause before you act.
 - Consistency builds confidence.
 - Every trade is a learning opportunity.

“Emotions are signals, not instructions. Use them to your advantage, not against you.”

- **A STRONGER TRADER**
- More clarity
 - Better decisions
 - Less impulsive trading
 - Greater consistency
 - Improved mindset
 - A calmer, more confident you

Progress
Over
Perfection

