

Better
Decisions
A Brighter
Trading
Tomorrow.

Growth Mindset and Trading Success

DISCIPLINE TODAY. A STRONGER TRADER TOMORROW.



“A trading journal records a loss. What happens next depends partly on the question you ask.”

— NAVDEEP CHHABRA —

1 THE COMMON REACTIONS

After a loss, we might...



Try to recover the money immediately



Decide our strategy is useless



Look for a reason to disregard the loss

2 A MORE USEFUL QUESTION



- Was the setup valid under the plan?
- Was risk defined?
- Were the execution rules followed?

Focus on the decision, not just the outcome.

1 WHAT SUCCESS REALLY MEANS



Protecting capital



Using a method with evidence



Knowing when to stop

Success is more than a profitable day. It's a disciplined process.

1 DEFINE WHAT YOU ARE TRYING TO IMPROVE



- ✓ Learn to follow a defined setup
- ✓ Recognise emotional triggers
- ✓ Review results more accurately

Better execution of a losing method can still produce losses.

2 LEARN TO WORK WITH UNCERTAINTY



- An evidence-based method can still have losing trades
- One result does not prove anything
- Review the trade based on the information available at the time
- Markets change. Test and evaluate continuously

3 REVIEW PROCESS AND OUTCOME SEPARATELY



- A well-executed trade can lose
- An impulsive trade can make money
- Record both the financial outcome and the quality of execution
- Don't let a profitable mistake become a new habit

Judge the process, not just the profit or loss.

4 TURN EMOTIONS INTO A PRACTICAL RESPONSE



- Nervousness or frustration is not a failure
- Notice how emotions affect your decisions
- Keep a pre- and post-trade emotional check
- Use a pause or stopping rule when needed

Emotional awareness is useful only if you have a way to respond.

Same Mistakes or a Stronger You? The Choice is Yours.



5 KEEP LEARNING WITH RISK LIMITS



- ✓ A loss is a lesson, but it still has a cost
- ✓ Set clear limits on exposure, exits and trading costs
- ✓ Define when to stop
- ✓ Improve within a risk framework

Learning without boundaries can be expensive.

IMPORTANT PERSPECTIVES

“Trading in the Zone by Mark Douglas offers valuable insights into risk, probabilities and trading psychology.”

Useful perspectives — but not proof that mindset alone creates profitable traders.

“Research by Lo, Repin and Steenbarger found that stronger emotional reactions were associated with poorer trading performance.”

“A growth mindset means examining your decisions, learning from experience, and consistently improving within a disciplined framework.”

KEY TAKEAWAYS

- ✓ Ask better questions after a loss.
- ✓ Define clear development goals.
- ✓ Focus on the process, not just the outcome.
- ✓ Make emotions observable and actionable.
- ✓ Keep learning within risk limits.
- ✓ Evaluate and adapt continuously.

Disciplined decisions today lead to a stronger trader tomorrow.