

Trading Journal

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Do you keep a record of your trades? Why are you trading?

I often say to the Bindal FX members that your most valuable mentor is YOU, yes I mean YOU

YOU – your trading Journal and your trading plan. You are your greatest mentor, all I can do is show you the path and unlock the door.

It is said that 90% of traders fail, and when you ask them what did they trade, they can't tell you because very few traders keep a trading journal and a log of their trades.

Keeping a trading journal is time consuming initially, but once you get into it, it becomes very easy and second nature.

If you complete it, it will tell you your strengths and weaknesses. It will tell you what you need to work on and how you can improve as a trader.

Your trading journal must include the reasons why you entered a trade, what were your feelings at time of your trade; you do the same when you sell. You must analyse and write down the positives of the trade and also the development points – i.e. how can you improve your trading.

You keep learning and keep improving. A trading journal is a must as part of my Forex course. Having a trading journal is not an end in itself; you have to follow up, with all your Ifs Buts and whys! Answered, only than have you fully completed your aim.

- You need to address and be specific what steps will you take to ensure that mistakes make in a trade will not be repeated.
- As Tony Robbins says that Repetition is mother of all skills, the same applies with trading journals. You should not stop writing your journal just because you are winning. You need to replicate your successful trades, and this can be achieved by looking at your successful trades.
- Fundamental News and Market patterns - you need to include in your journal what major impact there was in the price action today, i.e. the News, Earnings, political climate and how it affected the volatility in the day.
- Plan for tomorrow – you need to plan the day ahead, do you know what Fundamental announcements are due today, or indeed who is speaking i.e. Greenspan or G7 meetings etc

I get many questions on how to create a trading journal. For your benefit I have designed a template, which is in the next page, which you can use.

*“Every time I take a loss I need to learn something from the experience and **view the loss as tuition at the College of Trading**. As long as you learn something from a loss, it’s not really a loss.”*

“I stop looking at losses as problems and started viewing them as opportunities to elevate myself to the next plateau.” – TOM BASSO – New Market Wizards.