

# 7 SECRET WAYS TO CONTROL YOUR **DISCIPLINE** AND INCREASE TRADING AND INVESTMENT PROFITS



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## About the author



My name is Michael White. I started investing money 9 years ago. I early realized that my emotions didn't support my results. After making a profit I was too much arrogant and after losing money I was too much worried. Of course there were also many other issues which decreased my profits.

I decided to investigate myself and solve these problems. I spent next 7 years on searching for an information

about psychology, soft skills and testing this knowledge on myself. And I made it. At the moment my emotions support my financial results. Because of that I am a profitable trader (I use strategy based on Price Action).

I know that knowledge about getting rid of bad emotions or habits, creating a proper mindset and emotions is hidden (maybe because it so much efficient). But I want to change it. I know that many people suffer and ruin their finances because of mistakes which can be easily corrected.

Maybe you are one of them. It is not your fault. You don't learn this kind of things in school. But now I give you tools to improve your trading and investment results. I will also give you more in near future.

## Introduction

Most of investors and traders have a problem with their discipline. They don't follow their strategy or give up after few losses. Probably you are one of them.

In this report I give you tools to improve your financial results. Of course being a disciplined investor or trader is a more complex issue. But I know also that at the moment you may not be prepared for so much new knowledge. You have been taught for many years things which lowers your discipline. Because of that next week in few email I will send you more advanced tips. If you are not on my mailing list then visit my website and subscribe <http://www.decisiveinvesting.com>. If you want get more advanced tips then check also if my mails don't get to your SPAM folder. In this case add my mail address to your whitelist.

If you want to take full advantage of my 7 years experience, years of testing, and expert knowledge about trading and investment psychology then you can subscribe to more advanced programs.

But at the moment it don't think about it. First we need to change your way of thinking about being a disciplined investor and trader. Otherwise you will not make any progress.

## **1. Think about discipline as something which you can achieve**

Most of investors and traders think about discipline as something what they have or not. But there are two problems with this way of thinking.

1. It is false.
2. It doesn't support your financial results.

It is false because there is not any investor or trader who is or is not always disciplined. I am sure that in your past experience you can find situation when you followed your strategy and when you failed to do it. Does it mean that you are or are not a disciplined investor or trader?

Usually people focus on their failures and forget about their achievements so probably you think that you are not disciplined. But there were situations when you followed your strategy, opened and closed transaction as you had planned. Because of that there is no reason for you to think about yourself as a not disciplined person.

This way of thinking also doesn't support your results. Imagine that you think that you are not a disciplined investor or trader. What can you do to fix it? Nothing! You can only accept that and find a different way of making money.

How should you think about being a disciplined investor or trader? Think as something which you can achieve if you put some effort. This way of thinking has two advantages.

1. It is true.
2. It supports your financial results.

It is true because if you follow advices from this report and other materials then after few weeks or even days you will increase your discipline. It also supports your financial results because you know that if you put some effort then you will make more money. Because of that you are more motivated to develop your skills.

This way of thinking is a necessary step to start controlling your discipline. But you should make one more change in your mindset if you want to improve your financial results.

## **2. Focus more on being disciplined than on making money**

Imagine that you have a profitable strategy. You have followed it for one week. But suddenly you take a big loss. You know also from your past experience that from time to time you must make a big loss to make much more money in future.

What do you feel in this situation? Probably anger, guilt or some other unpleasant emotions. Why do you feel these emotions despite that you follow your strategy? In fact you should be proud of yourself because you are disciplined. But you are not. Why? Because you are more focused on making money than on being disciplined.

Of course your goal is making money. But your only way to make money is being disciplined and following your strategy. Unfortunately if you follow your strategy and punish yourself when you lose then you are less motivated to be disciplined. It is more probable that you will give up and find a more pleasant way of making money.

I know also that staying calm when you follow your plan and lose is a little bit tricky. But you can learn it from [one of my Youtube videos](#) .

And relax. If you follow your strategy then sooner or later you will make money.

You know how you should think about being disciplined investor or trader. Now you are ready to learn how to prepare your strategy to make it easy to master.

### **3. Divide your strategy on small steps**

You have a trading or investment strategy. It tells you when you should open transactions, how to manage and close them. It may be complicated and overwhelming for you. But you have a solution. You can divide your strategy on smaller pieces. How? Just think about any step which you need to take to follow your strategy: open a transaction, manage and close it.

It gives you 2 advantages.

1. It is easier for you to master your strategy.
2. You can make bigger and faster improvements.

When you think that you should master a whole strategy then it looks like a big challenge. But when you think that you should only master opening transactions then it seems much easier.

When you divide your strategy on small steps then you also have a better overview of your improvements. For example you see that you are good in opening transactions but you have problems with closing them. In this situation you can be proud because of your progress in opening transactions. It gives you more motivation to trade or invest. You also know that you should be more focused on closing your transactions so it is easier for you to correct it.

Now you know how to make bigger improvements in learning your strategy. But it may be not enough to master it. Because of that I will tell you how to make following a single step of your strategy easy and natural .

## 4. Plan what you want to do

For any step of your strategy you should plan EXECTLY

1. WHEN and
2. WHAT are you going to do.

It can't be vague. It should be so clear that your friend who doesn't know your strategy should be able to use it. It gives you 3 advantages.

1. You don't waste your time on analyzing what you should do.
2. You trade or invest automatically.
3. It is necessary to make following a strategy your habit.

When you have a habit then you do it always and without thinking. You have a lot of habits, for example of tying your shoes. You don't waste your time on analyzing how to do it. You just tie your shoes. Therefore if you follow advices from this report then trading and investing will be as simple for you as tying your shoes.

How to do it in practice? For example you want to open a transaction when a faster moving average cross a slower one.

You can ask yourself WHEN are you going to open a transaction. When a faster moving average crosses a slower one. But you must also ask yourself if there may be any exception. For example when there is a strong trend against your transaction.

You should also ask yourself WHAT are you going to do when a faster moving average crosses a slower one. Do you want to take only long signals or also short ones? How many shares or other units do you want to buy or sell? You must know it before you start trading or investing.

Now you know how to think and plan you actions to control your discipline. But you can also do one easy thing which will strongly accelerate your learning process.



**To be continued...**

Get full version of this **FREE** report and learn **all 7 secret ways** to control your discipline and **increase** trading and investment profits

<http://www.decisiveinvesting.com>