

# Grading Codes

## Technical Analysis (T.A) Codes - 'External Control'

*\*Read Comment*

Code	Entry Grades	Code	Exit Grades	Code	Position Sizing - MM	Code	Other
1	EN1	EX1		PS1		O1	
2	EN2	EX2		PS2		O2	
3	EN3	EX3		PS3		O3	
4	EN4	EX4		PS4		O4	
5	EN5	EX5		PS5		O5	
6	EN6	EX6		PS6		O6	
7	EN7	EX7		PS7		O7	
8	EN8	EX8		PS8		O8	
9	EN9	EX9		PS9		O9	
10	EN10	EX10		PS10		O10	

\* MTF - Multiple Timeframe Agreement

## Emotional Codes (E.Q) - 'Internal Control'

Negative Trading Emotions				Negative Trading Emotions				Positive Trading Emotions				Positive Trading Emotions			
Code	Emotion	Code	Emotion	Code	Emotion	Code	Emotion	Code	Emotion	Code	Emotion	Code	Emotion		
1	NE1	NE11		NE21		NE31		PE1		PE11		PE21			
2	NE2	NE12		NE22		NE32		PE2		PE12		PE22			
3	NE3	NE13		NE23		NE33		PE3		PE13		PE23			
4	NE4	NE14		NE24		NE34		PE4		PE14		PE24			
5	NE5	NE15		NE25		NE35		PE5		PE15		PE25			
6	NE6	NE16		NE26		NE36		PE6		PE16		PE26			
7	NE7	NE17		NE27		NE37		PE7		PE17		PE27			
8	NE8	NE18		NE28		NE38		PE8		PE18		PE28			
9	NE9	NE19		NE29		NE39		PE9		PE19		PE29			
10	NE10	NE20		NE30		NE40		PE10		PE20		PE30			

## Trade Trackers - 'Trade Characteristics'

Code	Market Type - Trade Direction	Code	Time-Frame	Code	Entry Strategy (Setups)	Code	Exit Strategy
1	MTBQ	TF1		ENS1		EXS1	
2	MTBV	TF2		ENS2		EXS2	
3	MTSQ	TF3		ENS3		EXS3	
4	MTSV	TF4		ENS4		EXS4	
5	MTDQ	TF5		ENS5		EXS5	
6	MTDV	TF6		ENS6		EXS6	
7		TF7		ENS7		EXS7	
8	TD1	TF8		ENS8		EXS8	
9	TD2	TF9		ENS9		EXS9	
10	TD3	TF10		ENS10		EXS10	

*\*Read Comment*

## Notes

You must track your PROCESS!

*Having Emotional Control During Your Trading Session Is Key; It's A Large Part In 'Super Trading.' Going 'META,' Being Able To Notice & Capture Dominant Thoughts / Feelings That Reduce Or Increase Your Trading Efficiency Is A Saw That Needs To Stay Sharp!*

**IMPORTANTLY:** You Seek Patterns! Notice Positive Thoughts & Feelings. Your Quest Is To Hone Repeatable Behaviours Into Implicit Memory, Aiding Future Performance Outside Of Your Conscious Awareness! You Create The Program!

***It's A Process Of 'Letting Go!'***

*This Spreadsheet Is **NOT** A Replacement For A Full Blown Trading Tracker Spreadsheet; But It Will Get You To Think About Your Trades In Greater Detail So You Can Be More Cognitively Aware. You'll Have More Data To Analyze, So As To Improve & Transcend; IE Progress & Evolve via A Systematic Feedback Loop!*

## Decision MATRIX

	Good Outcome	Bad Outcome
Good Process	1 Deserved Success	2 Bad Break!
Bad Process	3 Dumb Luck	4 Poetic Justice

*“Because Of The Interconnectedness Of All Minds, Affirming A Positive Vision May Be About The Most Sophisticated Action Any One Of Us Can Take.”*

**Willis Harman, Ph.D - (August 16, 1918 – January 30, 1997).**

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