

# 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 Entered Too Soon	EX1	Exited Too Soon (Fear Of losing Money)	PS1	Bad Slippage	O1	Internet Failure
2	EN2 Entered Too Late	EX2	Exited Too Soon (Fear Of Being Wrong)	PS2	Stop Too Close	O2	Platform Failure
3	EN3 Entered Without *MTF Agreement	EX3	Exited Too Late	PS3	Stop Too Far	O3	High Volatility
4	EN4 Slippage On This Trade Was Bad	EX4	Target Placement Was Wrong	PS4	Asset Allocation Too Large	O4	Terrible Slippage
5	EN5 Initial Entry Was Rejected	EX5	Stopped Out	PS5	Asset Allocation Too Small	O5	Telephone Entry /Exit
6	EN6 Fear Of Missing The Trade	EX6	Margin Call!	PS6	Fear Of Adding To Winner	O6	Poor Volume
7	EN7 Heavy Finger Trade	EX7	Fast Moving Market Against Me	PS7	Not Leaving A 'Runner' Position On	O7	Feeling Sick - Stop Trading
8	EN8 Pre-Guessed Economic Release	EX8	Fast Moving Market In My Favour	PS8	Completely Irrational Size	O8	Power Failure
9	EN9 Lottery Trade (Just In Guess Mode)	EX9	Fundamental / Sentiment Condition Change	PS9	Partial Profits Taken On Position	O9	Trying To Get Even
10	EN10 Perfect Entry Inline With Set-Up	EX10	Perfect Exit Inline With Trading Plan	PS10	Perfect Position Sizing Inline With Plan	O10	Ignored The Bigger Picture

\* 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	Code	Emotion
1	NE1 Agitated	NE11 Frozen		NE21 Inflexible	NE31 Resentful			PE1 Ageless	PE11 Confident			PE21 In 'Flow'	PE31 Relaxed		
2	NE2 Angry	NE12 Frustrated		NE22 Irrational	NE32 Sad			PE2 Agile	PE12 Contented			PE22 Inspired	PE32 Resilient		
3	NE3 Anxious	NE13 Heartbroken		NE23 Jaded	NE33 Scared			PE3 Beautiful	PE13 Determined			PE23 Joyful	PE33 Reverent		
4	NE4 Apprehensive	NE14 Hesitant		NE24 Lonely	NE34 Tense			PE4 Boundless	PE14 Disciplined			PE24 Lucid	PE34 Seren		
5	NE5 Bitter	NE15 Humiliated		NE25 Nervous	NE35 Uneasy			PE5 Centered	PE15 Effective			PE25 Motivated	PE35 Sharp		
6	NE6 Confused	NE16 Hurt		NE26 Numb	NE36 Unloved			PE6 Cheerful	PE16 Efficient			PE26 Optimistic	PE36 Stable		
7	NE7 Dejected	NE17 Hysterical		NE27 Overwhelmed	NE37 Unsafe			PE7 Clear	PE17 Fearless			PE27 Peaceful	PE37 Strong		
8	NE8 Discouraged	NE18 Inadequate		NE28 Panic	NE38 Vulnerable			PE8 Coherent	PE18 Flexible			PE28 Present	PE38 Tough		
9	NE9 Disgusted	NE19 Incensed		NE29 Paralyzed	NE39 Worried			PE9 Complete	PE19 Focused			PE29 Pure	PE39 Warmth		
10	NE10 Frantic	NE20 Incompetent		NE30 Regretful	NE40 Worthless			PE10 Confident	PE20 Happy			PE30 Rational	PE40 Whole		

## Trade Trackers - 'Trade Characteristics'

Code	Market Type - Trade Direction	Code	Time-Frame	Code	Entry Strategy (Setups)	Code	Exit Strategy
1	MTBQ Bull Quiet	TF1	Tick Data	ENS1	Breakdown	EXS1	% Trail Stop
2	MTBV Bull Volatile	TF2	1-Minute Chart	ENS2	Breakout	EXS2	ATR Trail
3	MTSQ Sideways Quiet	TF3	5-Minute Chart	ENS3	Buy The Pullback	EXS3	Bar Trailing Stop
4	MTSV Sideways Volatile	TF4	10-Minute Chart	ENS4	Channel Trade	EXS4	Moving Average
5	MTDQ Down Quiet	TF5	15-Minute Chart	ENS5	Chart Pattern Entry	EXS5	Pivot Trail
6	MTDV Down Volatile	TF6	60-Minute Chart	ENS6	Fib Retracement Level - Support Level	EXS6	Hit Price Target
7		TF7	4 hour Chart	ENS7	Multi Timeframe	EXS7	Stopped Out
8	TD1 Trend	TF8	Daily Chart	ENS8	Scalper Trade	EXS8	Time Frame Agreement Exit
9	TD2 Counter Trend	TF9	Weekly Chart	ENS9	News Flow Entry	EXS9	Timed Out Exit
10	TD3 Sideways / Channel	TF10	Monthly Chart	ENS10	Swing Trade	EXS10	Volatility Trailing Stop

*\*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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