

# The Disciplined Super Trader.

## What Exactly IS Discipline?

Discipline is a HABIT!

All 'Super Traders' have self discipline. Without discipline you cannot achieve success, in any field.

I will say this again;

**“WITHOUT DISCIPLINE YOU CANNOT ACHIEVE SUCCESS, IN ANY FIELD.”**

Having this ability to exert self discipline **AT WILL** on one's self is one of the master keys to your success.

Discipline is a mix of Will Power, Persistence & Repetition; having the conviction to do what you must do whether you feel/want to do it or not.

The only difference in discipline between the 95-5; (95% of ordinary (Losing) day traders & the 5% of winning day traders is that if assumed that they both know what they should be doing to achieve consistent success; then only 'Super Traders' have the Will & Conviction to do what needs to be done, Repeatedly to achieve this.

This is the price you'll pay for your success. Your will to do, what you must do, whether you want to or not.

Every action of a S.T's self discipline strengthens the Habit of his self discipline; his pattern of regular behaviour. **Discipline is a HABIT!**

The following is **THE MOST** critical point to remember.

**“EXPERIENCE HAS STRUCTURE!”**

If you understand that there is a structure & an order within a 'Super Traders' *repertoire* of his trading action, it can be accepted that there **MUST** be a constant structure & framework being imposed & at work. Discipline is the governor of his structure, a finely balanced mechanism & collective, targeted to cut away anything that is unnecessary to leave a streamlined pre-configured format as to;

**How One Must Act & Re-Act** to anything the market can throw at him.

## Leverage: For Fear & Discipline.

'Super Traders' understand leverage & are masters in the use of leverage, maximising their performance using various weapons within their arsenal. The main premise to using leverage within the structure of his Trading Universe is in the suppression of his own FEAR.

**THE STRONGEST EMOTION OF ALL, FEAR, (FEAR OF A LOSS) CAN BE CONTROLLED.**

The Super Trader's knowledge that he controls his losses **ALWAYS** via stop loss placements & his position sizing models incorporated within his trading plan means he has a suppressed & controllable level of fear.

His leverage for discipline is achieved via his integration of his pre conceived **Goals**, Trading **Rules** & his Large Positive **Dominant Vision** of purpose. The 'Super Trader' is totally focused; aligned by his pre-determined goals, & responsible for his actions via his unequivocal adherence to his clearly defined rules. Yet goal setting & rules are his outer expressions of his self discipline. These help in the creation & nurturing of his Self-Esteem, another attribute & by-product of his discipline associated to all 'Super Traders'. All 'Super Traders' have a high level of self esteem, a by-product from his total commitment to Self Discipline.

**SELF DISCIPLINE BUILDS SELF ESTEEM.**

**SELF ESTEEM REQUIRES SELF MASTERY.**

**SELF MASTERY IS SELF DISCIPLINE!**

## The Ingredients For Discipline.

Strength of character, conviction, persistence, repetition combined with his rules, goals & vision are all directly linked to the Super Traders' beliefs & preconceived ideas about how the markets function via his experiences. Together, these ingredients form the Super Trader's Discipline, shaping the Super Trader's pattern of regular behaviour; now his Trading Universe is a **Disciplined Universe**.

## The Super Trader's Disciplined Universe.

Let me characterise 1<sup>st</sup> the 'Super Trader's Universe' to you metaphorically, as there are many similarities & comparables to our own physical Planetary Universe.

For Clarity, let's state that by definition;

**THE SUPER TRADER'S UNIVERSE = "ONE THAT ENCOMPASSES EVERYTHING."**

Our own 'Physical Universe' is one that includes & encapsulates all forms of matter, in fact everything that physically exists from energy, momentum & the entirety of space & time; including all the physical laws & constants that govern it. In constant perpetual motion, this is a never ending expanding multi dimensional 'fabric' in action.

We can formulate that the Super Trader's Universe = All The Super Trader's EXPERIENCES (E)

**THE SUPER TRADER'S UNIVERSE = ALL HIS EXPERIENCES. (E)**

For it is through all the Super Trader's Experiences that he defines all his beliefs & internal/external behaviours & emotions.

So if the Super Trader's 'perceived' Universe is equal to the total sum of every experience based & founded upon his beliefs about how the markets function via these experiences & strategies (his behaviours); then his perceived Trading Universe's 'Gravity' (G) must surely be the 1<sup>st</sup> four ingredients that make up his Discipline; IE, Strength of character, conviction, persistence & repetition.

Gravity or gravitation is a natural phenomenon by which objects of mass attract one another. This 'Gravity' **IS** the driving force behind the Super Trader's **DISCIPLINE**. For it is this (G) which is responsible for holding everything in place, thus keeping his Universe's structure proportional yet interwoven by its force of attraction, securing & protecting its mechanism, one designed & intended to realise constant profits.

**WITHOUT DISCIPLINE THE SUPER TRADER'S UNIVERSE CANNOT EXIST.**

(G) *The Super Trader's Gravity = (will power + conviction + persistence + repetition).*

If these ingredients are equal to 'Gravity' in our Super Trader's Universe, then 'Relativity,' (R) the phenomenon which is principally concerned with the large-scale effects of gravitation & governs motion & inertia, must be attributed to our Super Trader's other 'Ingredients', those of his Preconceived Goals, Trading Rules & Large Positive Dominant Vision. All These elements must co-exist with one another, their combined force & energy causing change, influencing & affecting our Super Trader's behaviour. Collectively these 3 ingredients are the governors of his Discipline.

(R) *The Super Trader's Relativity = (Pre-conceived Goals + Trading Rules + Large Positive Dominant Vision).*

We can now formulate all the above as follows: ( **Note:**  $\supseteq$  means 'every element of').

**Formula: (D) = (G) x (R)  $\supseteq$  (E)**

Discipline = (character + conviction + persistence + repetition) x (Goals + Rules + Vision)  $\supseteq$  Experience.

### To Summarise:

Through Discipline, we can define our actions. The more disciplined you are, the more positive your outcomes & actions will be; leading to more positive attached feelings & emotions. This ultimately positively & permanently reshapes our beliefs, in turn altering the charge & total sum of our experiences.

The Super Traders Universe & our own Physical Universe contain many parallels & similarities yet both hide infinite secrets & mysteries to taunt & tease us. Some may never be solved & some yet to be discovered.

The Super Trader sees every trading day, his trading arena through his inner beliefs, gained from his experiences. A Trader's Universe **IS** a Disciplined Universe. The presence of Discipline is essential to realise a constant & ever increasing flow of profits. It's the key force that has the power to reshape his beliefs, alter his experiences in a positive way & ultimately manifest his pre envisioned utopian destiny.

**A SUPER TRADERS UNIVERSE IS A DISCIPLINED UNIVERSE.**

***"I Wish You Well In Your Journey & In Your Trading."***

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