

Master's of Emotion - Declarations

'Super Traders' are the Masters & controllers of their Emotions. One of their techniques to obtain & maintain an edge in the trading arena is via the daily practice & use of **Declarations**.

Declarations are your **OFFICIAL INTENTION** to take all the necessary **ACTIONS** to make your future vision become reality.

IMPORTANT: Declarations are **NOT** affirmations! The difference is slight, but powerful.

AFFIRMATION: An affirmation is; 'a positive statement asserting that a goal you wish to achieve is already happening as if it is true now.'

DECLARATION: A declaration is; 'to state an official intention to undertake a particular course of action or adopt a particular status.'

Often we can affirm something that is **NOT** already happening & is **NOT** yet real. Our subconscious minds, our 'inner self' will recognise this as a 'trick', as it is **NOT** yet true & react in a negative way.

Whereas, a declaration is saying, we have an **INTENTION** of doing or being something. This our inner self **CAN** 'buy', because we are not stating it is true now, but it's your intention for the future.

IMPORTANT: 2 important words. **OFFICIAL & ACTION.**

A declaration 'IS' official. It is a formal statement into the universe & throughout your body.

A declaration 'MUST' be action orientated! You must take all the necessary actions to make your official intention a reality.

PLEASE NOTE: Whilst at 1st declarations may seem a bit 'unnatural' or a 'weird' thing to do;

THEY WORK! If most of the greatest minds that have ever lived employ these practices into their daily regimes; then so should you. You have nothing to lose & everything to gain!

HOW TO:

- ♦ **Written techniques:** These work as a sort of muscle memory for your subconscious.
- ♦ **Spoken techniques:** Are designed to focus on the words; the repetition of hearing them out loud can be as if someone else is telling it to you. You can also recite with additional emotion of voice.
- ♦ **Declaration Card:** Is physical via 'Touch.' If you cannot take the card out to read you can still 'Feel' it in your pocket & repeat the declarations in your head as if you were reading them. The card serves as a trigger for repetition.

MOST IMPORTANT: YOU MUST LEARN YOUR LIST!

- ♦ Write out your own declarations.
- ♦ State them aloud.
- ♦ State them before commencing your trading & after your meditation.
- ♦ State them before you go to bed.
- ♦ Type or write your declarations (All or top 3) on a card & read the card whenever you can. Below I'll list my declarations which I perform every day. Feel free to add/delete & adjust the declarations to best suit you.

My Trading Vision

- ✓ I'm committed to trading, to win, & become all what I want to become.
- ✓ I will do whatever it takes to reach my objectives, my goals & my vision.
- ✓ I expand the internal space needed to succeed not by undoing the past, but by creating a new space, **MY VISION!**
- ✓ I make my decisions based on my commitment to this; my consciously designed future vision.
- ✓ I'm guided by my future vision only, I behave in a way that will bring about my larger objective, Knowing that within I have all the resources I need.
- ✓ I see the world & trading through my vision.
- ✓ I'm creating my life, moment by moment.
- ✓ Ultimately I will become my vision.

"I wish you well in your journey & in your trading."

DowBoy b.1967 - Written 12th-July-2008

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