TRENDWISDOM

SELF ASSESSMENT

Welcome to the self-assessment quiz designed to help you gain insights into your current trading mindset. As you answer each question, be honest with yourself. Let us get started!

1. Emotional Awareness:

How often do your emotions impact your trading decisions?

A. Rarely (4 points)

B. Occasionally (3 points)

C. Frequently (2 points)

D. Always (1 point)

Example: Imagine a recent losing trade. If you stayed calm and rational, you might choose 'A'. If emotions influenced your decisions, you might lean towards 'C' or
'D'.

2. Risk Perception:

How comfortable are you with taking calculated risks in your trades?

A. Very comfortable (4 points)

B. Somewhat comfortable (3 points)

C. Neutral (2 points)

D. Uncomfortable (1 point)

Example: Consider a scenario where you decide to enter a trade with a stoploss. If you feel confident in your decision, 'A' is suitable. If you hesitate due to potential risks, 'D' may be more accurate.

3. Patience and Discipline:

How would you rate your level of patience and discipline during a losing streak?

A. Extremely patient and disciplined (4 points)

B. Moderately patient and disciplined (3 points)

C. Struggling with patience and discipline (2 points)

D. Impulsive and undisciplined (1 point)

Example : Reflect on how you handled a recent losing streak. If you stuck to your plan and remained patient, 'A' fits. If you deviate impulsively and go searching for some other strategy, you might choose 'D'.

4. Goal Clarity:

Do you have clear short-term and long-term trading goals?

A. Yes, both short-term and long-term goals are welldefined (4 points)

B. Somewhat clear, but could use more specificity (3 points)

C. Uncertain about goals (2 points)

D. No clear goals established (1 point)

Example: Consider your trading goals. If you have specific, achievable goals, 'A' is suitable. If your goals are vague or unclear, you might lean towards 'C' or 'D'.

5. Learning and Adaptation:

How open are you to learning from both successful and unsuccessful trades?

A. Very open to learning (4 points)

B. Open, but room for improvement (3 points)

C. Reluctant to learn from mistakes (2 points)

D. Not interested in analyzing trades (1 point)

Example: Think about your reaction after a recent trade. If you actively seek lessons, 'A' is fitting. If you avoid reflecting on mistakes, 'D' may be more accurate.

6. Routine and Preparedness:

How consistent are you with following a pre-trade routine and being prepared for market changes?

A. Extremely consistent (4 points)

B. Fairly consistent (3 points)

C. Inconsistent (2 points)

D. No pre-trade routine established (1 point)

Example : Evaluate your preparation before a trade. If you have a consistent routine, 'A' is appropriate. If

your approach lacks consistency, you might lean towards 'C' or
'D'.

7. External Influences:

To what extent do external factors, such as market news or social media, influence your trading decisions?

A. Rarely influenced (4 points)

B. Occasionally influenced (3 points)

C. Often influenced (2 points)

D. Heavily influenced (1 point)

Example: Think about a recent trade decision. If external factors had minimal impact, 'A' is suitable. If you often rely on external cues, 'D' may be more accurate.

8. Reflection and Journaling:

Do you maintain a trading journal to reflect on your trades, decisions, and emotions?

A. Regularly journal and reflect (4 points)

B. Occasionally journal (3 points)

C. Rarely journal (2 points)

D. Do not maintain a trading journal (1 point)

Example: Reflect on your journaling habits. If you consistently journal, 'A' is fitting. If you seldom document your experiences, 'C' or 'D' may be accurate.

9. Adaptability to Market Changes:

How comfortable are you with adapting your trading strategy based on changing market conditions?

A. Very comfortable (4 points)

B. Moderately comfortable (3 points)

C. Uncomfortable with adapting (2 points)

D. Resistant to change (1 point)

Example : Consider a shift in market conditions. If you

adapt easily, 'A' is appropriate. If you resist changing your strategy even after many losses, 'D' may be more accurate.

10. Mindfulness in Trading:

How often do you practice mindfulness techniques to enhance focus and decision-making?

A. Regularly practice mindfulness (4 points)

B. Occasionally practice (3 points)

C. Rarely practice (2 points)

D. Do not practice mindfulness (1 point)

Example: Reflect on your mindfulness practices. If you incorporate mindfulness regularly, 'A' is fitting. If it's not part of your routine, 'C' or 'D' may be accurate.

Scoring and Interpretation:

40-32 points: Congratulations! You demonstrate a strong trading mindset.

31-24 points: You are on the right track but need to identify areas for improvement.

23-16 points: There's room for growth, focus on enhancing specific aspects of your mindset.

15-0 points: Consider areas where immediate changes can positively impact your trading psychology.