

# Template: Trader Psychology Checklist

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Based on Article: "Common Psychological Challenges in Proprietary Trading"

Website: <https://thetraderinyou.com>

A checklist to help traders identify and manage psychological challenges in proprietary trading.

## Checklist Items:

### 1. Assess Cognitive Biases

Evaluate your trading decisions for common cognitive biases such as confirmation bias and loss aversion. Keep a journal to track these biases in your trades.

Reference Section: Core components of trader psychology

### 2. Emotional Regulation Practices

Implement techniques such as mindfulness or breathing exercises to manage emotions during trading. Practice these methods daily to build resilience.

Reference Section: Emotional regulation

### 3. Develop a Trading Routine

Establish a consistent routine for analyzing and executing trades. Include predefined entry and exit rules as well as position sizing guidelines.

Reference Section: Discipline and routine

### 4. Monitor Performance Regularly

Set up a routine for frequent performance assessments (daily or weekly) to understand your trading outcomes and make adjustments as needed.

Reference Section: Performance monitoring

### 5. Seek Feedback and Support

Engage with mentors or trading peers for constructive feedback and emotional support. Utilize structured coaching if available to enhance learning.

Reference Section: Emotional support/resources

### 6. Create Accountability Structures

Implement accountability measures such as trading groups or progress trackers to stay committed to your trading plan and rules.

Reference Section: Incentives and discipline

### 7. Evaluate Stress Management Techniques

Identify stress triggers in your trading and work on stress management techniques such as physical activity or relaxation exercises to mitigate their effects.

Reference Section: Stress tolerance

### 8. Review Decision-Making Processes

After each trade, analyze your decision-making process and identify areas of improvement to refine your trading approach over time.

Reference Section: Cognitive-emotional-behavioral pathway