

Guide #7: Psychology & Performance Guide

AI Trading Futures

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PSYCHOLOGY & PERFORMANCE GUIDE

Purpose

To unlock the true edge of consistent traders: mental strength, self-coaching, and unbreakable discipline. This guide helps you stop self-sabotage, control fear and FOMO, and turn the “human factor” from a weakness into your superpower.

Why Psychology Matters More Than Any Setup

- Even the best strategy fails if you can't follow it under stress.
- Most blown accounts come from repeated emotional errors, not from one bad idea.
- You are not just trading the market; you are trading your own reactions.

Core Mindset Principles

- Think in series of trades, not single outcomes.
- Process over outcome:
 - Good trade that loses is still a win if it followed your rules.
 - Bad trade that wins is still a loss if it broke your rules.
- Your job: Execute the plan, log the results, learn from both wins and losses.

Daily Mental Routine

1. Pre-Session Mental Warm-Up

- Write a brief plan:
 - What markets will I trade?
 - What setups will I take?
 - What is my daily loss limit and max number of trades?
- Take 3–5 minutes to:
 - Breathe slowly.
 - Visualize following rules, not making money.
- Script:
 - “Today my goal is to follow my rules. Profit is a byproduct.”

2. During the Session

- Use a timer:
 - Break every 45–60 minutes for 3–5 minutes.
- Talk through your trades (even quietly to yourself):
 - “Why am I taking this trade?”
 - “Where is my stop?”
 - “Where is my target?”
- If you hesitate or feel FOMO:
 - Default to not trading unless the setup is clearly A+.

3. Post-Session Recovery

- Write 2–3 sentences:
 - What did I do well?
 - What needs work?
 - Did I follow my rules?
- Review best and worst trade:
 - What was my emotional state before/during/after?

Psychology Tracker Template

Daily Ratings (0–10 scale)

- Focus:
- Patience:
- Discipline:
- Emotional Reactivity (inverted: high number means more reactive):
- Overall Stress Level:

Tilt Events

- Note:
 - Time:
 - What happened?
 - Trigger (loss, missed trade, outside stress):
 - How did I react?

Rule Break Log

- Did I break:
 - Max daily loss?
 - Max trade count?
 - Setup criteria?

- Why?
- Impulse, boredom, revenge, overconfidence?

Self-Coaching Scripts

Use these prompts after sessions or bad trades:

- "What did I feel right before I broke my rule?"
- "If a friend showed me this trade, how would I evaluate it?"
- "If I repeated today for 100 days, where would my account end up?"
- "Did I trade my plan, or did I trade my emotions?"

Red Day Protocol

When you hit your daily loss