

Trading Affirmations

Affirmations are a powerful tool to rewire your subconscious mind, clear mental blocks, and elevate your trading mindset and performance.

Use this daily affirmation script to shape the mindset of a consistently profitable trader. Listening regularly will help you internalise the habits and beliefs that support long-term success.

With consistent use, you'll train your mind to:

- *Follow your trading plan with discipline
- *Strengthen belief in your skills and decisions
- *Master your emotions under pressure
- *Break free from damaging habits like overtrading, ignoring stops, or hesitating
- *Build unshakable consistency in your trading approach

Repetition is the key.

- *For best results, speak each affirmation out loud or silently repeat it after you hear it.
- *Make it a daily ritual, the more you hear it, the deeper it sinks in.

I recommend downloading a voice recorder app on your mobile phone. (Parrot App is a good free one). Then record the below list in your own voice and play continuously when you get up in the morning, walk the dog, traveling to work, just before you go to sleep etc etc. Some clients leave them playing all night whilst asleep for greater impact.



I am a consistently profitable trader.
I have unshakable belief in my trading ability.
I have rock solid confidence in myself.
I stick to my trading plan like glue.
I respect my rules at all times because I highly value myself.
I wait like a tiger stalking its prey for my A plus setups to appear.
When my A plus setup appears, I act quickly and decisively to take the trade.
I have the patience of a monk.
I wait for as long as it takes for the market to present me with the perfect trading opportunity.
There are limitless opportunities available to me in the market.
It is only a matter of patience and time until the opportunities appear.
I am calm and composed when I trade.
I understand that trading is waiting and waiting is trading.
I thrive under pressure.
I love trading under pressure.
It's my opportunity to go into the arena and reap the rewards of all the hard work that I have put into my trading.
I focus only on myself and my own trading.
Laser focus on my process is the key to my financial freedom.
I focus on my trading process and I allow the results to take care of themselves.
A green day is a day that I stuck 100 percent to my trading process regardless of the outcome in my P&L.
I fully embrace and practice the growth mindset.
I give myself all the validation that I need.
I respect myself at all times because I understand my true self-worth is more valuable than any money in the market.
I stick to my trading rules at all times because this is how I honor my value and my self-worth.
I allow myself to make mistakes because I know that these are the stepping stones to leveling up my trading performance.
I fully accept the risk inherent in the market and in all of my trades.



I can graciously accept small losses because I know that overall, when I stick to my trading plan, I always come out on top.
I practice self-compassion at all times.
I am resilient.
I bounce back quickly and effectively from any mistake or loss.
When the market tells me to get out of a trade, I listen and act decisively and confidently to follow the market's advice.
I reset to neutral after every single trade, win or lose.
The market is neutral.
It's my canvas to create my masterpiece.
I trade in sync with the market.
The market presents me with opportunities and I gratefully take them.
I listen to what the market is telling me and when I have heard what it wants to tell me, then I act.
The market communicates to me through data.
We work as a team and I follow the market's lead.
I remain neutral when I trade.
I listen first and act decisively on the information I receive.
I seek to control only the things that I can control about my trading.
This is more than enough to allow me to meet my most ambitious trading goals.
My technical read of the market is exceptional.
My only job is to follow my trading plan.
Sticking to my process builds my empire.
I manage my emotions like a Jedi.
I have exceptional self-awareness and emotional composure.
When I see my setup appear, I confidently and decisively take the trade.
I love trading my A plus setups and staying in each trade until its natural conclusion.
I exit the trade only when I have hit my profit target or when there is a signal telling me to exit.
I have all the money I could ever want or need.
I am rich and I enjoy the process of spending money and accumulating more wealth.
My trading account grows larger month after month after month.
My trading is absolutely consistent.
Day after day I make continuous incremental progress and this is how I have paved my way to being financially free and wealthy.
I understand that boring trading is the trading that makes me rich.
I am now financially free.



I give myself permission to accumulate the wealth that I desire.
The market is my ATM machine.
Every day I withdraw money.
I choose to be the best version of myself.
I choose self-empowerment and self-compassion.
I am fully present in every moment.
I feel powerful, composed, and content when I am trading.
I find happiness and joy in the small moments.
Every day I have met all my trading goals.
I am grateful for the many blessings in my life.
I am a consistently profitable trader.

