Create Winning Habits In Your Trading

By Coach Randall | Best Stock Coach

Key Idea #1: Small actions repeated consistently shape your identity, and your identity ultimately determines your results.

If you improve by just 1% each day, the results compound dramatically over time.

The goal is not to make a massive change overnight.

The goal is to build systems that make success almost inevitable.

For traders, this is a powerful concept because consistent profitability rarely comes from finding the perfect trade. It comes from **consistently executing a process.**

Identity-Based Habits

Clear believes the most important shift is moving from:

Outcome-Based Thinking

- "I want to make money trading."

To:

Identity-Based Thinking

- "I am a disciplined trader."
- "I am a risk manager."
- "I follow my system."

Every action you take is a vote for the type of person you want to become.

This is highly relevant to trading.

Most traders focus on:

- Winning trades
- Account size
- Daily profits

Consistent traders focus on:

- Following rules
- Managing risk
- Executing their edge

The identity comes first.

The Habit Loop

Every habit follows four stages:

1. Cue
2. Craving
3. Response
4. Reward

Example:

Cue:

- Market opens.

Craving:

- Desire to make money.

Response:

- Enter a trade.

Reward:

- Emotional excitement or profit.

Understanding this loop allows you to redesign behaviors.

The Four Laws of Behavior Change

Law #1: Make It Obvious

Good habits need visible cues.

Examples:

- Trading checklist on your desk.
- Risk management card beside your monitor.
- Trade journal open before market open.

Bad habits become harder when cues are removed.

Examples:

- Turn off financial news.
- Remove distracting chat rooms.
- Stop watching random market commentators.

Law #2: Make It Attractive

The brain repeats behaviors that feel rewarding.

Attach habits to things you already enjoy.

Example:

Instead of:

- "I have to journal."

Think:

- "Journaling helps me become a professional trader."

The habit becomes connected to a desired identity.

Law #3: Make It Easy

Most people fail because they make habits too difficult.

Clear recommends reducing friction.

Examples:

- Have your trading plan prepared the night before.
- Use a pre-defined risk calculator.
- Trade only one market initially.

The easier a behavior becomes, the more likely you are to repeat it.

Law #4: Make It Satisfying

The brain repeats what gets rewarded.

Immediate rewards matter.

Examples:

- Check off completed trades that followed your plan.
- Celebrate flawless execution.
- Track streaks of rule-following days.

Notice:

Reward yourself for following the process.

Not for making money.

A perfect losing trade is better than a reckless winning trade.

Systems vs Goals

Navy Seals say: We don't rise to the level of our expectations, we fall to the level of our training."

Successful Trader: We don’t rise to the level of our profit goals, we fall to the level of our training and discipline.

Follow the BSC System.

Systems create results.

A traders goal might be:

- I want to make $100,000.

Your goal as a BSC trader is:

- Small losses – Protect capital.
- Follow the BSC Structured Edge™.
- Take every qualified setup.
- Hold the winning trade to the Average move.

The system (3:1 math) determines the outcome.

Environment Is More Powerful Than Motivation

Traders often believe they need more willpower.

When what they really need is a better environment.

Examples of a productive trader:

- Healthy traders love exercise breaks in trading.
- Keep a clean workspace.
- No social media distractions.
- Scan trading checklist automatically.
- Scan charts automatically.

Environment often beats motivation.

Habit Stacking

Attach a new habit to an existing habit.

Formula:

"After I do X, I will do Y."

Examples:

- After I turn on my computer, I review my rules for following the BSC System
- After I enter a trade, I deep breathe, I don't care if it wins.
- After the market closes or I am finished, I review all of my trades without judgment.

This creates automatic routines.

The Plateau of Latent Potential

One of the most important concepts.

Most people are failing because the quit or stay frustrated because they do not see immediate results.

Improvement often occurs below the surface.

Then suddenly results appear.

This is often called the **Valley of Disappointment**

People quit too soon because progress is invisible.

For traders:

You may:

- Follow your system correctly.
- Manage risk properly.
- Still lose money initially.

The skill development is occurring even when the results are not yet visible.

Eventually the curve bends upward.

Never Miss Twice

Perfection is not required.

Consistency is.

Everyone:

- Misses workouts.
- Breaks routines.
- Makes mistakes.

The rule:

Never miss twice.

One mistake is an event.

Two mistakes become a habit.

For traders:

One impulsive trade is a mistake.

Two weeks of impulsive trading becomes a pattern.

The Most Important Lessons for Traders

If I were applying Atomic Habits to the BSC trading philosophy, the biggest takeaways would be:

Focus on Identity

Become the trader who follows rules rather than the trader who chases profits.

Focus on Systems

The market pays execution, not prediction.

Build Habit Loops

Use checklists, journaling, and repeatable routines.

Reward Process

Judge success by rule-following, not by P&L.

Improve 1% Daily

Tiny improvements compound into large results.

Trust Compounding

Both profits and skill development occur through accumulation, not dramatic breakthroughs.

Never Miss Twice

A mistake is normal. A repeated mistake becomes a habit.

The Big Idea: Become 1% Better Every Day

Coach Randall

BestStockCoach.com

Reading about winning habits is valuable.

Seeing how disciplined habits are applied to real trades is where transformation begins.

Click here to watch the training

Stop looking for “more information” – if that was the answer, you would already be successful. The internet is loaded with information.

But information is not execution!