

# **Calm Trader Ritual**

A simple reset to reduce emotional impulsivity and improve calm decision making in your trading

For traders who want clarity, discipline and control

# Why Most Traders Struggle

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Most trading mistakes don't come from bad strategy.

They come from the wrong state.

When you feel pressure, urgency, frustration, or the need to “make it back”... you stop trading your plan — and you start trading your emotions.

This is where losses compound.

## Who Is This For?

This ritual is designed for traders who:

- Overtrade or act impulsively
- Chase losses or feel urgency to recover
- Struggle to stay calm under pressure
- Know what to do — but don't always do it

This is especially powerful for:  
**The Over-Pusher Archetype**

# The Calm Trader Ritual

## Step 1 — Ground your body

Sit upright. Place both feet on the floor.

Feel the weight of your body settle into your seat.

Take a deep breath in through your nose... Hold it . . .

Then slowly exhale through your mouth.

Let your shoulders drop. Feel gravity holding you.

Breathe in again . . . and out.

Say internally: "I am safe. I am here."

## Step 2 — Notice your emotions

Scan your body for any tension or tightness.

Bring awareness to your chest... your stomach... your jaw.

Ask yourself: "What am I feeling right now?"

Name it silently. Fear. Pressure. Frustration. Excitement.

Say: "It's okay to feel this. I don't have to act on it."

With each breath, imagine releasing a bit more tension.

## Step 3 — Anchor your identity

Say internally:

"I am a calm, intentional trader."

"I trust my process."

"I trade when the market is ready — not when I'm emotional."

Feel the truth of that spreading in your body.

Visualise yourself trading with clarity and control.

## Step 4 — Return to presence

Bring your attention back to your breath.

Feel the stillness in your hands.

Imagine calm flowing throughout your body.

Take one final deep breath in... And a slow, complete exhale.

When you're ready, return to your trading — with calm intention.

# How To Use This

## How to Use This Resource Effectively:

- Use this script before each trading session to enter a clear state
- Use it after a loss or an emotional trade to reset your nervous system
- Use whenever you feel impulsive or reactive
- Use as a daily ritual for consistency

Use it regularly to build peak conditioning - not just when things go wrong.

Over time, you will build up the healthy habit of pausing before taking emotional trades.

## What This Improves

### How It Improves Trading Results:

- It breaks the loop of impulsive trades
- It reduces loss-chasing and overtrading behaviour
- It builds emotional control under pressure
- It reinforces disciplined trading identity
- It builds a habit of self-regulation and pre-trade ritual

**Calm is not passive. Calm is your edge**

# The Calm Trader Ritual - Quick Reset

Use this before every trading session to enter a clear state.

Or after an emotional trade to reset your nervous system.

## 1. Ground your body

Feet flat on the floor.

Feel the weight of your body. Let gravity drop.

Breathe deeply in through your nose and out through your mouth..

“I am safe. I am here.”

## 2. Notice emotions

Scan tension or tightness in your body.

Name any feeling or emotion.

“It’s ok to feel this. I don’t need to act on it.”

Imagine releasing tension as you breath deeply.

## 3. Anchor identity

“I am a calm, intentional trader.”

“I trust my process”

“I trade when the market is ready - not when I’m emotional”

Visualise calm trading and mental clarity.

## 4. Return to presence

Breathe. Reset.

Place awareness in your body.

Now trade with intention.

**Consistency builds calm. Calm builds profit.**

**Want to go deeper into your trading psychology?**

**Explore the 7-Day Inner Game Reset**