

Daily Identity Affirmation Template

Rewire your self-image and become the trader you
are building

For traders who struggle with self-doubt, inconsistency, or self-sabotage

Why Traders Sabotage Themselves

Most traders don't lose because of strategy.
They lose because of identity.

Even when you know what to do...
something inside you overrides it.

You hesitate.
You second-guess.
You break your rules.

This isn't a discipline problem.
It's a self-image problem.

Who Is This For?

This tool is designed for traders who:

- Feel inconsistent despite knowing their strategy
- Doubt themselves at key moments
- Sabotage progress over wins
- Struggle with confidence or self-worth

This is especially powerful for:
The Identity-Saboteur Archetype

How Identity Shapes Your Trading

Your identity drives your behaviour.

Your behaviour creates your results.

If your identity says:

“I’m inconsistent”

“I always mess this up”

Your actions will follow.

And your results will begin to reflect that identity.

How To Use This Tool

Affirmations work best when they are:

- Repeated consistently
- Felt emotionally (not just spoken)
- Linked to a clear identity you want to embody
- Reinforced through visualisation

This worksheet helps you:

- Identify your current self-image
- Replace it with a new identity
- Reinforce it through daily repetition
- Build your self-worth and confidence from the inside out

Daily Identity Affirmation Template

1 Current Self Image

Write 2-3 honest statements about how you see yourself as a trader.
eg. "I want to succeed, but I just don't feel confident that I can"

2 Your New Identity

Write the version of yourself you are becoming.
eg. "I am a calm, skilled trader who makes intuitive, disciplined decisions."

3 Your Daily Affirmations

Write 5 "I am" statements that feel powerful and emotionally resonant.
eg. "I am worthy of trading success" | "I trust my decisions" | "I am a calm trader"

1. _____
2. _____
3. _____
4. _____
5. _____

**Say your affirmations with emotion, out loud, and in the mirror.
Feel them, See them, Become them.**

Daily Identity Affirmation Template - Quick Reset

Use this before and after every trading session to build a confident trading identity.

Repeat daily to anchor this new trading identity so that it becomes automatic.

1. Morning or Pre-Session Ritual

Sit or stand grounded

Place your hand on your heart or belly

Breathe slowly. In . . . Hold . . . Out

2. Say Your Affirmations Aloud

Look in the mirror if possible

Use emotion, not just words

Feel what you are saying

3. Visualise Yourself Trading From That Identity

See yourself trading from this version of you

Calm, confident, consistent

4. Repeat Daily

Morning or pre-session

Optional: before sleep

Let your subconscious integrate it as you sleep

Consistency creates identity.

Identity drives action

Actions creates results

Want to go deeper into your trading psychology?

Explore the 7-Day Inner Game Reset