



**ENGINEERED
TRADING
MINDSET**

FOR SUCCESS

CHALLENGING BELIEFS
TRANSCRIPT #6

LESSON 6
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RightMindTrader.com Academy

Engineered Trading Mindset Beliefs #6

Welcome to Step 4 of the 5-Step Challenge Trading Beliefs process in which we are continuing your journey to understand and challenge your trading beliefs.

I'm Les Meehan, founder of the RightMindTrader.com Academy and in this training lesson I will teach you to uncover the beliefs you have around the bigger picture and general topic of 'Trading'.

You will remember I have said you are likely to have formed beliefs about a whole mass of different topics and each topic will have it's own room in your belief fortress.

Well, for you as a trader, 'Trading' is one of those topics and it will have it's own room too, and on the walls of that room will be the beliefs you have created around 'Trading'.

Step 4 – Beliefs about Trading

Let's start right now with a little mental exercise...

Ex. 1 - My Current Trading Movie

I want you to simply imagine for a moment and think of the word 'Trading' and everything that means to you (close your eyes if it helps).

As you do this become aware of the images, sounds, and feelings that come into your mind and form them into a movie that you are watching on the movie screen of your mind.

What does your movie contain?

Now and note down a few of the key details about the movie and in particular any thoughts or comments that came to you from your 'inner voice'.

What did you hear your 'inner voice' saying as you watched your 'trading' movie?

It may help to now run the movie again and this time focus on listening more for the inner voice and note down anything else you hear.

These are likely to be some of the beliefs you have around 'Trading'.

Now you are in touch with your *internal representation* of 'Trading' let's do the belief discovery process...

Q1. What negative things have I seen, heard, or decided around trading?

For example, you may have seen successful traders driving expensive sports cars and felt jealous.

Or have heard groups of traders talking about their big wins, and felt left out.

Or even, after a few bad losses, have thought or decided that trading 'is a fools game' but carried on trading anyway.

All of these things go deep inside and can stick to later re-appear during your trading sessions so make a list of anything that comes to mind, no matter what the source, and remember be totally honest but reserve judgement.

Q2. In what negative ways has trading impacted on my life so far?

Think now about any negative experiences you have had with trading.

Of course you will have had the negative experience of losing a few trades, but think even bigger than that.

For example, have you attended seminars or other trading events where you were left feeling negative about something, note it down

All of these trading experiences may have left their mark on you at a deep internal level and may have created little beliefs that have now been written on your walls in the belief fortress so note them down.

Q3. What beliefs have these negative experiences given me?

The answers to this question will highlight any other new additions to the writings on the walls of your 'Trading' room in your Belief Fortress.

As you consider these three questions dig deep to find all of the negative thoughts and beliefs you have around trading - examine those walls carefully!

When you write them to your list remember to start each belief with the words...

'I believe...'

...followed by the belief statement.

These negative beliefs about the bigger subject of trading will be impacting on all your trading sessions at some level and need to be resolved which I will teach you how to do in the final lesson in this Part 2 training series.

Please make sure you add your answers in the relevant space in your workbook so you can review them as needed.

Now you are connected with your beliefs about 'trading' do this exercise...

Ex. 2 - Relate trading beliefs to your trading

It's time to relate these beliefs about trading to your actual trading activities.

Choose one of the beliefs and, in conjunction with everything you now know about your trading behaviours, ask yourself the question...

"How does this specific belief manifest in my trading?"

Mentally run through a typical trading session and really try hard to find where the belief may have affected your behaviours.

Pay particular attention to exactly where and how the negative impact was felt and how it influenced or changed your intended behaviours.

Repeat this exercise for each of your identified trading beliefs.

Moving forward...

Wow! I know the last three training lessons have probably been challenging for you with the series of questions and exercises designed to thoroughly uncover all of your underlying beliefs about these important topics and bring them out of your belief fortress and into the open so you can now deal with them.

Let me now congratulate you for all of your effort and dedication during these processes that I believe are so important to your trading success because you are now in a unique position of having attained a higher level of self-awareness about yourself and your trading that most never reach.

It has been necessary for you to make the journey you have so far, to analyse these areas as completely as possible, in order to identify your beliefs about You, about your relationship with Money, and about trading, ready for Step 5 in this 5-Step process.

The six training lessons you have now worked through so well have thoroughly prepared you for the final stage in this 'Challenge Trading Beliefs' part of the program where you will soon learn to change, resolve and eliminate the inhibiting beliefs that are harming your trading and holding you back from maximising your trading potential.

Let's charge straight over to the final lesson where I teach you some powerful techniques to clean out and dust off the walls of your belief fortress.

Journeying Farther & Further - Journeying Together

For most traders, trading as an activity can be a singularly solo, and perhaps even lonely, journey toward your future dream of financial freedom and ultimate happiness.

The programme you have just taken will have moved you along on your trading development journey of discovery that will have a positive impact on your trading – and possibly on your entire life and those around you.

Most journeys have a point of departure and a point of arrival – or do they?

Certainly, the journey you have been on in this programme has a clear departure point – that is to increase your development as a trader - and it has a clear objective to provide the tools to help you...

...but it doesn't have a clear destination because it is but one positive stepping stone forward!

Why?

Because your trading psychology has many facets and needs and this programme is only one aspect – albeit a crucial aspect - of your whole trading psychology development to improve your daily trading experience.

Now African wisdom says:

“To journey far, travel with others.”

So, to travel farther and further with your trading I invite you now to continue our journey together towards a new objective and your own desired destination.

FREE 1-On-1 Coaching Session

Begin the next part of your success discovery trading journey now by setting your next big objective, which I strongly believe should be, to have a COMPLETELY FREE 30 minute...

[Trading Behaviour Strategy Coaching Session](#)

...directly with me.

This is the logical next step on your journey to realising your trading profit potential and creating the abundant life of your dreams.

Let me be your personal development guide on the next exciting exploration into your trading psychology.

To find out more about your next trading journey watch my complimentary **[TBA](#)** video that will explain how we will analyse your current trading behaviours to uncover any success blocks lurking in your unconscious mind.