

PTPS Weekly Performance Review

Instructions:

- Complete this at the end of each trading week.
- Analyze performance, emotional patterns, and course corrections.
- Use this to build stronger identity-based discipline.

Week Starting

Wins

Losses

Rules Followed (%)

Primary Emotion Detected

Self-Sabotage Events

Identity Trait Practiced

Weekly Affirmation

PTPS Weekly Performance Review

Adjustment Goals

PTPS Weekly Performance Review

Instructions:

- Complete this at the end of each trading week.
- Analyze performance, emotional patterns, and course corrections.
- Use this to build stronger identity-based discipline.

Week Starting

Wins

Losses

Rules Followed (%)

Primary Emotion Detected

Self-Sabotage Events

Identity Trait Practiced

Weekly Affirmation

PTPS Weekly Performance Review

Adjustment Goals

PTPS Weekly Performance Review

Instructions:

- Complete this at the end of each trading week.
- Analyze performance, emotional patterns, and course corrections.
- Use this to build stronger identity-based discipline.

Week Starting

Wins

Losses

Rules Followed (%)

Primary Emotion Detected

Self-Sabotage Events

Identity Trait Practiced

Weekly Affirmation

PTPS Weekly Performance Review

Adjustment Goals

PTPS Weekly Performance Review

Instructions:

- Complete this at the end of each trading week.
- Analyze performance, emotional patterns, and course corrections.
- Use this to build stronger identity-based discipline.

Week Starting

Wins

Losses

Rules Followed (%)

Primary Emotion Detected

Self-Sabotage Events

Identity Trait Practiced

Weekly Affirmation

PTPS Weekly Performance Review

Adjustment Goals

PTPS Weekly Performance Review

Instructions:

- Complete this at the end of each trading week.
- Analyze performance, emotional patterns, and course corrections.
- Use this to build stronger identity-based discipline.

Week Starting

Wins

Losses

Rules Followed (%)

Primary Emotion Detected

Self-Sabotage Events

Identity Trait Practiced

Weekly Affirmation

PTPS Weekly Performance Review

Adjustment Goals

PTPS Weekly Performance Review

Instructions:

- Complete this at the end of each trading week.
- Analyze performance, emotional patterns, and course corrections.
- Use this to build stronger identity-based discipline.

Week Starting

Wins

Losses

Rules Followed (%)

Primary Emotion Detected

Self-Sabotage Events

Identity Trait Practiced

Weekly Affirmation

PTPS Weekly Performance Review

Adjustment Goals

PTPS Weekly Performance Review

Instructions:

- Complete this at the end of each trading week.
- Analyze performance, emotional patterns, and course corrections.
- Use this to build stronger identity-based discipline.

Week Starting

Wins

Losses

Rules Followed (%)

Primary Emotion Detected

Self-Sabotage Events

Identity Trait Practiced

Weekly Affirmation

PTPS Weekly Performance Review

Adjustment Goals

PTPS Weekly Performance Review

Instructions:

- Complete this at the end of each trading week.
- Analyze performance, emotional patterns, and course corrections.
- Use this to build stronger identity-based discipline.

Week Starting

Wins

Losses

Rules Followed (%)

Primary Emotion Detected

Self-Sabotage Events

Identity Trait Practiced

Weekly Affirmation

PTPS Weekly Performance Review

Adjustment Goals

PTPS Weekly Performance Review

Instructions:

- Complete this at the end of each trading week.
- Analyze performance, emotional patterns, and course corrections.
- Use this to build stronger identity-based discipline.

Week Starting

Wins

Losses

Rules Followed (%)

Primary Emotion Detected

Self-Sabotage Events

Identity Trait Practiced

Weekly Affirmation

PTPS Weekly Performance Review

Adjustment Goals

PTPS Weekly Performance Review

Instructions:

- Complete this at the end of each trading week.
- Analyze performance, emotional patterns, and course corrections.
- Use this to build stronger identity-based discipline.

Week Starting

Wins

Losses

Rules Followed (%)

Primary Emotion Detected

Self-Sabotage Events

Identity Trait Practiced

Weekly Affirmation

PTPS Weekly Performance Review

Adjustment Goals

PTPS Weekly Performance Review

Instructions:

- Complete this at the end of each trading week.
- Analyze performance, emotional patterns, and course corrections.
- Use this to build stronger identity-based discipline.

Week Starting

Wins

Losses

Rules Followed (%)

Primary Emotion Detected

Self-Sabotage Events

Identity Trait Practiced

Weekly Affirmation

PTPS Weekly Performance Review

Adjustment Goals

PTPS Weekly Performance Review

Instructions:

- Complete this at the end of each trading week.
- Analyze performance, emotional patterns, and course corrections.
- Use this to build stronger identity-based discipline.

Week Starting

Wins

Losses

Rules Followed (%)

Primary Emotion Detected

Self-Sabotage Events

Identity Trait Practiced

Weekly Affirmation

PTPS Weekly Performance Review

Adjustment Goals