

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

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Adjustment Goals

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