

ExceptionalTrader Self-Audit Scorecard

Learning and improving begins with understanding where you are at this moment in time and where you want to be so you can plan what you need to do to get there.

“The more you know yourself, the more you know ‘why’, the more you achieve”	A	Excellent
	B	Above Average
	C	Average or Typical
	D	Below Average
	F	Failing

Personal Scorecard		Trading & Trading Business Scorecard	
Self: Solid Progress? In Control? Balanced?		Self-Understanding & Self-Management?	
Spouse / Partner: Relationship? As win-win?		Trading Understanding: Depth & Breadth?	
Child / Children: Relationships? As win-win?		Market Understanding: Depth & Breadth?	
Extended Family: Relationships? As win-win?		Trading Business Entity: Fit? Effectiveness?	
Recreation / Fun / Sports / Hobbies / Other?		Trading Workstation: Status & Usage Value?	
Time & Schedule: Allocation / Management?		Business Plan: Status & Usage Value?	
Energy (Physical/Mental/Emotional) Status?		Trading Plan Status: Status & Usage Value?	
Energy: Allocation / Management Ability?		Market(s) & Contract(s): Fit? Proficiency?	
Financial Stability: Progress / Plan?		Current Timeframes & Time Intervals: Fit?	
Financial Security: Progress / Plan?		Trading Time Management: Fit? Proficiency?	
Financial Independence: Progress / Plan?		Trading Software: Fit? Proficiency? Rating?	
Work & Business: Status / ROI / Progress?		Trading & Investment Financial Management?	
Trading & Investing: Status / ROI / Progress?		Support Team: Management & Benefit From?	

Trading Process Scorecard		Trading Methodology / System Scorecard	
Pre-Session Physical: Rating & Preparation?		Setup: Defined / Traded as Defined?	
Pre-Session Mental: Rating & Preparation?		Setup Evaluation: Subjective vs Objective?	
Pre-Sess Emotional: Rating & Preparation?		Risk Analysis: Subjective vs Objective?	
Pre-Session: Market Context Capitalization?		Entry Execution: Subjective vs Objective?	
Pre-Session: Hardware & Software Checklists?		Risk Management: Subjective vs Objective?	
Pre-Session: Replays & ‘What If’ Exercises?		Position Management: Subjective vs Objective?	
Typical Session: Overall Performance Rating?		Profit Maximization: Subjective vs Objective?	
Post-Session Analysis: Worked / Didn’t / Why?		Position Scaling: Subjective vs Objective?	
Post-Session: Lessons to Curriculum?		Exit Execution: Subjective vs Objective?	
Post-Session: Homework / Skill’s Work?		Trade Assessment Log: Knowledge Resource?	