**Best Psychological Practices of Successful Traders**

Presentation for LockeInYourSuccess

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1. **Strategies for Enhancing Our Well-Being**
2. Happiness
3. Fulfillment
4. Energy
5. Connectedness
6. **Strategies for Increasing Our Focus**
7. Meditation
8. Biofeedback
9. Interrupting Problem Patterns
10. **Strategies for Reprogramming Our Responses**
11. Exposure methods utilizing visualization
12. Self-hypnosis methods
13. **Strategies for Changing Thought Patterns**
14. Cognitive techniques for self-monitoring
15. Using a cognitive journal to restructure our thinking
16. **Strategies for Increasing Our Consistency**
17. Using the calendar for deliberate practice and habit building

**Group Coaching**