

Lex Van Dam Ingredients for success



Characteristics	Questions to ask one self?
Self Confidence	Do you Believe in yourself Are you sure of yourself
Focus	Are you committed to trading or are you busy with lots of other things
Resilience	Are you are to deal with trading when the deal goes wrong. Have you the mental toughness to get through the bad times. Do you have the strength to walk away or pull the trigger
Composure	Are you able to control your emotions. Do you panic. Can you address your doubts?
Motivation	Are you trading for the right reasons Do you have what it takes to last the distance