



Awareness, Vision & Values

Week 1 – Planning

Week 2 – Mindset

Week 3 – Education

Week 4 – Systems

Week 5 – Execution

Week 6 – Documentation



Course Map

Day 1 – Business Plan vs. Trade Plan

Day 2 – Scheduling

Day 3 – SOP's

Day 4 - Toolkit Training & Risk Management

Day 5 – Awareness, Vision & Values



Course Map

Here's what we're going to cover

Self image

Vision for your life

The Values you'd DIE for

What this can do for you

Increase your value and self-worth

Give you purpose and dreams

Increase confidence & conviction

Self image

Vision for your life

The values you'd die for

Held in the heart and seen only in the mind

Until NOW...

Let's jump into the Alchemy of Self doc!
(available in the Resources section)

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Self image

Vision

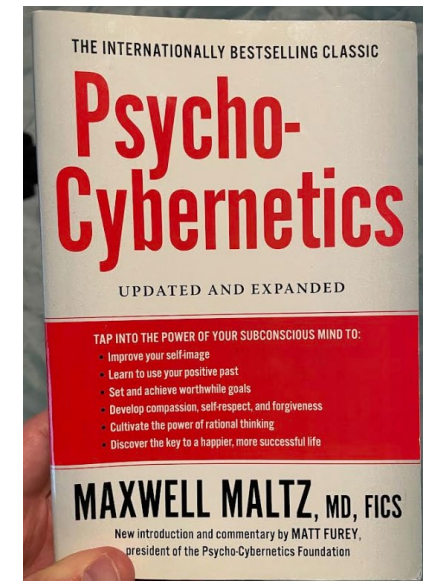
The values you'd die for

A vision takes Visualization

And it starts with knowing yourself.

Visualization can be acquired through
practice and training

In a study of Visualization, in Maxwell Maltz's book, *Psycho-Cybernetics*,



He describes a controlled experiment by
R. A. Vandell,

He describes a controlled experiment by
psychologist R. A. Vandell,

That proved mental practice could
improve performance almost as much as
physical practice,

The experiment was in dart throwing,

The person who sits for a period each
day an *imagines* throwing darts,

Saw the same improvement than
someone actually throwing darts,

And the Power of Visualization was
proved again, this time with free throws

A random group of students were
selected to take free-throws (basketball)



They were split up in 3 groups,

The first group was told not to touch a basketball
for 30 days,

The first group was told not to touch a basketball for 30 days,

The second group was told to practice free throws for 30 minutes a day for 30 days,

The first group was told not to touch a basketball for 30 days,

The second group was told to practice free throws for 30 minutes a day for 30 days,

And the third group was told to come to the gym and to just visualize shooting free throws with their eyes closed for 30 days

After 30 days, all three groups took the same number of free-throws as in the beginning of the study

Here were the results:

1st group: No improvement

2nd group: 24% Improvement

3rd group: 23% Improvement

Self image

Vision for your life

The values you'd die for

Take some time to think about what you
stand for

This will increase your overall conviction
in everything you do

Recap

Self image

Vision for your life

The values you'd die for

Action Item #1

Build your plan for the next decade, and – if you can imagine – a plan thinking back from the end of your life

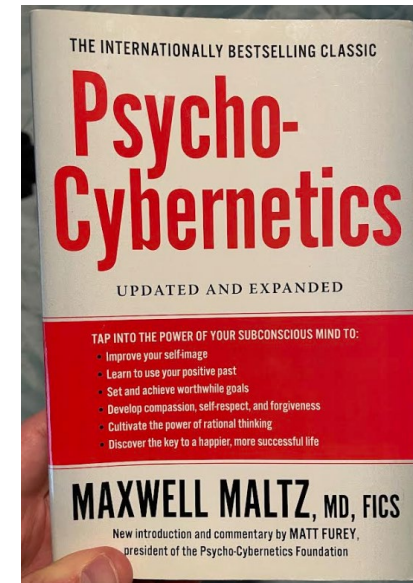
Resource Reference: Alchemy_of_self.ppt

Action Item #2

Take 5 minutes to Visualize your success

Action Item #3

Read Psycho-cybernetics



Special Congrats!

Now that you have watched all the 30 lessons here,
I have full confidence in you, and believe in your
ability to succeed in whatever it is you chose to do
in life.

Special Congrats!

Good luck with all your future endeavors and don't
hesitate to reach out to me at

dave@fridaytraders.com

Leave a review on Trust Pilot too!



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