

## Theta Trend Goal Setting Worksheet

Trading is a performance-based endeavor. As a result, it's essential to constantly evaluate where we are and where we want to go while seeking opportunities for improvement. Regularly scheduled goal setting on a monthly, quarterly, or (at a minimum) an annual basis is extremely important. Goal setting and review is how we create accountability for ourselves.

The following set of questions is not designed to take an excessive amount of time or be overly complicated. The questions simply create accountability and a framework for evaluating our progress. By holding ourselves accountable with a plan in mind, we have the potential to improve beyond our expectations.

Theta Trend advocates creating process, rather than outcome, based goals. An example of a process-based goal is something like tracking your trade in Excel every day. An outcome-based goal might be something like earning some number of dollars. If you have an understanding of your trading expectancy, an outcome-based goal might be reasonable. However, the danger with outcome-based goals in trading is that uncertainty is a factor in outcomes and market forces are beyond our control.

Date Completed: \_\_\_\_\_

Previous Goal Setting Date: \_\_\_\_\_

### General Goals:

What do you want to accomplish in the next 1-3 months as a trader?

What do you want to accomplish in 6 month to 1 year as a trader?

What are your ultimate goals in trading and why are you trading?

Do you believe it's possible to achieve your goals? Note that you don't need to know how you'll achieve them at this point, only that it's possible. If not, why, and what do you need to do to believe they're possible?

**Self Evaluation:**

Do you currently possess the skills and knowledge to achieve the goals listed above? If not, what skills or knowledge do you need to acquire?

What habits do you need to develop or maintain in order to achieve your goals?

Have you maintained a trading journal to document your trades? If not, why not?

**Review:**

Did you accomplish some or all of your goals from your previous Goal Setting session? Which ones?

What actions did you take that caused your goals to be met and/or not met?

What habits do you need to develop or keep to meet your new goals and what habits are not helping that would be good to break?

Signature: \_\_\_\_\_

Your signature above indicates that you hold yourself accountable and will review this document in the future on or around this date \_\_\_\_\_.

Note from Dan: Setting and reviewing goals facilitates a process of learning. That process of learning is similar to reviewing closed trades (winning or not). When we review our work, we learn as we plan, while we take action, and again upon completion. The trader who reviews their trades and goals multiple times greatly increases their chances of success.