

# The Zones of the Performance Process Cycle

The Performance Process Cycle, as outlined in the book "Mastering the Mental Game of Trading,"

## Production Phase

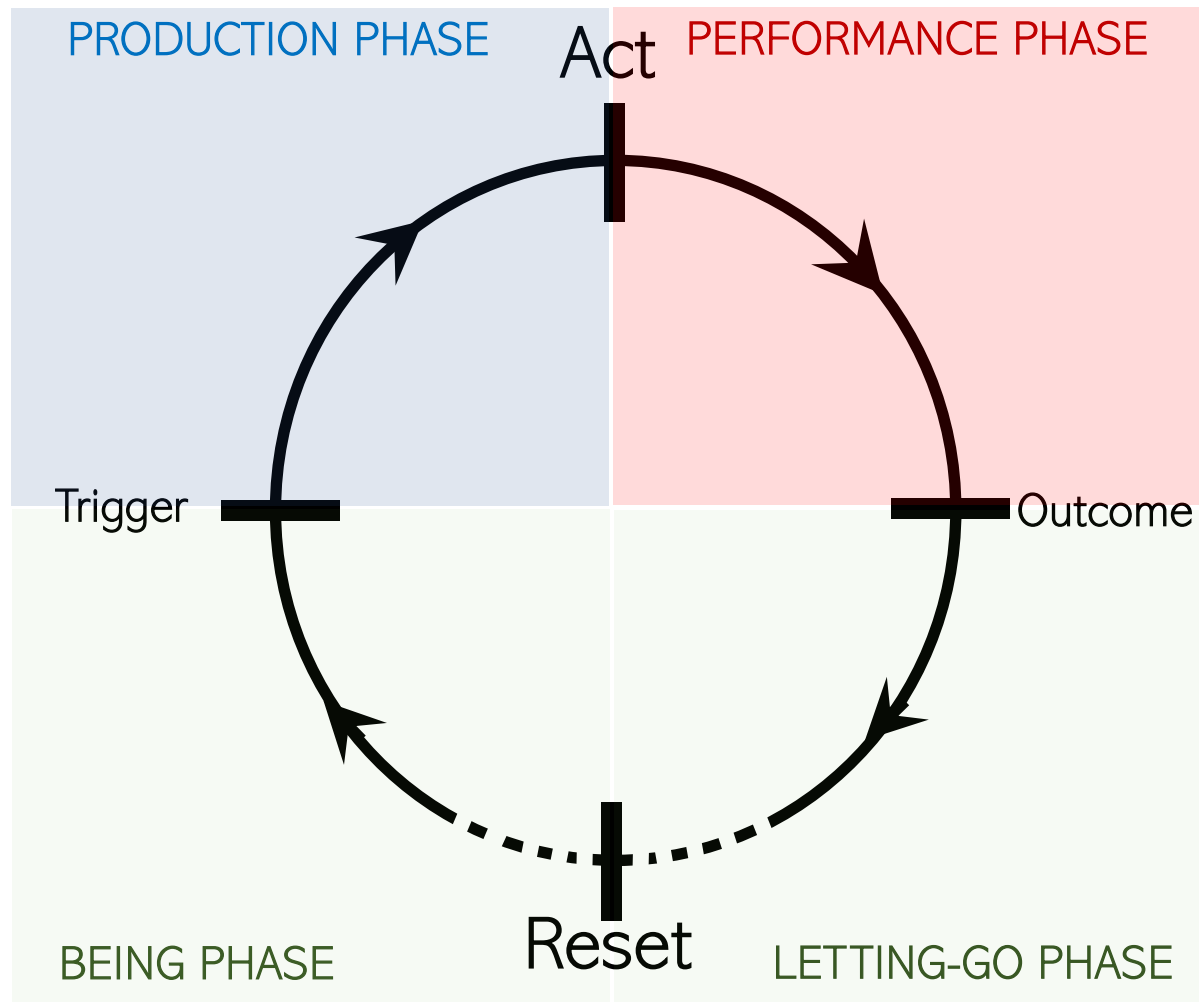
Making-sense of a trigger event, then considering and preparing a course of action

- Coping effectively to Trigger-Events.
- Making sense of triggers and new information to refine/update your view/narrative objectively.
- Moving towards the decision-making point and preparing to act upon it effectively.
- Planning and structuring risk, sizing, what-if scenarios.

## Being Phase

Preparing and sensitising yourself for an impending challenge or task.

- Reviewing the purpose of the process and how to achieve it.
- Preparing yourself to be in an ideal state of being for the coming trading process.
- Immersing yourself into the market with an open-mind.
- Attuning yourself to the environment and terrain of the market.
- Sensing and observing the market with detached curiosity, free of biases and ego.



## Performance Phase

Putting the production into action, being in full contact with the market, coping with the heightened emotions/feelings this manifests.

- Coping effectively with the radical uncertainty of volatile and random markets.
- Managing yourself to help sustain optimal risk decision-making and managing risk effectively.
- Remaining on-process and aligned with your purpose, whilst not giving-in to ego, biases, emotional impulses.
- Working productively and effectively whilst under-pressure, maintaining your Mental Capital.

## Letting-Go Phase

Letting-Go of the outcome of the trade/act/task, and everything that led to the task, and moving-on

- Achieving closure and acceptance of outcomes, both positive and negative.
- Letting-Go of the result of actions, decisions, past narratives, unhelpful beliefs, and views that may compromise future objectivity.
- Exercising Self-Compassion, Giving yourself a break.
- Moving-on, grounding yourself and resetting for a return to an 'Ideal State' of Being for the next cycle.