

The Five Practices that will Transform Your Trading & Your Life

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**“Yesterday I was
clever, so I wanted to
change the world.**

**Today I am wise, so I
am changing myself.”**

- Rumi

Practice One: Self-Responsibility



► Taking ownership – not blame for what shows up/ and has shown up in your life

Practice Two: Self/Other Empathy



► Practicing compassion with yourself and then with others

Practice Three: Emotional Non-Resistance



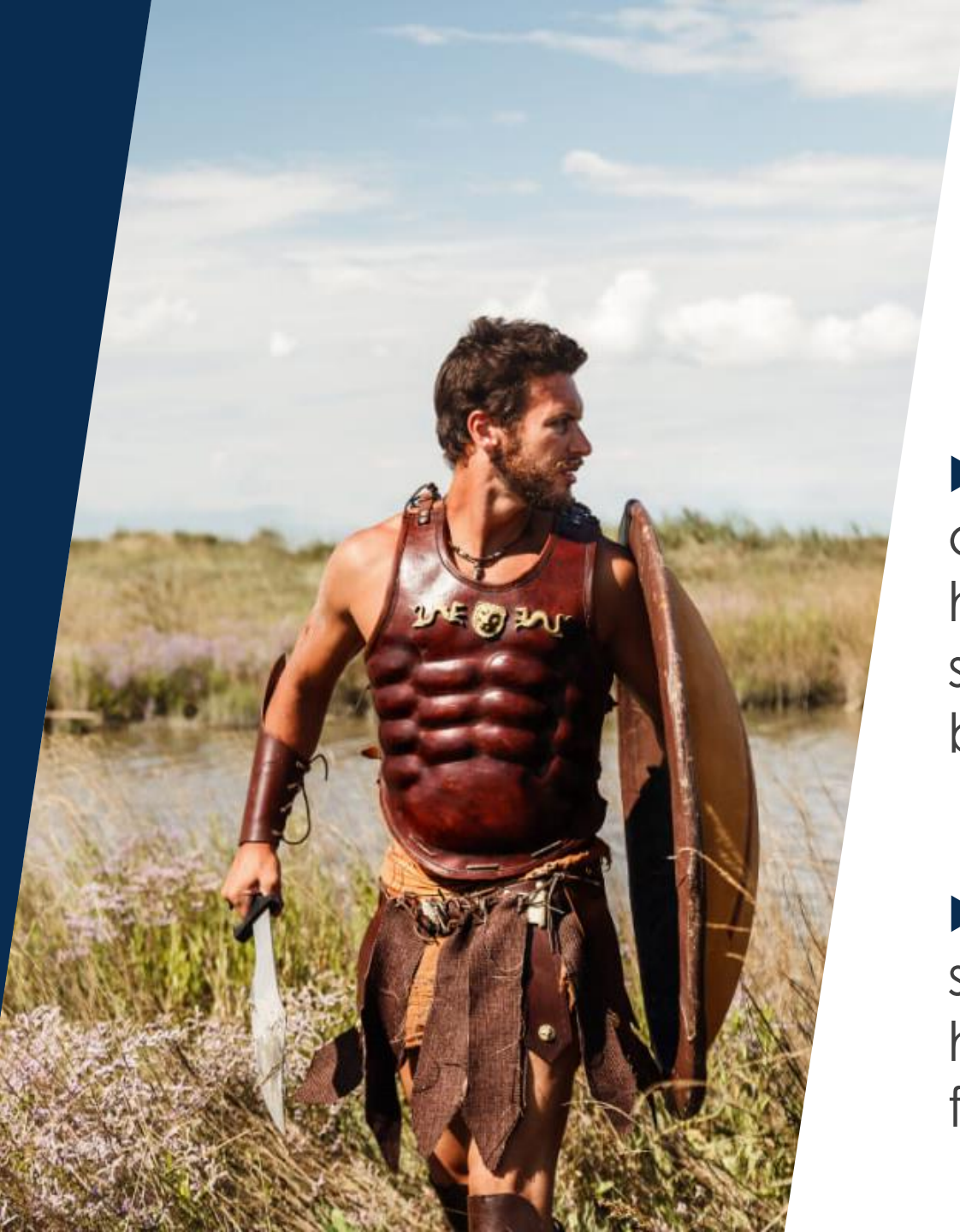
► Learning how to somatically in the body - process emotions (the good, bad and ugly) instead of ignoring them and numbing them.

► Simple but not easy.

Practice Four: Embracing Your Heroic Journey

► Seeing yourself and the challenges you have & have had as the sharpening of you and birthing the hero within.

► It's the breaking of your shell that needs to happen for you to come forth.



Practice Five: Mindfulness



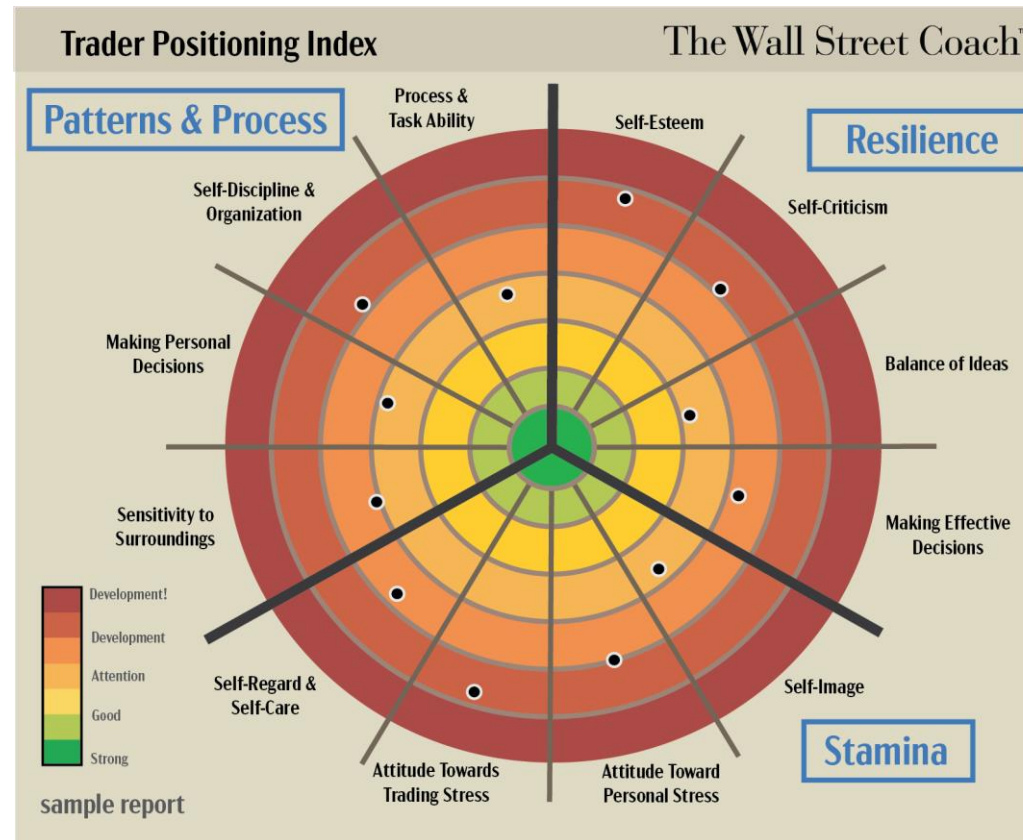
► Practice being present to this moment. Because in this moment you and everything else is okay. Not ruminating on the past and / or catastrophizing the future.

Trader Positioning Index

Special Link for Bear Bull Traders



<https://bit.ly/BBT-TPI>



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Kim explores the world of finance, trading, investing & leadership through thought-provoking questions.

