

# PERFORMANCE PROFILING

*How to create and use a performance profile  
to improve your trading performance*

# INSTRUCTIONS

- Identify all the different factors that you need to be good at in order to achieve peak trading performance (physical, mental, technical or skill, tactical & lifestyle)
- Rate yourself out of 10 on how well you are CURRENTLY doing on each factor
- Remember that 10/10 is the highest level that you need to reach in order to fulfill your own trading aspirations, taking into account the effort you are willing to invest
- Choose five factors that if you could increase your rating to 10/10 would make the biggest overall difference to your performance
- Identify ONE factor out of these five to improve immediately
- Create an action plan for how you will improve in this area

PHYSICAL

MENTAL

TECHNICAL/  
SKILL

TACTICAL

LIFESTYLE



# ***I HELP TRADERS GAIN A MENTAL EDGE TO MAXIMISE PROFIT***

*One-to-one coaching for peak trading performance*



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*“The work I have done and continue to do with Créde has become incredibly valuable to my overall performance. We developed some concrete tools that really address some core issues I found very challenging. These tools are now part of my daily structure, where I find value and performance enhancement every time.”*

Tim Duggan - Commodities Trader