



TRADER QUESTIONNAIRE

5/11/2019

NAME: Sally Underwood

Occupation: Artist, trader, holistic bodyworker **I have been trading since:** 2011

Program (Professional, Intermediate, Developing): Professional

Email: sally.underwood

1) NeuroTrader Academy Course Work:

a. I am up to date with all the lessons.

1. Yes No

ii. Click or tap here to enter text.
(Add comment)

b. I found the lessons informative and helpful.

1. Yes No

ii. Click or tap here to enter text.
(Add comment)

c. I have come to learn of the importance that a balanced life has on my ability to become a peak performing trader through the NT program.

1. Yes No

ii. Click or tap here to enter text.
(Add comment)

d. I have, to the best of my abilities implemented the advice given in the lessons.

1. Yes No

ii. Click or tap here to enter text.
(Add comment)



- e. I have seen a change for the better in my primary relationships.
1. Yes No
 - ii. [Click or tap here to enter text.](#)
(Add comment)
- f. I feel better and more positive/hopeful of becoming a peak performing trader having completed the NeuroTrader Academy preliminary psychological phase (10 functional areas of life).
1. Yes No
 - ii. [Click or tap here to enter text.](#)
(Add comment)

2) One-on-One Mentoring:

- a. I am currently doing the One-on-One Sessions with Ken or Chris.
1. Ken Chris
 - ii. [Click or tap here to enter text.](#)
(Add comment)
- b. I find the mentoring sessions helpful.
1. Yes No
 - ii. [Click or tap here to enter text.](#)
(Add comment)
- c. The three most valuable lessons I have received personally from the mentoring sessions are:
- i. After speaking with Chris in December we talked about how little I was getting out of each winning trade so I changed my take-profit strategy and since then my average R/winner has doubled and the proportion of 3-4R trades has increased exponentially
 - ii. We then talked about why my performance had gone down since beginning Neurotrader so I did some research and found that the start of Neurotrader co-



incided with a massive drop in ATR on the Dax and this means that many of my setups simply don't work. So it was less to do with external issues and more to do with the fact that I was not using PA context to filter my setups. I have now created much clearer procedures to do this as part of my preparation and trade plan and it feels great.

- iii. Then we talked about daily risk limits - which I had not been adhering to, having had too many times when I ended the day up after making a few losses at the open. On Chris's advice, I looked through my stats and I realised that my perception of the number of times this happened was distorted to the positive - there were very few days when I finished the day up after losing 3 or more at the open. So since then I have introduced very strict, automated risk controls and this improves both my mental states and trade performance.

3) Trading results:

- a. I am seeing a positive change in my trading results because of the NT program.

1. Yes No

- b. I attribute the positive change in my trading results to:

1. The Course work Mentoring Combination of both

- ii. Click or tap here to enter text.
(Add comment)

- c. My fear of loss has decreased.

1. Yes No

- ii. Click or tap here to enter text.
(Add comment)

- d. I experience trading losses with less anxiety.

1. Yes No

- ii. Click or tap here to enter text.
(Add comment)



e. I have a greater sense of clarity and composure when I trade than before.

1. Yes No

ii. Click or tap here to enter text.
(Add comment)

f. I have a greater sense of positive expectancy in my trading results.

1. Yes No

ii. Click or tap here to enter text.
(Add comment)

g. My fear of success has decreased.

1. Yes No

ii. Click or tap here to enter text.
(Add comment)

h. I have less anxiety to exit winning trades prematurely than ever before.

1. Yes No

ii. Click or tap here to enter text.
(Add comment)

4) GENERAL FEEDBACK:

i. What would I like to see in the NT program that would improve the effects for myself and other traders starting the same peak performance journey?

1. Click or tap here to enter text.

2. Click or tap here to enter text.



3. Click or tap here to enter text.

5) TESTIMONIAL

a. Having completed this first phase of the NT program, please write a testimonial for other traders in the space provided below.

1. Click or tap here to enter text.