Data Collection Worksheet

TRACKING YOUR EMOTIONS

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Instructions: Use this worksheet to track your mistakes and emotional reactions during the day. Then, when a pattern becomes clearer take this information to map your pattern of emotion.

Time: _____   Date: _____

Instrument/Situation:	
Trigger:	
Thoughts:	
Emotions:	
Behaviors:	
Actions:	
Change in Decision Making:	
Change in Market Perception:	
Mistakes:	

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