

Traders Mind Journal

Guidebook



Welcome To The Traders Mind Journal

“Helping traders to make better trading decisions, and become better traders, through effective journaling”

Thank you for downloading the 'Traders Mind Journal Guidebook'.

This guide has been written to help you to be able to get the very most from the 'Traders Mind Journal'.

It will guide you through the contents of the journal, provide support around how to best answer the questions and complete the tasks, and provide a few tips so that you can maximise your journaling experience in general.

Simon and Steve

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Simon's Journaling Thoughts

At the start of my trading career, I found myself naturally falling into a very process driven approach which I felt suited the challenges and demands of trading. Being very analytical I recorded all my trading data and spent the weekends reviewing and analysing the figures. This detailed approach, with capital preservation in mind, helped me to achieve a consistent level of trading performance.

After trading for a while, I had a 1000-watt light bulb moment when through my analysis I realised the psychological part of my trading process was the most important element, and I began to look for ways to train and develop my mindset and psychology. This is how I met Steve.

With Steve's help I concentrated on, and developed the core mindset skills needed to become self-aware in my trading space, including, self-awareness, out of body thinking, allowing pauses, and writing down problems, concerns, or worries, and mistakes. It was by actively

working on the psychological side of my trading that I saw my results significantly improve.

At this point, I had the idea of linking my psychological learning to journaling, and recording the relevant data, so I could apply my analytical approach to this new field that was energising my trading. Journaling the mindset/ psychological side allowed me to apply the same in-depth review, awareness, planning, recognition, recording, adjustment that I had in the trading data and metrics, to myself. This process led to significant learning and self-development, mindset development, and led to improved trading, greater consistency, and greater results.

The power of putting pen to paper, during the trading day, provided two very beneficial outcomes; firstly, it enable me to be less reactive in the heat of battle, trading the markets; and secondly, it enabled me to remember what had occurred, both in the markets, and within my mind.

"The power of putting pen to paper, during the trading day, enabled me to be less reactive in the heat of battle, trading the markets"

Steve's Journaling Thoughts

It was 2005 when I first started working with traders, a large proprietary trading group had employed me as a performance consultant to provide coaching and training to their global trading talent. One of the programs that I initiated there was the 'Trader Performance Program', a series of workshops and 1-1 coaching sessions designed to help the traders to enhance their risk taking, decision making, performance and ultimately results.

One of the key requirements of attending the program was the completion of a daily performance sheet, and a weekly trading performance review. These sheets were bound together and formed a journal of objective and subjective data and observations.

That program was extremely successful, and I am convinced that one of the key factors behind that was the discipline of keeping the journal, gaining the insights from it, and acting on them.

I have since run many performance programs, and coaching programs, for different trading clients including banks, hedge funds, commodities trading houses, proprietary trading firms and energy companies, and without doubt, a 'journal' in some form, has always played a key part in the success of these interventions.

A good journal is like the anchor of the trader's performance, and demonstrates a commitment to being, and becoming the best trader you can be.

"A good journal is like the anchor of a trader's performance, and demonstrates a commitment to being, and becoming the best trader you can be"



The Benefits Of Journaling For Traders



COMMITMENT/DISCIPLINES

Demonstrating a commitment to improving performance and building self-discipline. Keeping a consistent trading journal shows a personal commitment to mastery, and to becoming the best trader you can be. It also allows you to practice, and to train, the skill of self-discipline, which as it strengthens can also filter through into other areas of your trading performance.



AWARENESS

Developing greater self-awareness enables traders to better identify their trading, emotional, and behavioural patterns, and to be better able to manage and improve them. Higher levels of self-awareness are linked to higher levels of performance. Higher levels of self-awareness are also linked to higher levels of self-regulation, the ability to manage your thoughts, emotions and behaviour – a key element of trading discipline.



FOCUS

Paying attention to the factors and attributes that impact your trading decisions and performance. Journaling allows you to identify, and then to actively focus on, the specific internal and external factors that matter in your trading. It points you towards being more process focused, and to being clear about what you can, and cannot control.



MIND MANAGEMENT

Journaling provides an opportunity to see thoughts as thoughts, emotions as emotions, and to be better able to step back from your experience, and to manage it more effectively. Journaling in real time through a trade, or through a trading session, allows you to bring an awareness to your thoughts and emotions, and as a result, to be better able to manage them, in the heat of the market. Taking time to record the thoughts and feelings that you experience, brings them into conscious awareness, and reduces the chances of you acting them out in the market.



MASTERY

Identifying and taking action towards becoming a better trader. Striving to master the craft of trading can be a challenging, but also a very enjoyable and rewarding process. By setting specific learning and development goals, and by taking action to move towards them, your level of competence will increase, and as it does, so will your level of confidence.

The Keys To Good Journaling

BE COMMITTED

Making journaling a core part of your trading process and committing to spending time on it, and making relevant and engaging entries.

BE CONSISTENT

Journal daily and keep going. Consistency provides a compounding effect and is where you will start to see the benefits of journaling really appearing over time.

BE CURIOUS

Adopt a mindset of curiosity as you reflect on your performance and your journal entries, looking for insights, and opportunities to improve your trading performance.

BE CUMULATIVE

Look at your entries across the three different time frames – daily, weekly, monthly – and as a cumulative process, moving from one to the other building forward momentum, and not in isolation of each other.

BE CONNECTED

When you are completing this journal, do so alongside reviewing your trading log, or your trading metrics, so that you can become aware of the interrelatedness and patterns in your trading psychology, trading behaviour and trading results.

BE ENCOURAGING

Take the stance of a supportive coach – challenging, but also supportive – as you write in your journal.

BE ACTIVE

Acting on the insights that you find through journaling is where results happen. Taking action that moves you closer to being and becoming your best trading self.

Journal Overview

The Journal is structured in a very specific way, following a sequence of daily, weekly, and monthly processes, to help you to be able to focus on important mental, emotional, and physical practices, and to be able to reflect, gain insights and take action from your trading experiences.

We have designed the journal to be relatively intuitive in its form, so that you can complete it with as minimal instruction as possible, and in ways that are most meaningful and helpful for you.

The core components of the journal are:

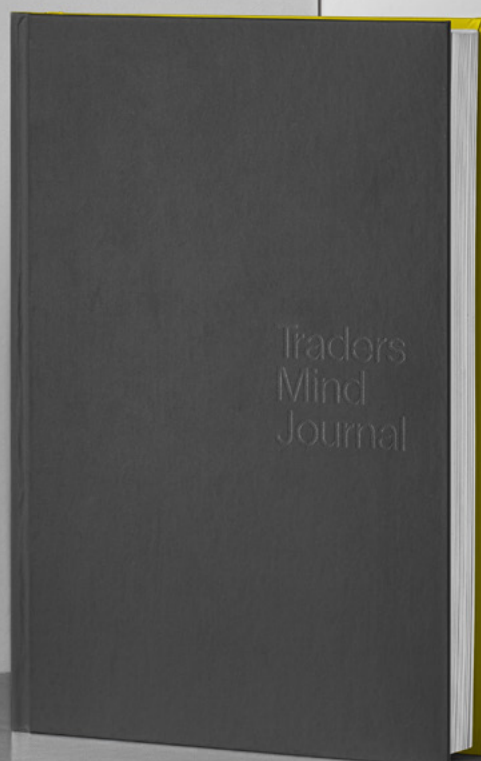
The 'Traders Performance Scorecard'

The Daily Sheet

The Weekly Check-In

The Weekly Mastery Task

The Monthly Review



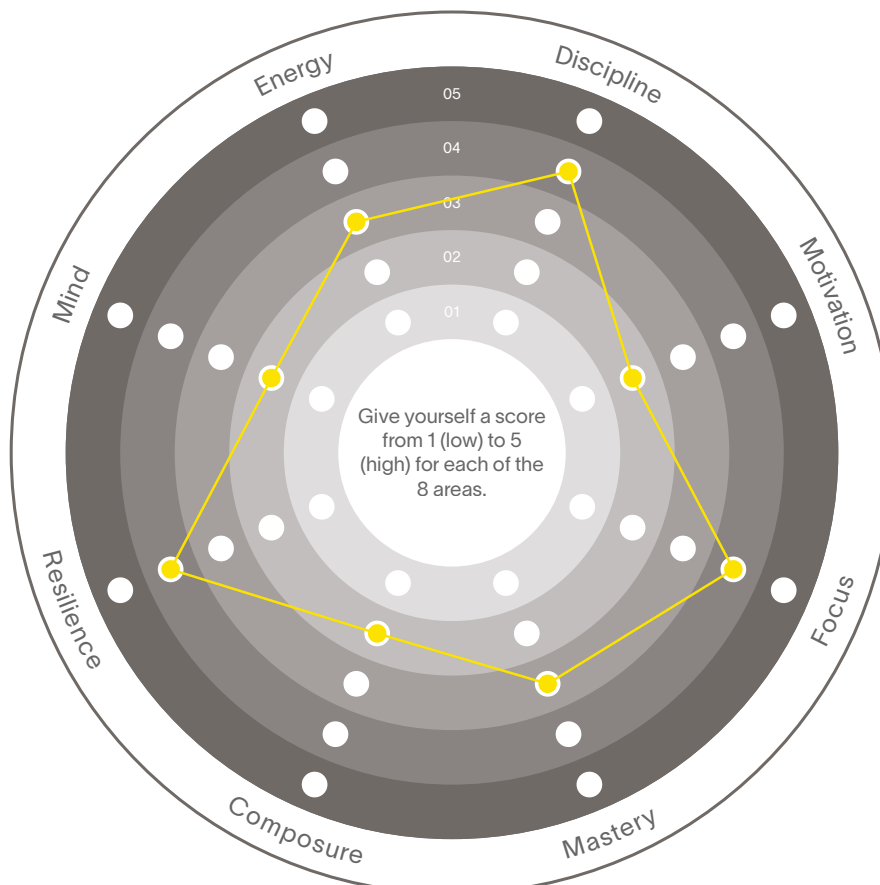
The Trading Performance Scorecard

The aim of the 'Trading Performance Scorecard' is to help to keep you focused on eight factors that influence how well you trade, and your development as a trader.

Each week you will complete the Trading Performance Scorecard – answering the questions on a 1-5 scale – to check-in with how

you are doing, and to make any adjustments required for the next week.

Complete the scorecard by marking the relevant score for each element, and then join the dots together, as shown, to get a visual representation of your performance.



Daily Sheets

The daily sheet is the core of the 'Traders Mind Journal'. It allows for mental preparation for the day ahead; reminders for key events, tasks, and priorities; notes and observations throughout the trading day; and for review, evaluation, and reflection at the end of the day.

Page 23:

DATE / / M T W T F S S

Action List

KEY EVENTS

KEY TASKS

Mental Preparation

How am I feeling today?

STRESS

ENERGY

MOOD

What's on my mind – from yesterday, and about the day ahead?

The key strengths and qualities that I want to bring to my trading today are:

The most important things to focus on in my trading today are:

Observations, Notes and Insights

MARKET OBSERVATIONS

Page 24:

Daily Evaluation

How well did I trade today?

Something(s) that I did well in my trading today is:

Something(s) that did not go well in my trading today, or that I could have done better is:

Something(s) that I realised or learned today, about myself, or the markets, is:

An action I can take to improve my trading performance going forward is:

Something(s) I am grateful for today is:

SELF OBSERVATIONS

Daily Sheets

Action List

Key Events

Write down any key events that you want to be aware of, and perhaps prepare for.

Key Tasks

Write down the 3 most important tasks you would like to accomplish today.

Mental Preparation

This is a series of three questions to help you to be mentally, emotionally, and physically ready for the trading day ahead.

How Am I Feeling Today? 1-5

Stress 1-5, Energy 1-5, Mood 1-5

Assess your overall feeling, level of stress, energy level, and mood on a 1-5 scale, to develop an awareness of your current mental, emotional, and physical state. Monitoring your state will help you to develop a greater awareness of how you are feeling and enable you to be better able to manage it.

What's on my mind?

What is on your mind from yesterday's trading?
Excitement from a good day? Frustration over a bad day? What is on your mind about the trading day ahead?
Any expectations about how the day should be? Any strong market bias? Any feelings of pressure to make money? What you maybe looking forward to?

The key strengths and qualities that I want to bring to my trading today are:

Discipline, confidence, focus, flexibility, patient, are all examples of qualities of action that traders may want to demonstrate. These will ideally reflect who you want to be as a trader, and what it is like to trade at your best.

The most important things to focus on in my trading today are:

What are the specific actions that you will commit to taking, that are under your control, that will give you the best chance of performing at your best in the markets?

Notes and Observations

This is some space for you to note down whatever is useful for you, either in advance, in real time, or retrospectively, in relation to the markets and your trading, and yourself.

Markets

Use this space to note down any events, trade ideas, trades, market prices, market views.

Self

Use this space to note down any thoughts, emotions, feelings and sensation that you become aware of during the trading session. This will help to train your self-awareness and self-management abilities.

Daily Evaluation

This is a series of questions designed to help you to reflect on your trading day, to gain some insights about your performance, and to identify possible actions to take going forward.

How well did I trade today? 1-5

This question is focused on the quality of your trading, on the quality of the decisions you made, and on how well you traded your process. It is not about your results and how much money you made or lost.

Something(s) that I did well today is:

Many traders focus only on what isn't working. This question gets you to identified what worked, what went well, so that you can identify patterns in your best performances and seek to replicate and build upon them.

Something(s) that did not go well today, that I could have done better is:

Writing about an area of your trading that you could improve, no matter how small, allows you to identify opportunities for improvement

Something(s) I realised, or learned today, about myself, or the markets is:

Whether you are making money or losing money, there is always something to learn about yourself and the markets. Writing down lessons learnt helps to reinforce them.

An action I can take to improve my trading performance is:

It is critical that reflections and insights are turned into action. This is how performance is improved. Be as specific as possible. What action will you take? When will you take it?

Something(s) I am grateful for today is:

The practice of gratitude is a powerful one. Taking a few moments to reflect on what you are grateful for, in your trading, or in life in general, and is a good way to close out the trading day.

The Weekly Check In

This is an important opportunity to review and reflect by looking back on the week, to see what has gone well, the challenges you have overcome, what has not gone so well, and the key learnings from the week and how to leverage them going forward.

The weekly planner provides an opportunity to look forward at the week ahead, to identify and prepare for key market events and to set new goals. It also

allows for an opportunity to work on your monthly mastery goal, and to focus on something that you would like to learn, or improve at within your trading e.g., a skill to develop, knowledge, work on a strategy, sizing, position management, learning a new market, limiting losses, or running winners.

DATE / /

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The Week in Review

Something(s) that I have done well in my trading this week that I want to do more of is:

Something(s) that I could have done differently last week that would have improved my trading performance is:

A challenge or difficulty that I overcame last week was ... and what I learnt from it was:

The action I took, and the progress I made on my weekly learning goal is:

The main things I have realized or learnt, about myself or the markets, this week are:

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Trading Performance Scorecard Review

Where did you score highest, and how will you sustain this next week?

Where did you score lowest, and how will you improve this next week?

Weekly Check-In

The Weekly Review

Something(s) that I have done well this week that I want to do more of are:

Look back over the week and select the areas of trading that you feel you have done the best, and that you would like to do more of going forward.

Something(s) that I could have done differently last week that would have improved my trading performance is:

Look back over the week and reflect on the areas of your trading that you would like to have done better, that you would like to improve going forward, areas to work on, and develop in your trading.

A challenge or difficulty that I overcame last week was ... and what I learnt from it was:

Identifying challenges that you have overcome and reflecting on how you managed it, and what you learnt from it, helps to build resilience, and your belief that you can deal with difficult trading situations, a key quality in successful traders.

The action I took, and the progress I made on my weeks learning goal is:

It is important to keep your goals in mind, and to reflect on the action you have taken to move towards them.

The main things I have realised or learnt about myself or the markets this week are:

This is an important opportunity to consolidate and reinforce your key learnings from the week.

Trading Performance Scorecard Review

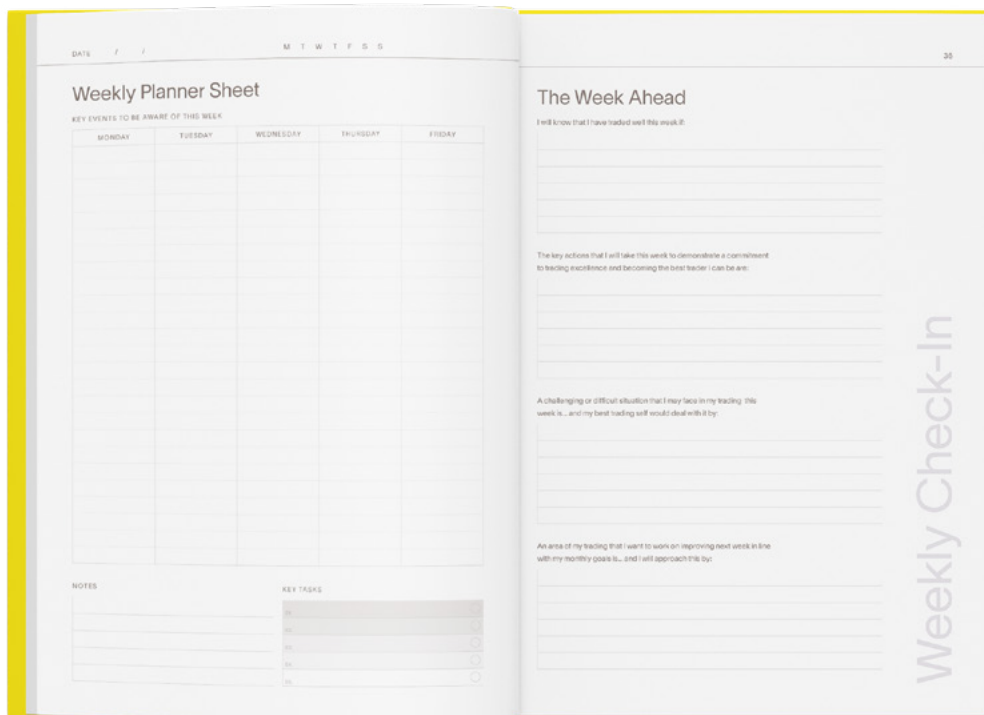
Where did you score highest, and how will you sustain this next week?

Identify your scorecard achievements and strengths from the week, and then focus on how to sustain them, or further improve them going forward.

Where did you score lowest, and how will you improve this next week?

This is an opportunity to identify an area of the scorecard where you might not have scored well, and to focus on any action you can take to improve it in the coming week.





The Weekly Planner Sheet

The Weekly Planner helps to focus you on what lies ahead, so that you can plan and prepare, and be ready.

7 Days Ahead

A planner for you to fill in as required to help you plan and organise the week ahead.

Key Events To Be Aware Of

Identify the most important events of the week; ones which you would want to be aware of, and plan and prepare for.

Key Tasks To Complete

Prioritise the 5 most important tasks to complete in the coming week.

Notes

A small area to allow you some space to record any other information that may be important about the week ahead.

The Week Ahead

I will know I have traded well this week if

Imagine it is the end of the week, you have traded well, how would you know? Creating a mental representation of how you would like to be, and the action you would like to take, provides a focus for the mind.

The key actions that I will take this week to demonstrate a commitment to trading excellence and becoming the best trader I can be are

What are the specific, and most important actions you want to take this week – the non-negotiables?

A challenge or difficult situation that I may face in my trading this week... and my best trading self would deal with it by

Thinking about a possible upcoming challenge, and how your best trading self would respond to it, allows you to prepare your mind in advance, and will enable you to deal with it more effectively should it happen.

An area of my trading that I want to work on improving next week, in line with my monthly goals and I will approach this by

Look at the goals you set yourself for this month, and the actions you outlined. What specific action can you take this week that will move you towards your goals?

The Weekly Mastery Task

Each week you will have the opportunity to complete a specific practice, designed to help you to enhance your journaling experience, to strengthen your trading psychology, and to enhance your trading performance.

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Clarifying Your Process

The core of all high-performance trading is the process, and the steps that you take that will increase your chances of performing at your best. Bring to mind some examples of when you have traded really well. These could be individual trades, or periods of trading.

I trade at my best when:

The steps I take that help me to trade at my best are:

Prepare

(Research, Idea Generation, Readiness, Risk Management)

Execute

(Entries, Position Management, Exit)

Evaluate

(Analysing, Trade Logs, Journaling)

Improve

(Concrete Action Plans)

The action I take to ensure that I am well prepared for trading the markets is:

The action I take to ensure that I execute, and manage, my trading strategy as effectively as possible is:

The action I take to evaluate and analyse my trades, and my trading performance is:

The action that I take to turn any insights from my evaluation and analysis into concrete action is:

Observations and Actions:

Mastery Task 06

The Monthly Review

The monthly review is an opportunity to look back over a bigger sample of data and look for key insights and actions and also to plan for the month ahead. We strongly encourage that you consider setting a monthly self-development goal – something to work on intensely to make you a better trader, learn, improve, get better at and the actions required to get good at it.

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Monthly Review

The 3 things I have done best in my trading this month are:

01
02
03

The 3 things I could have done better in my trading this month are:

01
02
03

The 3 most important things I have realised or learned about myself or the markets are:

01
02
03

The action that I have taken to improve my trading performance this month is; and the progress I have made is:

Self-Coaching Feedback

Imagine you are your own trading coach. What feedback would you give yourself about your month?

Goals and Actions

My long-term trading goal is:

The reason(s) why I am trading/trading is important to me is:

My goal(s) for this month is/are:

The specific actions I will take this month to help me to achieve my goals are:

Self-Coaching Preparation

Imagine you are your own trading coach. What advice would you give yourself about the month ahead, how to best prepare for it, approach it, and to give yourself the best possible opportunity to be able to trade at your best?

Monthly Review

Monthly Review

3 things I have done really well this month are:

Looking back over the weekly reviews, highlight the 3 things you are most pleased with.

3 things I could have done better this month are:

Looking back over the weekly reviews, highlight the 3 things you could have done better this month.

The 3 most important things I have realised or learned about myself or the markets this month are:

Looking back over the weekly reviews, highlight your biggest realisations and learning.

The action I have taken to improve my trading performance this month, in line with the goals I set last month is; and the progress I have made is:

Look back at last month's goals and actions; what action have you taken, and what have you noticed.

Self-Coaching Feedback

Imagine you are your own trading coach. What feedback would you give yourself about your month?

Put yourself into the shoes of a skilled, supportive trading coach who wants you to perform at your best and become the best trader you can be. Imagine they are giving you feedback about the month you have just had. What would they say?

Goals and Actions

Setting goals and identifying and taking clear and specific actions is key to developing yourself as a trader.

My Long term trading goal is:

What would you like to achieve in your trading?
Staying connected to your mission helps to sustain motivation and provides direction for your short-term goals and behaviours.

The reason(s) why I am trading is/ trading is important to me is:

This is the 'Why' – why is achieving the goal/ mission important to you? Or perhaps, why is trading itself important to you?

My goals for this months is/are:

Ideally these goals will be learning or process goals. Something that you have control over for example get out of my trades at my stop loss, develop a new trading strategy.

The specific actions I will take this month to help me to achieve my goals are:

Achieving a goal requires action – here you identify specific actions that you can take that will help you to achieve your goals.

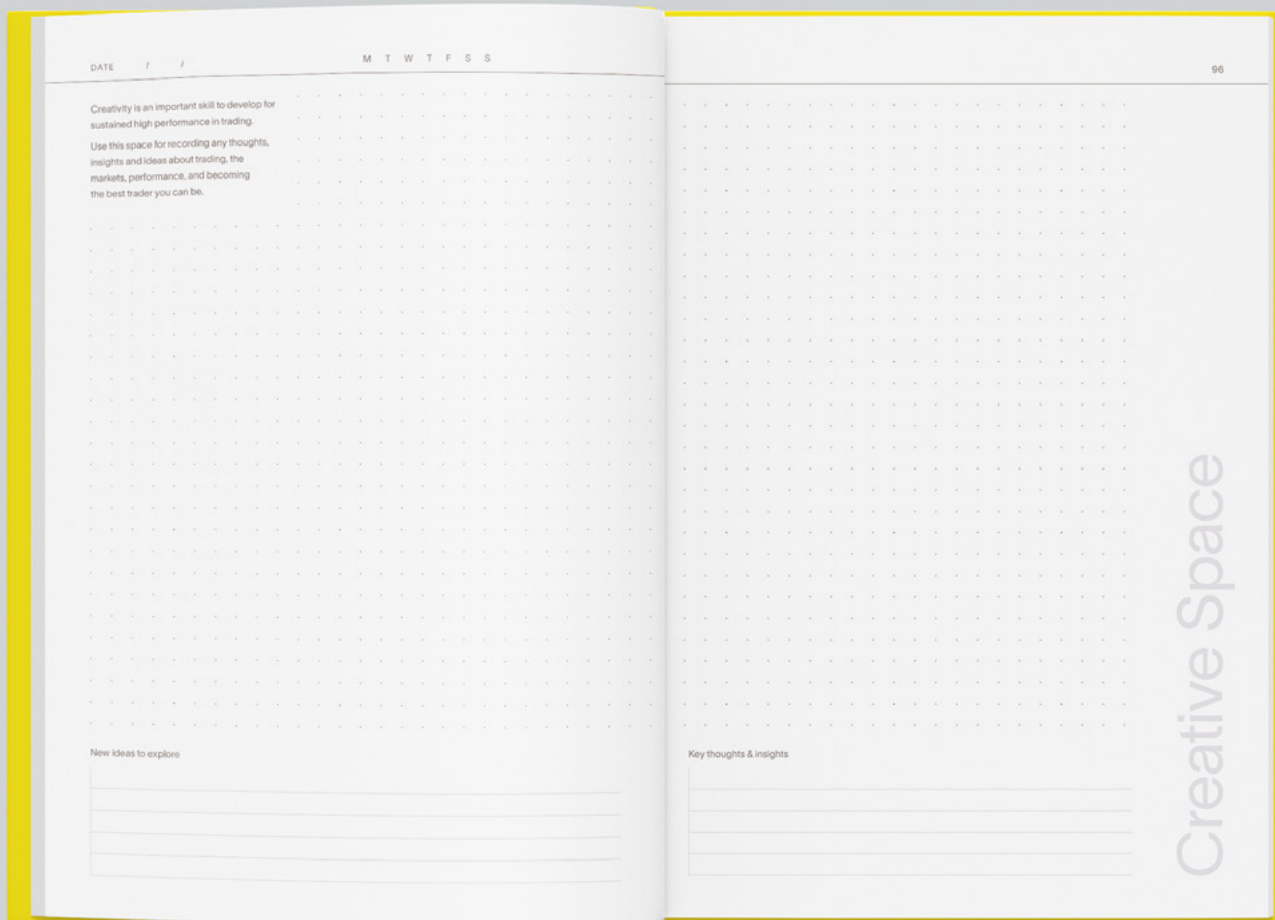
Self-Coaching Preparation

Imagine you are your own trading coach. What advice would you give yourself about the month ahead, how best to prepare for it, approach it, and to give yourself the best possible opportunity to be able to trade at your best?

Put yourself into the shoes of a skilled, supportive trading coach who wants you to perform at your best and become the best trader you can be. Imagine they are giving you some advice about how to best approach and trade the month ahead. What would they say to you?

Creative Space

Creativity is an important skill for traders to practice, and so we have left some open space for you to express your thoughts, ideas and insights about the markets, trading, psychology, performance, and any other areas that may be of interest to you.



The End Of Journal Review

This is great opportunity to look back through this journal, to take out your core insights and importantly actions and to carry them forward into your next trading period.

The end of journal review is built around a series of coaching questions that will help you to identify

and build upon what you are doing well within your trading, to identify areas that you may want to work on and develop, and to identify what you have learnt about yourself and the markets and set some specific actions to take your trading to the next level.

DATE / / M T W T F S S

End of Journal Review and Reflections

Congratulations on completing the last 12 weeks of journaling.
Take some time now to review and reflect on what you have written in your journal. Look specifically for insights and actions that you can take from it, that can help you to improve your trading performance further.

The things that I am most pleased with, and that I have done well are:

The biggest challenge or difficulty that I faced and overcame was:

The most important things that I have realised, and the lessons that I have learnt about myself and the markets are:

An example of how I have made progress and improved my trading is:

An area of my trading that I would like to improve further is:

I will continue my commitment to developing my trading performance by:

Notes

The journey continues...

Stay on the path of mastery and order your next Traders Mind Journal to continue your progress.
www.tradersmindjournal.com

Journal Review

**The things that I am most pleased with,
and that I have done well are**

Look back over your monthly reviews – what have been the highlights? Write them down, remind yourself of them, relive them, savour your successes.

The biggest challenge or difficulty that I overcame was

Look back over the weekly reviews – what challenge are you most proud of overcoming? Challenges overcome help build confidence and resilience.

**The most important things that I have realised, and the
lessons that I have learnt about myself and the markets are**

Looking back over the monthly reviews, what are the most important realisations and lessons you have learnt?

**An example of how I have made progress
and improved my trading is**

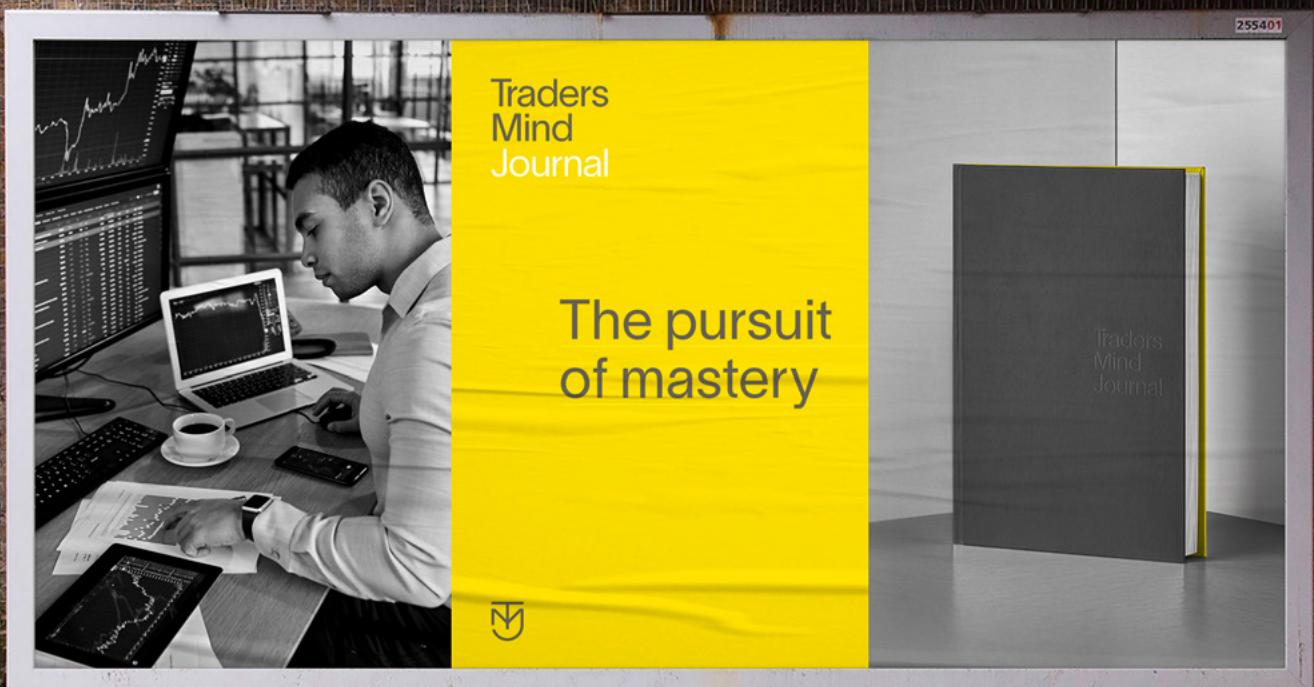
Think back to when you started the journal, perhaps looking at some early entries, or the initial Trading Performance Scorecard, and the answers above, what progress have you noticed? Tracking progress is a great way to build momentum and confidence.

An area of my trading that I would like to improve further is

The pursuit of high performance is relentless!
What would be an area of your trading to
focus on improving going forward?

**I will continue my commitment to developing
my trading performance by**

What will you do to sustain your commitment? The development of high performance has both a restless and relentless nature to it, a journey with no end.



The Quotes

The quotes have been selected as a small dose of inspiration, and to reinforce the key themes and messages that we have tried to convey through the journal.

Many traders have quotes they have collected that

provide some kind of inspiration, or aspiration, or that remind them of key strengths, qualities, or ways of acting, that align to who they would like to be as a trader.

We hope you have enjoyed them and encourage you to find some of your own.



"Many traders have quotes they have collected that provide some kind of inspiration, or aspiration..."

FAQs

Will this take time and energy from trading?

The Traders Mind Journal has been designed to be a complimentary part of your trading process. It will take time, and effort to complete it; but doing this work could enhance your overall trading performance.

Is there a right or wrong way to record my daily stress, energy, and mood?

No. The circles are there for you to gauge your daily levels, and can be filled in as you feel best – numbered, coloured, dot, checked.

Does it matter if I miss a few days?

One of the keys to successful journaling is consistency. However, it is possible that there will be some days when you are unable to complete the journal. Simply continue when possible.

Is there an online version?

No. We have made a deliberate choice to make the journal handwritten. There are many benefits to the brain, learning, memory and for psychological processing, to using a hand written form versus electronic.

In the week review can I have more than one thing to work on?

Yes, if you would like. The more work you put in, the more you are likely to get out of the Journal. However, be mindful of overloading yourself with too much action to take.

What are the specifications of your journals?

Size: Classic A4 (297 x 210 mm)

Weight: 1.2kg

Binding: 100% lay-flat binding with vegan glue

Markers: 2 ribbon markers



Cover: Crushproof faux-leather cover

Paper: 120gsm ink-proof, premium paper (FSC certified)

Pages: 272 pages including endpapers

Do you offer customisation?

Yes, please contact:

info@tradersmindjournal.com to discuss the current options.

Do you provide bulk orders and corporate discounts?

Yes, we do, please contact:

info@tradersmindjournal.com for any bulk orders.

Does your product work with fountain pens?

We have chosen a high quality paper for the Journal, which should work well with all pens including fountain pens. However, we cannot guarantee this due to the wide variety of pens and fountain pens available on the market.

What Traders Think Of The Traders Mind Journal

"I really enjoyed the consistency of staying in tune with my psychology. Writing things down brings awareness to it which really helped me. The flow of the journal works really well, and at no point did I feel a burden on my time or energy like I have in the past with some note taking exercises I have set myself."

– DH, Proprietary Trader, London

"Performing at your best is something that can be learned. Once acquired it still needs a diary/monitoring to make sure it is sustained. I really liked the trading performance scorecard, with the 8 factors to assess myself against each week, and the daily sheets are great - writing down my observations, evaluations, planning was particularly helpful."

– LDM, Hedge Fund Manager, London/New York

"I found assessing my daily stress, energy and mood to be very valuable for prompting a think about my state in which to trade. More importantly, they also caused me to think why they were what they were. Why was stress low? Why was energy high? Or the other way around, of course."

– SM, Professional Trader, UK

"I found the structure of the daily and weekly reflection questions to be very helpful in consistently evaluating my trading performance."

– AW, Proprietary Trader, Dublin

"Recording my mindset in the form of a log/ Journal has been an eye-opening experience and the Trader Mind journal has created questions that I can answer to improve overall, just in the short time I have used the Journal I have seen an improvement

– NK, Investment Manager Switzerland

Orders And Shipping

Orders

Satisfaction Guarantee

The Traders Mind Journal is covered by our satisfaction guarantee.

In the event that you should not be satisfied with your Traders Mind Journal product please email support@tradersmindjournal.com within 30 days of delivery and we will issue you a full refund.

Returns and Refunds

If you wish to return your product, perhaps due to a change of mind, or having received it as an unwanted gift, please contact support@tradersmindjournal.com within 30 days of delivery and we'll be happy to organise a refund for you.

Please note that your Traders Mind Journal will need to be returned to us in its original condition with all packaging intact.

Damaged Items

In the unfortunate case that your Traders Mind Journal order has arrived damaged, please contact us at support@tradersmindjournal.com including photographic evidence of the damage, within 3 days of receiving your order. We will aim to resolve the issue as soon as possible.

Shipping

Processing Time & Dispatch

We offer worldwide delivery and dispatch all orders safely and securely within 2 business days, using a tracked service. Shipping times are estimated and commence from the date of dispatch, rather than the date of your order.

Please note that we only ship on business days, so orders placed after 4 pm on Friday or over the weekend will be shipped on the following Monday. The following shipping estimates are based on average shipping times across these services and cannot be guaranteed.

Due to the ongoing situation with COVID-19, we are seeing occasional delays across all couriers. Please bear this in mind when placing your order. Thank you for your patience, we are doing our best to get your orders to you as quickly as possible.

UK - Standard (3-5 Business Days)

Europe* - Standard (5-10 Business Days)

USA - Standard (10-15 Business Days)

Canada - Standard (10-15 Business Days)

Australia* - Standard (10-15 Business Days)

ROW - Standard (4-8 Business Days)

*Europe Shipping Update

Please be advised that due to Brexit, orders to the EU may now be applicable for import duty and/or tax. These fees may be charged on, before or after delivery, and are the responsibility of the customer. To find out what these may be, please contact your local customs service. With parts of Europe extending or reintroducing lockdown measures, there may also be delays across courier networks.

*Australia Shipping Update

Australia Post has advised of significant delays at the Australian border, due to exceptionally high volumes and 100% checks on all inbound mail by the border agency. This, combined with extreme weather conditions in parts of Australia, means that delays of up to 30 business days are possible. Please bear this in mind before placing your order with us.

Orders And Shipping

General Information

We ship worldwide from our UK Warehouse.

All orders are subject to product availability. If an item is not in stock at the time you place an order, we will notify you and refund you the total amount of your order, using your original payment method.

If you are purchasing a product that is on 'pre-order' the date of delivery will be displayed on the product description.

Once your order is on its way, you will receive a delivery notification via email and/or text. If you don't receive it please check your spam/junk folder as sometimes it can end up in there.

If you still haven't received it or you are having trouble tracking your order please email support@tradersmindjournal.com and we'll get back to you within 2 business days.

Delivery Costs

Delivery costs are based on the weight of your order, your chosen delivery method and your location. To get an accurate delivery cost for your order please add your chosen products to the cart and head to the checkout.

Once at the checkout screen, both delivery charges and estimated delivery times will be displayed. Additional delivery charges may apply to remote areas or for large, bulky items.

Import Duty & Taxes

All international orders, excluding the UK may be applicable for import duty and/or tax. These fees may be charged on, before or after delivery, and are the responsibility of the customer. To find out what these may be, please contact your local customs service.

Delivery Address

It is the responsibility of the customer to ensure that the correct delivery address is entered at the time of purchase. Traders Mind Journal is not responsible for the loss of any orders sent to an incorrect address.

If a mistake has been made, please email support@tradersmindjournal.com immediately after you have placed your order and we will do our best to help. However, please understand that due to our fast dispatch times and customer service availability this isn't always possible.

Cancellations

If you wish to cancel your order please email support@tradersmindjournal.com immediately after you have placed your order and we will do our best to help. However, please understand that due to our fast dispatch times and customer service availability this isn't always possible.

Bulk Orders

Please contact:
info@tradersmindjournal.com for any bulk orders

Get In Touch

We would love to hear how you get on with the journal, and so if you have any feedback about your own experience, or you have any questions about using the journal then please get in touch at support@tradersmindjournal.com

