

Trading beyond making money (by Dr. Brett Steenbarger):

- Trading offers lessons in life; it is a microcosm of life.
- In trading we learn to master ourselves, even as we hone skills.
- Trading teaches us to identify and pursue opportunity in the face of uncertainty.
- Trading requires us to understand and respect risk, but not become paralyzed by it.
- Trading pushes us to seek situations that offer more reward than loss, to stick with what is rewarding and exit what is not.
- Trading requires that we be prepared and disciplined, that we continually learn and relearn.
- Trading teaches us that there are times to be aggressive, to go after our convictions with confidence; it also teaches us the value of prudence and protecting what we have;
- Trading calls on us to be patient--and to be decisive; to believe in ourselves--and to be ever aware of our vulnerabilities;
- Trading prods us to be more than who we are by being more of who we are when we're at our best.