[**The Power of Observation**](http://www.forexstrategysecrets.com/blog/the-power-of-observation.htm)

One of the basic skills a trader needs to possess or develop is the power of observation. They need to become students of observation. This skill of observing things does not just apply when you are trading and looking at charts it will carry over in to the rest of your life.

You might say I am looking at charts, the indicators, price movement… what else should I be observing? Let’s make a list of the things you need to look at:

-How am I feeling?
-What is my emotional state?
-What is my self-talk before, and after the trade?
-What is my [thinking](http://www.forexstrategysecrets.com/blog/inside-the-traders-mind-2.htm)?
-What patterns did I observe?
-Did I follow my rules?
-Did I hesitate or just take the trade when I saw the signals.

Once you get use to different things you need to keep track it will come automatic and you will not have to think about it. Your goal is to become a mechanical trader see the signals enter the trade, manage the trade, and exit the trade. Look for the next trade and repeat the process. Be aware of your environment and what is going on inside and outside of you; they play a bigger part on your trading then you would originally think. It could be good as well as bad events, or situations that can cause your trading to suffer. So do rule out anything.

I find that if I have a successful "home run" Trade that I need to pull back and not jump right back into the market . I need to ease back into it to stay level headed. Keep this in mind.

Trade Well!