



MARKET MASTERSTM
A C A D E M Y



THE MARKET MASTERS *Hypnosis* System

Eight guided recordings designed to enlist the power of your subconscious mind, so you can become the best trader you can be.

8 recordings

8 weeks

4 listens per week

— WHY HYPNOSIS

Change that lasts starts *below the surface.*

Hypnosis can and does have a powerful impact on our minds, enabling behavioral differences.

"Through hypnosis, an inner state of focused attention, we can remove resistance and create change on a deep, formative level, change that lasts."

The **Market Masters Hypnosis System** has been designed to use hypnosis to enlist the great power of your subconscious mind, in order to make behavioral changes effectively. The recordings included are all designed to help you become the best trader that you can be.



Subconscious first

Most trading mistakes are habits, not knowledge gaps. The recordings work where habits live.



Focused attention

A calm, focused state lowers resistance, so new beliefs can take hold.



Repetition

Each recording is repeated through its week, then reinforced weekly for lasting change.

4×

The one rule of the system

Listen to each week's recording **4 times during its week**. After that, keep it in rotation **once a week** for as long as you need it, while you move on to the next recording.

Before

Find a quiet space

Sit or lie down somewhere you won't be disturbed. Use headphones.

During

Just listen

Relax and follow the voice. Never listen while driving or trading.

After

Check it off

Mark each listen on the tracker at the back of this guide.

— THE PROGRAM

8 recordings. *8 weeks.*

One new recording each week: 4 listens that week, then once a week from then on, as long as needed.

1

WEEK 1 • RECORDING ONE

Preparation for permanent, positive changes

4× in week 1, then once a week, as long as needed



2

WEEK 2 • RECORDING TWO

Remove negative beliefs by creating positive ones

4× in week 2, then once a week, as long as needed



3

WEEK 3 • RECORDING THREE

Create a positive mindset and outlook

4× in week 3, then once a week, as long as needed



4

WEEK 4 • RECORDING FOUR

Create and maintain great self-discipline, patience and resilience, and remove fears

4× in week 4, then once a week, as and when needed



5

WEEK 5 • RECORDING FIVE

Trust in the system and strategy

4× in week 5, then once a week, as and when needed



6

WEEK 6 • RECORDING SIX

Build strong emotional control

4× in week 6, then once a week, as and when needed



7

WEEK 7 • RECORDING SEVEN

Create a positive relationship with the market, understand probability and detach from trade outcomes

4× in week 7, then once a week, as and when needed



8

WEEK 8 • RECORDING EIGHT

Create a mission statement

4× in week 8, then once a week, as and when needed



— YOUR TRACKER

Check off *every listen.*

Print this page or keep it on your phone. Four boxes for the focus week, then keep earlier recordings going once a week.

RECORDING	1	2	3	4	WEEKLY AFTER
1 • Preparation for change Week 1	☐	☐	☐	☐	☐
2 • Positive beliefs Week 2	☐	☐	☐	☐	☐
3 • Positive mindset & outlook Week 3	☐	☐	☐	☐	☐
4 • Discipline, patience, resilience Week 4	☐	☐	☐	☐	☐
5 • Trust the system & strategy Week 5	☐	☐	☐	☐	☐
6 • Emotional control Week 6	☐	☐	☐	☐	☐
7 • Probability & detachment Week 7	☐	☐	☐	☐	☐
8 • Mission statement Week 8	☐	☐	☐	☐	☐

WHAT I NOTICED THIS WEEK

MY MISSION STATEMENT (WEEK 8)

The Market Masters Hypnosis System is for personal development and educational purposes only. It is not medical or psychological treatment, and not financial advice. Do not listen while driving, operating machinery or actively trading. If you have a mental health condition, consult a professional before using hypnosis. Trading involves substantial risk of loss.