



10 Habits That Separate Profitable Traders from Market Chasers

by Jeanette Sims

If you want to stop reacting and start growing, these 10 habits are the ones that top traders rely on every day. These are not rules I made...these are HABITS that create consistency. I have a full playbook of these, but there are the top 10 that I believe can help you immediately.

Here you go:

1. Plan your trades before you enter.

Profitable traders define their entry, stop loss, and profit target in advance. They do not adjust mid-trade or rely on gut feelings. Their structure creates clarity and helps keep emotions out of the equation.

2. Follow a daily routine.

Consistent traders begin each session with preparation. They review economic news, scan top movers, refine their watchlists, and set risk levels. This routine gives them a mental edge and helps reduce decision fatigue.

3. Set defined risk limits.

Great traders know how much they are willing to lose before the day even starts. If they hit that number, they log off. Walking away is not a weakness. It is part of the plan. One bad trade should never turn into a blown account.

4. Track your trades.

Keeping a journal helps traders spot patterns, understand emotions, and see exactly what is working and what is not. Journaling turns experience into measurable improvement.

5. Protect your mental clarity.

Focused traders do not show up tired, distracted, or emotionally reactive. They take care of their state of mind just as carefully as they manage their charts. If the mindset is off, they choose not to trade.

6. Be patient and selective.

Profitable traders wait. They pass on mediocre setups and hold out for high-probability moments. They understand that fewer, higher-quality trades often lead to better long-term results.

7. Stick with one strategy until it is mastered.

Jumping between different approaches leads to confusion. Focused traders commit to one method, track it over dozens of trades, refine it, and build confidence through repetition.

8. Review performance weekly.

Successful traders look at stats, behavior, and execution at the end of each week. They do not just evaluate outcomes. They study their process and use the insights to improve.

9. Stay emotionally neutral.

They do not take revenge trades or chase profits after a win. They do not celebrate too early or let fear take over. They remain grounded and follow their rules regardless of the outcome.

10. Prioritize capital preservation.

Smart traders always start by asking, “What happens if I’m wrong?” This mindset allows them to protect their account so they can stay in the game and be ready for the next opportunity. These 10 habits are not flashy. They do not rely on hype or prediction. They are proven behaviors that help build consistency and control.

You do not need to implement all of them at once. Choose three to start with, track them, and commit for the next 30 days. You will not just improve your trading—you will transform how you approach the market.

Cheers to winning traders,

Jeanette Sims

Founder, tradethirsty.com

Ready to apply these habits inside a real, proven trading system?

Join Jeanette Sims inside NASDAQ Warrior, where she reveals one of the most powerful strategies she has mastered over her 25-year trading career. In this special training, she will walk you step by step through the exact system she uses to trade with confidence. You will also learn how to implement these habits within her repeatable process. The method is simple, structured, and designed to produce real results.

Your next step starts here.

[Click here to get started!](#)

About Jeanette Sims

Jeanette Sims, veteran trading educator and founder of TradeThirsty, has spent years studying what truly sets consistent, profitable traders apart from the rest. The answer is not more strategy, more indicators, or better luck. The answer is habit.

After working with thousands of retail traders, she found that success in the market comes from structure, not guesswork. Consistency is not something you stumble into. It is something you build, one habit at a time.