

EMOTIONAL ALPHA SCORECARD

This isn't a judgment. It's a baseline. Answer honestly.

1. Portfolio Checking Frequency

- Multiple times/day (20)
- Daily (50)
- Weekly (70)
- Monthly (85)
- Quarterly or less (95)

2. Reaction to 10% Drop

- Panic, urge to sell (10)
- Anxiety, thinking of selling (40)
- Neutral (70)
- Curious, consider buying (95)

3. Panic-Sell History

- Sold during COVID crash (20)
- Sold during corrections (50)
- Never sold, but tempted (70)
- Never sold, confident (95)

4. Impact of News

- Decide based on TV/Tips (20)
- Heavily influenced (50)
- Minimal influence (75)
- Ignore news entirely (95)

5. Understanding Crashes

- Unpredictable/Destroyer (20)
- Scary but recoverable (50)
- Normal/Expected (75)
- Buying Opportunity (95)

TOTAL SCORE: _____ ÷ 5 = _____ (Final Score)

Is your behavior costing you money?

Contact us to improve your Emotional Alpha score.

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