

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.

www.mlrwealth.com / contact@mlrwealth.com