TIME, TEMPERAMENT, AND HONEST FIT

Vajgrt Labs - Education - Lesson 5 of 72 - 5 min read - Updated Oct 21, 2026

TL;DR

- The real weekly cost is not screen time - it’s learning, planning, trading, and reviewing, every week, for months before real money.

- You will be wrong often, sometimes for weeks; the disposition effect (selling winners, riding losers) is the documented default you have to train against.

- There are stop-signs - chasing losses, hiding losses, trading to escape - that mean "not now," full stop, and they outrank every lesson here.

THE TAKEAWAYS

- Budget honestly: the routine this course teaches - prep, trading, a daily review, a weekly review - runs several hours a week on top of the lessons themselves. The paper stage included.

- Sample sizes lie to beginners: results need on the order of 200+ trades before they say anything reliable about an edge - the sample-size lesson tastylive’s research repeats relentlessly. Months of paper practice is the honest timeline.

- Temperament is checkable in advance: how did you handle your last real loss - money, game, argument? Trading industrialises that feeling, weekly.

- The disposition effect is the default setting: investors in Odean’s 10,000-account study realised 14.8% of available gains but only 9.8% of available losses. Knowing the bias exists is Stage 0; training against it with your own journal is Stage 9.

RULE: If you can’t give it the hours and can’t stand being wrong on the record (your journal counts), the fit answer is "not yet" - and that’s a pass.

COMMON MISTAKES

- Counting only screen time and forgetting review time - the review is the job.

- Judging yourself (or an edge) inside the first few dozen trades.

- Treating being wrong as a character flaw instead of the base rate of the activity.

- Reading the stop-signs as applying to other people.

DO IT - THE FIT CHECK

Do the three checks in writing: (1) mark the 5-6 weekly hours in your actual calendar for the next month; (2) write one paragraph on your last real financial loss - what you did in the following week; (3) read the stop-signs list once more, slowly. Bring all three answers to Lesson 7’s decision.

Education only - not financial advice. Options involve substantial risk of loss. Statistics are quoted with their source, population and period, per the course’s stats canon. Vajgrt Labs - Education.