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April 13, 2026

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# Distribution Report

## Inconsistent Trading Undermines Results as Cody Burgat Stresses Process Over Outcomes

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**United States, 13th Apr 2026**—As participation in financial markets continues to grow, many traders are exploring a wide range of strategies in search of consistent results. However, a recurring challenge among market participants is the tendency to frequently change approaches, often before giving any single strategy sufficient time to perform.

Cody Burgat, a market analyst and investor focused on structured trading methods, says that inconsistency in approach is one of the most overlooked obstacles to long-term performance.

“Many traders abandon a strategy after a short period, especially when results don’t immediately meet expectations,” Burgat said. “The issue is that without consistency, it becomes difficult to evaluate what actually works.”

Cody Burgat explains that financial markets operate on probabilities rather than certainties, meaning that even well-structured strategies can experience periods of drawdown. When traders switch approaches too quickly, they interrupt the natural cycle required to assess performance over time.

This pattern is often reinforced by the abundance of information available through online platforms, where traders are constantly exposed to new ideas, systems and techniques. While access to diverse perspectives can be beneficial, Burgat notes that it can also lead to a lack of focus.

“There’s always another strategy, another method, another idea,” he said. “Without a clear process, it’s easy to move from one approach to another without building any real consistency.”

Cody Burgat emphasizes that consistency is not just about repeating actions, but about maintaining a structured framework that allows for meaningful evaluation. Traders who operate within a defined system are better positioned to identify strengths, weaknesses and areas for improvement.

Another factor contributing to inconsistent performance is impatience. In an environment where results are often expected quickly, traders may feel pressure to adjust their approach prematurely. According to Burgat, this mindset can lead to reactive decision-making and disrupt long-term progress.

“Patience is a critical part of the process,” Burgat said. “Without it, even a solid strategy can appear ineffective simply because it wasn’t given enough time.”

In addition to patience, Burgat highlights the importance of discipline in maintaining a consistent approach. This includes adhering to predefined rules, managing risk exposure and avoiding impulsive changes based on short-term outcomes.


Cody Burgat notes that traders who remain committed to a structured process are more likely to develop a clearer understanding of their performance over time. By maintaining consistency, they can make informed adjustments rather than reactive changes.

As financial markets continue to evolve, the challenge of maintaining consistency remains a central issue for many participants. While tools and strategies will continue to develop, the ability to apply them within a stable framework is likely to remain a key differentiator.

Burgat believes that traders who focus on process over immediate results will be better positioned to navigate the natural fluctuations of the market.

“Results are a byproduct of consistency,” he said. “If the process is sound and applied over time, the outcomes tend to follow.”

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