

Prepare For The Fight

You against you

- The first realization that you must have is that you are not in control of the market or how it moves & you have to be okay with that. Literally you must be at complete piece with that as it is an absolute fact.

- Where are you at as a trader is the second realization that you must have
Beginner- Learner and consistently in the red and this is a good thing because you can only go up from her

Intermediate- Losses and wins & you are still putting it all together Great-Breakeven, this is rare & all that you need is the final push

Mastery- At least the 51% win rate with

a good risk relationship & profitable because you mainly understand that this game isn't about wins. It is about the losses and how you prepare for the next trade

- Third thing that you need to realize is that you have to have a keen understanding of yourself.

This begins with knowing yourself and your own personality traits

Do you require simplicity, are you patient, are you impatient or are you lazy?

-4th Thing that you have to realize is your own personal connection to money

It comes from the things that you think about & desire

Riches, Cars, Houses, Freedom, Travel, and thinking that riches directly equate to happiness.

Do you think that trading is like it is in the movies (wolf of wall street, youtube

videos, etc.)

Do you fall for the stupid stuff that you see on social media from the social media traders (stacked 50 & 100 lot positions, Rented cars, Posting other peoples material objects and posing as if they their own)

Analyze how this makes you feel; do you compare yourself to others that you see. You gotta realize that most of these people showing you things have a link in their bio for you to join their mlm service or failed signal services.

The multi level marketing traders are getting paid to trade, they are getting paid to recruit you since you are keen to learn to trade (get ready to bring in 3 who get 3 who get 3 who get 3 and so on and so on).

° The chart can be a reflection of the traders mind.

Tons of indicators on the charts, and yet

you never realize the indicator is not what is moving price and not the fact that price is the indicator.

° Train your focus

know and understand your focus and its limits. If you have to focus in short bursts you must do just that and come back after a mental break and do a little more each time.

Your mind is a muscle and it needs proper training

The discipline that you trying your mind with must be translated to your patience when you are at the charts when you are about to take a trade.

° Block out mental noise

Realize that your goals don't mean anything when you are trading and they don't mean anything to the market When you are at the charts you cannot let your mind venture to money or material objects

Remember that obtaining things is a result of the process and completing the process

- ° Do no rest in the middle, rest in the end-
Kobe Bryant

- ° Good things comes to those who work-
My Dad

- ° Get out of your own way

 - Don't listen to non traders about trading
Mine and you minuscule amount of
money or our analysis don't move the
market. You will either win or you will learn,
but some things we will never see coming
and we accept that

 - You will make more progress from
looking and analyzing your losses than any
winning trade that you will ever have If you
loose 70-80% of your trades then you have
an opportunity 50-60% more growth

 - You don't need to complicate your
trading, less tends to be more

Self awareness is key, your life habits tend to translate to your trading and physical health and mental health as well. They all go hand in hand

Your personal worth and you the trader are not the same and they absolutely need to be separated

You will never win one, high probability is a real thing and its possible but, you need to maintain the mindset of either you win or you learn.

Time or lack of time is something that the human cannot control

The time limits on success in trading or any field put unwanted stress on your mind

Once you realize you don't move price from its origin or to its destination

Just an athlete reverse engineers (practices) in sport, or the actor rehearses, so must the trader. Look at it as your duty to reverse engineer the market

You must be your personal self in your

approach and do what you naturally see within the charts.

Define what your relationship with risk and understand it is all about survival and live to trade another trade

Trading is like glasses, no one has the same prescription and when you wear someone else's glasses your vision is distorted- you can't trade through someone else's eyes

From my heart and mind I truly hope this helps the trading community, The fight is all about you vs you. My journey just like yours will be unique to you and you have to embrace that and not compare what you do or go through to another. Find peace with your trading self and your self in the world of social media and instant gratification dare to walk the path of self awareness and confidence. Be a better you, be a better trader, be a better human.

