**My Winning Trading Plan**

* **MY HOMEWORK ROUTINE**
  + Creating routines in our lives is crucial for staying focused and achieving our goals. It's important to examine our existing routines and make necessary changes to develop new habits. This ability to adapt and learn is highly valued in the business world, including the trading industry.
  + By analyzing our current routines and making adjustments, we're able to form new habits.

**Examples:**Read trading plan:   
Take some time to go through your trading plan, which outlines your strategies and goals.

Read a personal journal entry twice a week and reflect:   
Review your personal journal entry from earlier in the week, and take a moment to reflect on your thoughts and experiences.

Read prior day's trade journal:   
Read the journal where you recorded your trades from the previous day.

Review prior day's trades:   
Take a closer look at the trades you made yesterday and analyze their outcomes.

Check economic numbers:   
Stay informed by checking important economic data and indicators.

Read playbook:   
Refer to your playbook, which contains your well-defined strategies and techniques.

Mirror reflection:   
Spend some time reflecting on your actions and decisions, considering if there are any areas for improvement.

Pre-market analysis:   
Conduct an analysis of the market before it opens to identify potential opportunities and risks.

* **Mind Visualization/Positive Declarations:**
  + Mind Visualization/Positive Declarations are great tools to include in your morning routines.

**Examples:***Visualize yourself taking a trade and going through all the steps outlined in your Playbook:* Imagine yourself executing a trade, visualizing each step and following the strategies outlined in your Playbook.

I *accept that I have no idea what the outcome of any individual trade will be:*   
Acknowledge that you cannot predict the outcome of any specific trade and embrace the uncertainty that comes with trading.

*I accept that today could be a negative day:*   
Recognize that there is a possibility of having a day with losses and mentally prepare yourself to handle it.

*I accept the loss of my next trade financially:*   
Embrace the fact that you might experience a financial loss in your next trade and be mentally prepared to accept it.

*I accept I will get stopped out on trades that reverse and rip in the direction of the setup:* Understand that there will be instances where your trades get stopped out as the market reverses and moves strongly in the direction you initially anticipated.

***Using visualization and repeating these mantras in your morning routine can help you mentally prepare for trading and manage your expectations***.

* **SMART RISK MANAGEMENT**

It's important to have a sensible approach to managing your risk.   
The following guidelines are examples.

**Examples:**

1. Limit your risk to a maximum of 1% of your trading capital per trade.
2. Restrict your overall risk to a maximum of 3% of your trading capital per day.
3. Cap your total risk at 5% of your trading capital per week.
4. Set a maximum risk of 15% of your trading capital for the entire month.
5. Adjust your trade size based on market conditions and your risk management plan on Monday mornings.

By following these risk management principles, you can ensure that you are protecting your trading capital and minimizing potential losses. Adjusting your trade size allows you to adapt to market circumstances and maintain consistency in managing risk.

**IMPORTANT!** Remember, it's crucial not to trade with real money until you have demonstrated profitability on a simulated account. Trust me, if you can't make money in a simulated environment, you won't be successful with a live trading account. So, before you start trading with real money, make sure you've proven that you have the necessary skills to generate profits on a simulated account. It's an important step to ensure your readiness and increase your chances of success in live trading.

* **AFTER ROUTINE**
  + **Reviewing Your Day:** Every trader makes mistakes, but the real question is whether you'll take the time to analyze and learn from them. Even after the trading day is over, your work isn't finished. It's important to spend some time journaling and reflecting on your performance throughout the day.
  + **Keeping Maintaining a Trade Journal**: Keeping a trade journal and grading each trade is crucial for personal growth as a trader. Make it a habit to document all your trades and take screenshots for future reference. This way, you can go back and review your trades, which provides valuable insights for improvement.

By dedicating time to analyze and journal your trades, you can identify patterns, strengths, and weaknesses in your trading execution. It's a powerful tool for learning and growing as a trader.

**A few more examples:**

- *Write a Journal Entry:* Reflect on the market conditions for the day and review your execution. Write down your thoughts, feelings, and observations to gain insights into your trading performance.

-*Input Trades into Analytics:* Record your trades in a spreadsheet or any analytics tool you use. This allows you to analyze your trading data and identify patterns or trends over time.

-*Practice Meditation:* Engage in a calming and mindful practice such as meditation. This helps you relax, clear your mind, and maintain emotional balance after a day of trading.

*-Workout*: Engage in physical exercise or a workout routine. It helps you release any built-up tension or stress and promotes overall well-being.

* **WEEKEND ROUTINE**
  + During the weekend, I have a routine to set myself up for the upcoming week. Here are a few examples of what I do:

**Examples:**

* *Read Trade Journal Entries*: Take some time to go through the trade journal entries from the past week. This helps you reflect on your trades, review your decisions, and learn from any mistakes or successes.
* *Review Trades:* Look back at the trades you took during the past week. Analyze the outcomes, assess your performance, and identify areas where you can improve or adjust your trading strategy.
* *Check Sizing:* Review your position sizing for the upcoming week. Ensure that you are comfortable with the risk levels associated with each trade and make any necessary adjustments.
* *Set Goals:* Establish your goals and objectives for the upcoming week. This could include specific targets for profit, trade execution, risk management, or any other areas you want to focus on.

By following this weekend routine, you can effectively analyze your past trades, set clear goals, make necessary adjustments, and maintain accountability for your trading activities.

* **GOALS**
  + The The markets are dynamic, always evolving and offering new opportunities along with challenges. Even after trading for many years, I continue to learn and grow. It's important to reflect on why you started trading in the first place and to never lose sight of your goals.
  + As you progress as a trader, it's beneficial to track your goals and achievements in your trade plan. This helps you stay motivated and provides a sense of encouragement as you witness your progress.

**Examples:  
  
*Zero Random Trades for a Week*:** Challenge yourself to avoid impulsive and unplanned trades for an entire week. This promotes disciplined and focused trading.

***Average Trade Score of X for the Month:*** Set a target for maintaining a certain average trade score over the course of a month. This reflects the quality of your trades and decision-making.

**Goal:** Aim to achieve a significant milestone in your trading journey, such as having your first day with a net profit of $500 or more.

By tracking these goals and achievements in your trade plan, you can measure your progress, stay motivated, and continue growing as a trader. Remember to adapt and adjust your goals as needed to align with your evolving aspirations.