Trading Card 2 - It’s your business, be a Pro

**This is your real edge - Always arrive at your Trade Station early to prepare. ‘Read every day before trading’** you have to be able to visualise this page in your mind and imprint it in your subconscious, to the point you can see it as a photographic picture in your mind’s eye. You must see this page so clearly that you can write it out word for word. To emphasise why, is because **it’s really that important to your trading success** and you’re base for taking a trade and your follow through actions depend on it.

**And the reasons are - Any thought that is continuously repeated will make an imprint on the subconscious. The practice of visualization, affirmations and guided imagery are so effective because the subconscious mind does not distinguish between what is real and what is imaginary. Repetition creates images that the subconscious acts upon. (Repeatable decisions)**

* Commit totally to the above statements, **be continuously aware of your thoughts and emotions as you trade,** they must be controlled, so not emotionally skewed. You are a professional, mindful committed Trader; you want to be one of the best, so always live by this. **And remember, ‘to be a great winner; you also have to be a great looser too’.**
* **Always check the News on Forex Factory Calendar first before any trading commences.** If **red news,** plan you’re trading time to miss this, or don’t trade today. Never trade **red news**, you could lose your account, **you have already seen and experienced how a stop-loss can be jumped,** so don’t break this rule.
* **Check your emotions...**are you up to the job today? **Are you fearful of losing?** Well you shouldn’t, you control your risk to a predefined amount. **Are** **you fearful of losing un-bagged profits** while still in the trade, will you panic and cut your profits short, and then to watch the market carry on without you? Well you shouldn’t, you control your risk and your reward to a predefined amount. **Your planned profits should at least cover your risk,** a move to breakeven or a small loss, nothing else. **Your time and effort should be 80% psychology and 20% trading system – Unemotional Control.**
* **Be very patient. Take only the best trade setups. Repeat again, take only the best trade setups.**
* Define market direction bias first – daily timeframe and lower, **work out candle by candle order flow and Market structure on the 4 HR and 1HR, note all confluences and mark out support and demand areas for trade setups.**
* Remember patience, patience, patience, **this is your second very powerful edge,** **this is professional.**
* **What is the plan for today?** Have you defined a plan yet for the up upcoming trade?
* **Your mission, is to find optimal high probability trade entries,** let the trade come to you, don’t chase or force it. Look firstly for reasons why you should not take the trade, if they outnumber the whys, then no trade. **Have you defined a plan for today yet? Doing so will stop silly losses due to overtrading. So trade less, but trade smarter.**
* **Very important –** **market must clearly show you where it wants to go, no idea, no trading then.**
* Don’t just sit there and enter the market just because it appears to be going up because your indicators tell you this, **use your brain and eyes first to check your bias on the market,** know your boundaries, mark them out, then and only then compliment this plan with your selected indicators.
* **Keep distractions to a minimum, and monitor your thoughts, you have to be in the zone to trade successfully.**
* **Always commit to being professional, and define a today plan, no trading until you do.**
* Before entry, define your risk first, with the appropriate stop loss in place, never move your stop further away from the current price after entry has occurred, **you will lose a lot more than you planned.**
* **Don’t enter market without a stop-loss, there must only be four possible outcomes, small loss, small win, large win and a breakeven, nothing else, a stop is your best friend, an emotional break that allows you to trade another day.**
* Unsuccessful trade, take a break, gather your thoughts and move on; don’t let the previous trade affect and play on your emotions, if it does, this is very dangerous, stop trading and do something else for the day. You never want to be revenge trading, the Market will be available to trade tomorrow, will you? And don’t forget to read this tomorrow.
* **Goals – Would you stop trading and give up? If the potential possibilities with a 100K account could make 1% Monday and 1% another day in the week after loses, that would be 2K...You could stop trading for the rest of the week. This will happen if you try your hardest to always trade the best trade setups...It’s that simple, but It’s up to your mindset...Hell, that may mean only 2-3 trades for the week, but if winners you would be bathing in the money.**

**Now take the time needed to relax and calm yourself, think about what you have just read.**

**STOP! Is this trade setup a good setup? Now visulalise you are taking only the very best trade setups.**

**Good setups only - have a Trade Plan - Be a Pro and do this right.**