TRADING PLAN WORKBOOK

CHAPTER 1: INTRODUCTION

This workbook serves as a supplementary resource to complement the workshop you've accessed.

While the workshop provides a comprehensive guide through the entire trading plan, this workbook offers an easy reference to the topics discussed, resources, links, additional videos, and more.

My aim has been to provide you with a complete trading plan—a roadmap that you can adopt, implement, and witness tangible results.

This very plan has been utilized by students in my mentorship program, enabling them to successfully pass funding challenges and secure funded trading accounts.

While the plan may appear straightforward, it's underpinned by deep thought, experience, and understanding. It's the culmination of over a decade of my dedication to studying the market. My extensive hours of research and experience have enabled me to distill and simplify the process for you. Don't be deceived by its simplicity; mastering it will require both time and effort.

FRACTAL CONCEPT

While many trading education groups echo this sentiment, their teachings often don't align with this belief. They might assert that markets are fractal, yet the strategies they teach are often tailored to specific timeframes, making declarations such as, "The 15-minute timeframe is the best," or "Always trade on the daily timeframe," and "Never venture below a 5-minute timeframe!"

At Mentfx, we genuinely recognize and appreciate the fractal nature of markets.

Markets exhibit similar patterns and movements across all timeframes. This means you can adapt this trading plan to a timeframe that aligns with your preferences and lifestyle.

If you're inclined towards a high-paced trading rhythm, constantly engaging with market fluctuations, then lower timeframes like 5-minute or even 1-minute might be your go-to.

Personally, I spent years trading exclusively on a very low timeframe chart.

While this might sound extreme, the core principle remains: the market's behavior is consistent across timeframes because markets are, indeed, fractal.

However, as I now trade with more substantial capital, the ultra-low timeframes I once relied on are no longer feasible due to factors like commissions, spread, and leverage.

Currently, my trading often revolves around the 15-minute or 1-hour timeframe. Soon, I anticipate transitioning to a 1-day timeframe.

The key takeaway? This approach is versatile. You have the flexibility to select any timeframe, confident in the knowledge that the underlying principle remains consistent across all.

THE TIP OF THE ICEBERG

I've put forth every effort to present you with a comprehensive trading plan.

While I provide detailed guidance on identifying trades, setting stop losses, determining take-profit, and managing trades, there's naturally a depth to each aspect that can't be condensed into a brief workshop.

The nuances of each concept receive extensive coverage in my private mentorship, with hours dedicated to in-depth training.

However, this doesn't imply that the material I'm sharing here is lacking or inferior.

It's simply been streamlined due to time constraints, offering you a clear and actionable blueprint to follow.

If you resonate with what you've learned and wish to delve deeper into these concepts with me, consider joining my mentorship program at **mentfx.com.**

For a straightforward monthly fee of $100, members gain access to a private community, weekly live workshops, and a plethora of resources. These include recordings of previous workshops, organized course content, and exclusive access to premium indicators and software tools.

Rest assured, there are no hidden charges or binding contracts. Membership can be canceled anytime, even on the first day, with no further billing. You'll retain access for the entire duration you've paid for.

My primary aim isn't to lock you in but to empower you with the right knowledge and set you on a successful trading journey.

NOT THE ONLY WAY

This trading plan I'm offering you is founded on my personal experience and the countless observations I've made over the years.

Please understand, that this isn't to say it's the singular way to approach trading, nor am I claiming it to be the superior method. My journey in trading has involved thousands of hours of research, testing, and refining to arrive at this plan.

There are alternative perspectives on market structure, various methods to discern trends, and a multitude of strategies to initiate, manage, and profit from trades.

It's very likely that as you work with this plan, you might make a few tweaks to better align it with your own trading persona and style.

What I really want to convey is that trading doesn't have a one-size-fits-all blueprint. There isn't a universal "best" method. The trading world is vast, composed of countless participants, each applying their unique strategies and systems.

Consider this plan as a pathway, a way for you to leverage the insights and expertise I've accumulated over the years.

DISCLAIMER

As previously mentioned, the trading plan I've shared has been used by my students to successfully pass funding challenges and obtain funding. However, this doesn't guarantee your success.

Your outcome hinges on your dedication, drive, and ambition.

What I present here stems from my personal perspective and insights. I relay what I've observed repeatedly over time. Nonetheless, it's up to you to assess the information and set it into action.

Remember, the content of both the workshop and this workbook reflects my personal viewpoint. Any results or income discussed are illustrative and presented within a simulated context.

Be aware that trading involves significant risks. I strongly advise testing my concepts, strategies, and theories on a demo account before venturing into live markets. Any actions taken in the markets, whether on a demo or live account, fall under your sole discretion and responsibility.

CHAPTER 2: TRADING PLAN

1. CONTEXT

Context in trading involves analyzing market trends across multiple timeframes. It's about understanding the narrative these timeframes are conveying and checking if they align in their direction.

If you're a beginner, such explanations might seem vague or even nonsensical. You might feel left out, thinking others possess some special insight that's being kept from you.

However, the market indeed narrates a story, indicating its potential direction. As you spend more time and gain experience, reading these signs becomes more intuitive.

I want to give you a more objective metric for measuring the context.

You can evaluate the context with:

1. Using a free Mentfx Structure TradingView indicator and Models
2. Using a free Mentfx Institutional Sentiment analysis tool
3. Or using premium Mentfx Screener application

I will cover each one of them.

1.1 METHOD 1 - MENTFX STRUCTURE INDICATOR

To understand the context in trading, one method is to study the market models. The market typically operates within one of four models: accumulation, distribution, reaccumulation, or redistribution.

It's important to note that while these models share names with the Wyckoff schematic, they are distinct. I've drawn inspiration from Wyckoff, but have set unique rules for each of these models.

We identify the model in play by examining MBs (Mentblocks), which is our way of interpreting the market's structure and its formations.

To get a handle on this, I recommend using the Mentfx Structure indicator. This free tool is compatible with TradingView, allowing you to visualize the MBs directly on your charts.

[mentfx Structure — Indicator by mentfx50 — TradingView](#)

1.1.1 REACCUMULATION

This is an example of reaccumulation:
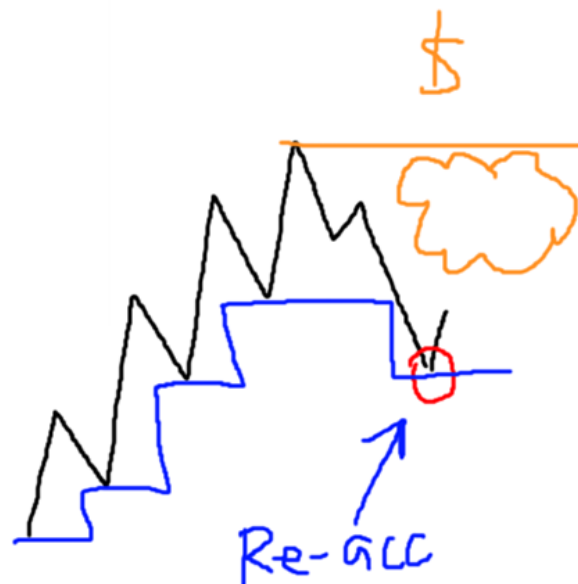
First, the market establishes progressively higher protected highs, followed by a break to the downside. When this drop occurs, many traders jump to the conclusion that the trend is bearish.

However, this isn't the case. What's actually happening - it's undergoing a reaccumulation model, and the price wants to go up.

To spot this, you can utilize the Mentfx Structure indicator.

CADJPY 30m

Why does the price wants to go up?

It's due to what I term as "clouds of liquidity."

For a comprehensive explanation, check out my video on my public YouTube channel:

https://www.youtube.com/watch?v=1trkOnKk2tI

**LIQUIDITY CLOUDS AND POOLS -
why trend following works**

13K views • 3 months ago

1.1.2 RULE OF 30

Understanding multi-timeframe analysis can be a challenge. If you're trading on a 1-minute timeframe, should you consider what's happening on a 1-week chart? What about when trading on a 4-hour timeframe?

To address this, I've created a video titled "Rule of 30". It's available on my free public YouTube channel:

https://www.youtube.com/watch?v=EHMRFoBKuI0

rule of 30: Simple FOREX Strategy (Master ANY Timeframe) - mentfx

65K views • 2 years ago

In essence, the rule suggests observing a **timeframe 30 times greater than your current one.** For instance, if you're trading on a 1-minute timeframe, you should also monitor the 30-minute chart to ensure context is consistent across both.

Similarly, for a 1-hour timeframe, the rule points to a 30-hour chart. However, you can refer to the daily chart, which is close at 24 hours.

This rule offers flexibility but provides clear guidelines to assist your trading decisions.=

1.2 METHOD 2 - MENTFX SENTIMENT TOOL

Another effective approach to grasp market context is by using the Mentfx Institutional Sentiment analysis tool.

This tool is 100% free, and you can go ahead and access it here:

https://mentfx.com/sentiment

You might notice that this tool often presents data that's vastly different from other sentiment tools available online.

It's natural to question if the values are merely inversed.

But there's more to it.

While many platforms focus on "trader sentiment" by analyzing where trades are positioned, the Mentfx Sentiment tool delves into institutional sentiment. It employs complex calculations and specific rules I've set.

It's distinct from other tools, and its results—whether mirroring or contrasting others—hold unique significance.

The tool features two main columns: **DAILY** sentiment and **INTRADAY**.

For a clear understanding of the market context, consider pairs with a **daily sentiment reading of 70-80% or higher.**

Depending on your trading timeframe, it's beneficial if the **intraday sentiment is above 55%.**

These figures can offer valuable insight into the prevailing trend and the direction institutions might be pushing the price.

1.3 METHOD 3 - MENTFX SCREENER APPLICATION

With the exclusive Mentfx mentorship, you also gain access to our premium software and tools, including the Mentfx Screener application.

The Mentfx Screener is a distinctive tool designed to help you identify, categorize, and filter multiple pairs and instruments, allowing you to instantly determine the model of each timeframe. Its intuitive color-coded system makes it easy to discern if a pair leans bullish or bearish. If all indicators are green, it could signal potential buying opportunities, while an all-red display might indicate selling points.

No longer will you need to sift through each pair and timeframe manually. Simply set up your screener, choose the symbols and timeframes you're interested in, and view everything neatly organized in a table.

Best of all, access to the Mentfx Screener application is included when you enroll in our private mentorship program **(all for $100/mo at mentfx.com with no commitments)**.

2. EXECUTION

2.1 IMPULSE, CORRECTION, IMPULSE

After determining the context, you're ready to scout for trade opportunities.

The pattern we seek is straightforward, termed as "ICI" - an acronym for impulse, correction, impulse. This pattern mirrors the money flow that governs the market, enabling you to engage in tandem.

When combined with market context, the ICI pattern offers excellent trading opportunities.

This pattern is double-sided - meaning that it works the same way in a bullish trend as well as in a bearish (just reversed).
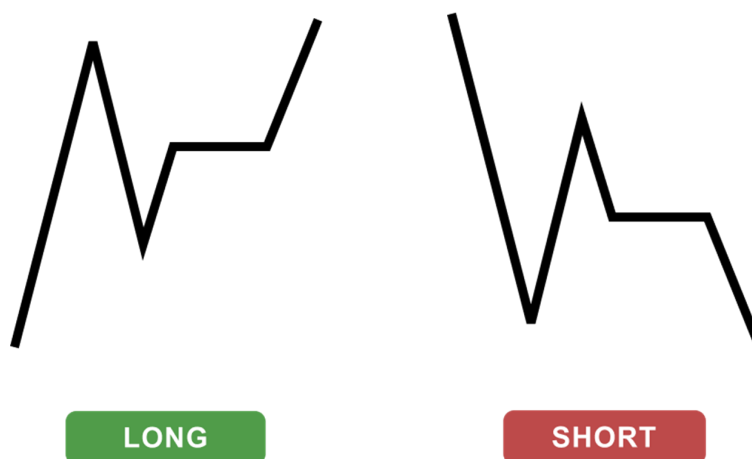
What we're searching for is a significant movement, followed by a retracement, and then the sequence: impulse, correction, impulse.

This sequence presents our trading opportunity.

We synchronize with the trend, letting the dominant funds controlling the price to initiate the move and reveal their intentions. Subsequently, we accompany this movement. While this entry strategy is straightforward, it's important to execute it only when the time is right.

If you keep looking for courses or people that teach you what you think you want to learn, "exact place to buy every time" or "signals to earn and learn" – you will lose money over time.

There's no such thing. Instead - I want to give you a flexible roadmap that you can follow.

2.2 ENTRY CRITERIA

It's imperative not to rush or force any decisions. While this advice might sound repetitive, its significance cannot be overstated.

You can't really be too late, but you can always be too early.

Exercise patience, allowing the ideal conditions to manifest before committing to a trade.

This is the general template you can use to enter the trades:

- Place the stop-loss under the correction low (black circle)
- Buy stop at the high, when ICI is being put in place
- Target 3 times more than your stop-loss for take-profit (1:3 RR)
- Move your stop-loss to break-even when trade has gone 1 RR into your direction

As simple as that.
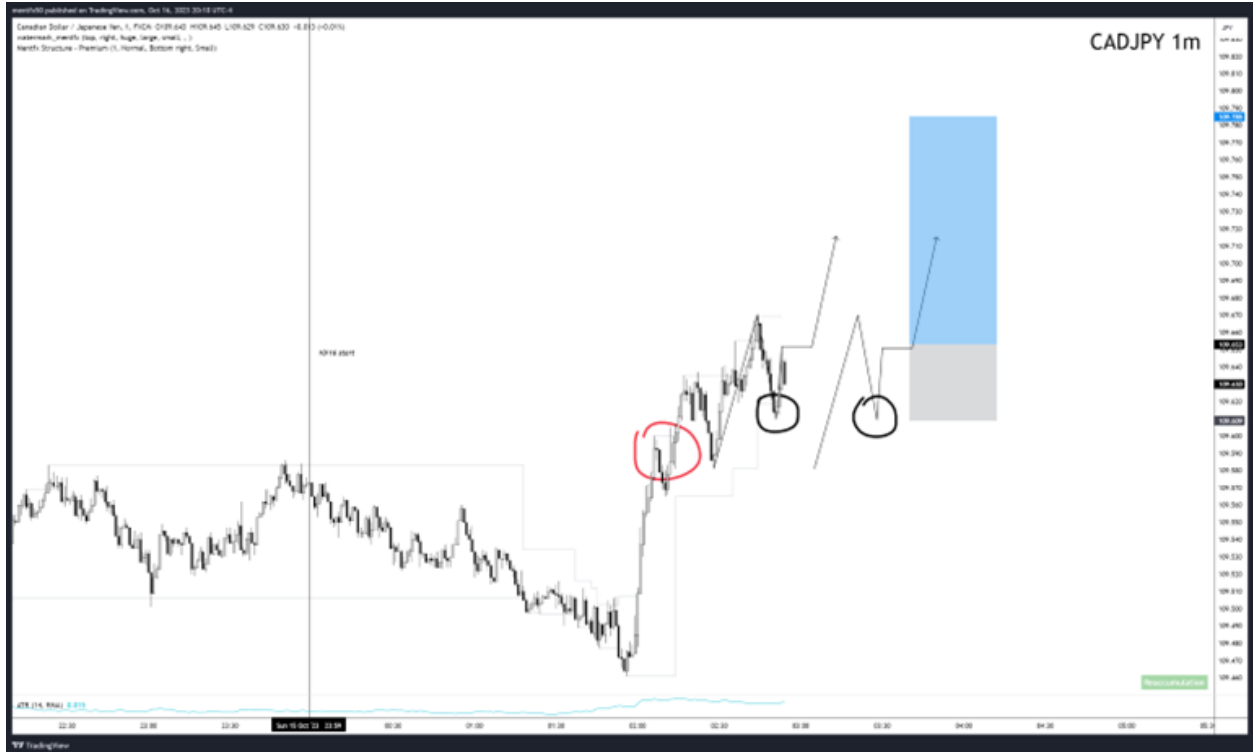
This trading plan has proven its worth time and again, as my students have successfully utilized it to pass challenges and secure funding.

While it may seem straightforward, there's considerable depth and intricacy beneath the surface.

The most important thing is to enter the trade when the conditions are right.

2.3 DEALING WITH THE LOSSES

After taking a loss, we often feel this urge to tweak something or learn a new approach.

But here's the thing: Losses are essential for your account's growth.

To reach higher highs with your account, you'll face higher lows.

You could face multiple losses or wins in succession; it's unpredictable.

The outcome of an individual trade is absolutely meaningless. It's about making the right trading decision when the conditions are right. If you stay committed to this method, over time, your account will grow.

Rather than focusing solely on the results—be it a win or a loss—concentrate on the process.

The trade's outcome doesn't define its quality. It's about executing correctly under the right circumstances. Think of it this way: every trade where you can look back and say, "Yes, that made sense," is a win, even if the outcome was a loss.

Once you do that - focus on executing the right trades, you will see your account balance grow.

This shows my account growth from August 2023 to October 2023.

Only 50% of my trades were successful. Often, my account was either stagnant or declining. Even in this visual, it's evident that there's a dip from the previous peak.

But that's okay!

Do you know the reason? By consistently focusing on placing trades when the conditions align, the trajectory will trend upward over time.

The individual outcome of each trade is meaningless - but the execution of every trade is important.

2.4 CLOSING THE TRADE

Every so often, you might feel the temptation to let a trade run a bit longer, thinking it might surge just a tad more and yield additional profit.

Consider this - after closing the trade, one of the following scenarios will unfold:

- The price will continue to go up for another 100000%
- It will instantly snap back down
- It will go sideways

Do you see my point?

Predicting the exact movement is uncertain. But that's not our primary concern. We aren't aiming to perfectly predict every single trade outcome.

We're here to execute clear rules, place the trades when the conditions are met, and grow our account over time.

When the conditions for closing the trade are met - you close it and move on.

CHAPTER 3: MOVING FURTHER

3.1 REPEAT OVER AND OVER

The workshop and this workbook provide you with a clear roadmap to follow.

Use the same plan that many have successfully employed to pass challenges and secure funding.

Familiarize yourself with the plan – practice and repeat. As you practice, you will inevitably improve.

Soon, you'll discern which markets to engage in and which to avoid. Your ability to understand the market context and recognize favorable conditions will sharpen.

With consistent effort, you'll develop a unique intuition.

The key isn't in uncovering some hidden secret; it's in repetition. By repeatedly applying the process, you'll gain experience and, consequently, confidence. This will naturally address the psychological hurdles many traders face.

The impulse to hastily enter or prematurely exit a trade will diminish. You'll recognize patterns and understand that the outcome of any single trade isn't the be-all and end-all.

3.2 THE ICEBERG

What we've explored in the workshop and this workbook is merely the beginning.

I aimed to provide a transparent glimpse into my teaching approach and my experience at Mentfx.

You have the freedom to take this trading plan and pursue it independently. That's entirely up to you. However, I extend an invitation for you to be a part of the Mentfx mentorship.

By joining, you gain immediate entry to comprehensive, step-by-step training sessions where I'll unveil every strategy and concept.

With countless success stories to my name (you can view them at https://mentfx.com/testimonials/), I'm confident in the potential of anyone who's come this far.

If you've attended the workshop and completed this workbook, it's evident that you're committed to trading. I firmly believe that dedication, paired with hard work, can yield outstanding results.

For just $100/month, you unlock access to:

- Live weekly workshops, offering a platform to ask questions, learn from my trading experiences, and receive in-depth weekly market analyses.
- A comprehensive, step-by-step course.
- A vibrant and supportive community.
- Access to premium trading indicators, software, and tools.
- Plus, many more benefits.

There are no binding contracts or concealed charges. Join, absorb the knowledge, and feel free to move on whenever you decide.

I'm eager to welcome you on board!
Mentfx

ICI ROADMAP FLOWCHART