\*\*Trading Insights and Strategies from Coach T’s Session\*\*

### Transition to Full-Time Trading

- \*\*Expectations vs. Reality\*\*: Moving from part-time to full-time trading brings unforeseen stress, especially when it becomes the primary source of income.

- \*\*Initial Challenges\*\*: Coach T experienced a 14-day losing streak during his first full-time trading month, losing most of his account. This was attributed to stress and the pressure to perform.

- \*\*Recovery Plan\*\*: After taking a few days off to recalibrate, Coach T traded with renewed focus and regained $950 in two days, which helped restore confidence.

### Managing Stress in Trading

- \*\*Stress Impacts Performance\*\*: Trading under stress clouds judgment and leads to poor decision-making, such as overtrading or holding onto trades for too long.

- \*\*Avoid Trading Under Pressure\*\*: Having additional income sources or a significant safety net can alleviate pressure, enabling better decision-making.

- \*\*Execute Without Emotions\*\*: Coach T learned to stop chasing losses and to recognize when to step back after consecutive losing trades.

### Key Lessons Learned

1. \*\*Discipline Is Crucial\*\*: Stick to your trading rules. Deviating from them leads to losses and can spiral into overtrading.

2. \*\*Recognize Bad Days Early\*\*: Limit trading on days with early losses. If two or three trades are unsuccessful, stop trading for the day.

3. \*\*Break the Tilt Cycle\*\*: Avoid revenge trading. This only deepens losses and undermines confidence.

4. \*\*Trade with Clarity\*\*: Stress and overthinking hinder market analysis. Seeing the market for what it is, not what you want it to be, is critical.

### Tactical Adjustments

- \*\*Avoid Trading on Wednesdays\*\*: For Coach T, Wednesdays historically resulted in losses and triggered a downward spiral for the week. He now skips trading on this day.

- \*\*Take Time Off When Needed\*\*: Stepping away from trading when overwhelmed or influenced by external factors (e.g., Discord community discussions) can improve focus.

- \*\*Limit Discord Influence\*\*: While trading communities provide value, relying too much on others' opinions can lead to poor decisions. Trust your analysis and judgment.

### Practical Advice for New Traders

- \*\*Start on a Demo Account\*\*: Practice without risking real money to develop your strategy and build confidence.

- \*\*Use Stop Losses\*\*: While Coach T doesn't personally use them, he recommends new traders use stop losses to manage risk effectively.

- \*\*Focus on Lessons, Not Losses\*\*: Treat losses as learning opportunities rather than setbacks.

### Developing a Trading Routine

- \*\*Eliminate Distractions\*\*: Focus solely on the charts during trading sessions. Avoid multitasking or external influences.

- \*\*Consistency Over Goals\*\*: Instead of setting specific monetary goals, aim for consistent performance and disciplined trading.

- \*\*Time Management\*\*: Identify and stick to the trading times that work best for you. For Coach T, avoiding Wednesdays has been beneficial.

### Mindset and Resilience

- \*\*Prepare for Humbling Moments\*\*: Trading breakthroughs are often followed by humbling losses. Stay grounded and prepare for fluctuations.

- \*\*Keep Pushing Forward\*\*: Even after significant setbacks, persistence and a willingness to learn lead to long-term success.

- \*\*Celebrate Small Wins\*\*: Incremental progress is key to building confidence and achieving consistency.

### Monthly Plan and Goals

- \*\*Focus on Green Days\*\*: Coach T’s primary goal for May is to stay consistent and move out of the red.

- \*\*Treat Trading Like a Job\*\*: Maintain discipline and routine as if trading were a conventional 9-to-5 job.

- \*\*Avoid Monetary Fixation\*\*: Focusing on hitting a specific profit target can create unnecessary pressure. Instead, prioritize good trading habits.

### Encouragement for Traders

- \*\*Never Give Up\*\*: Losses are part of the journey. Learn from them and keep striving.

- \*\*Trust Yourself\*\*: Rely on your trading plan and instincts rather than external noise.

- \*\*Stay Resilient\*\*: Trading success requires perseverance, discipline, and a strong mindset.