

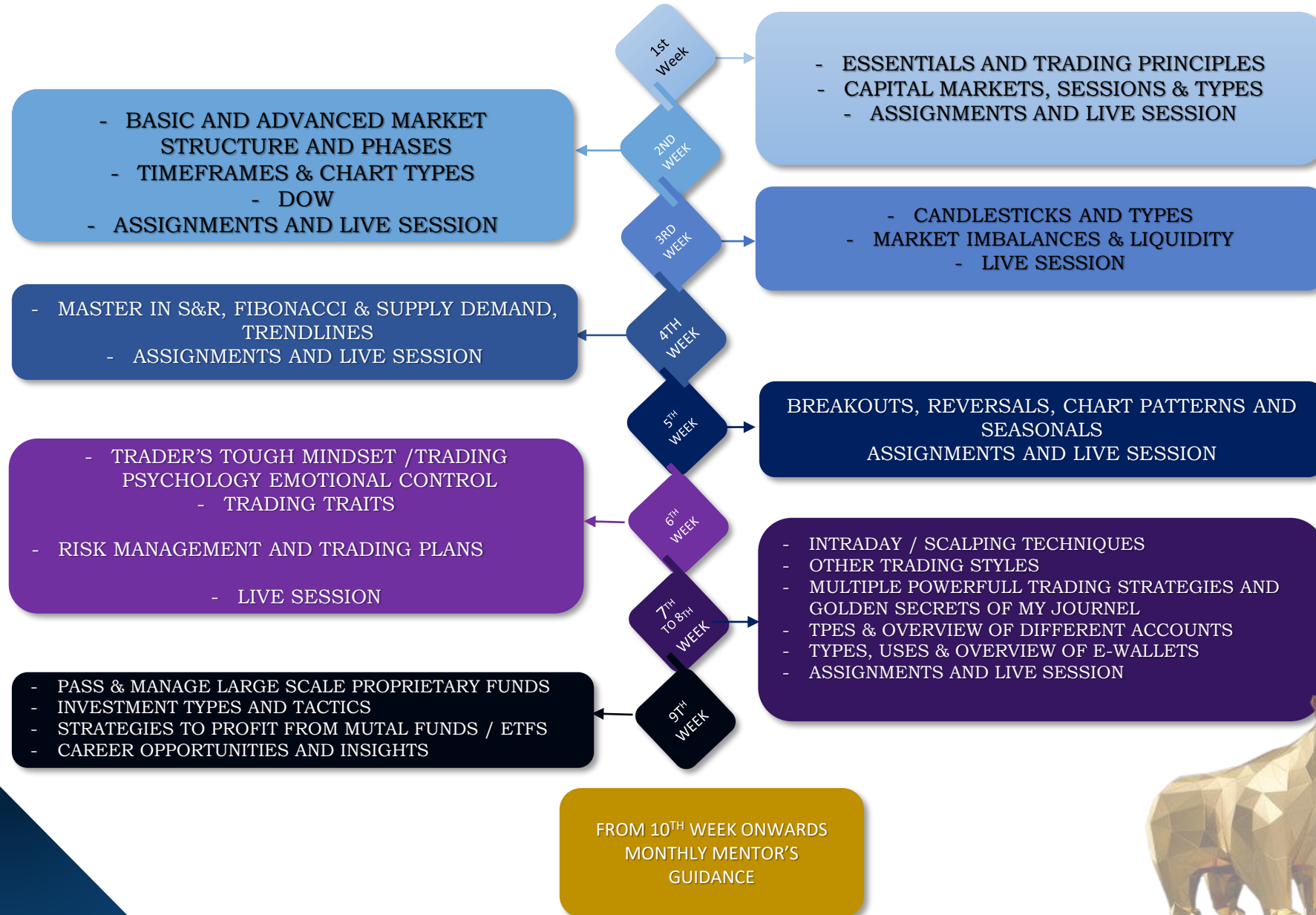


**THE**  
**BULLS**  
TRADING

TRADE LIKE A **PRO** MENTORSHIP PROGRAM



# TRADE LIKE A PRO - MENTORSHIP PROGRAM



## SIXTH SESSION NOTES





**YOU CAN NOT BE A PROFESSIONAL TRADER/INVESTOR UNTIL UNLESS YOU MASTER YOUR EMOTIONS AND MINDSET**

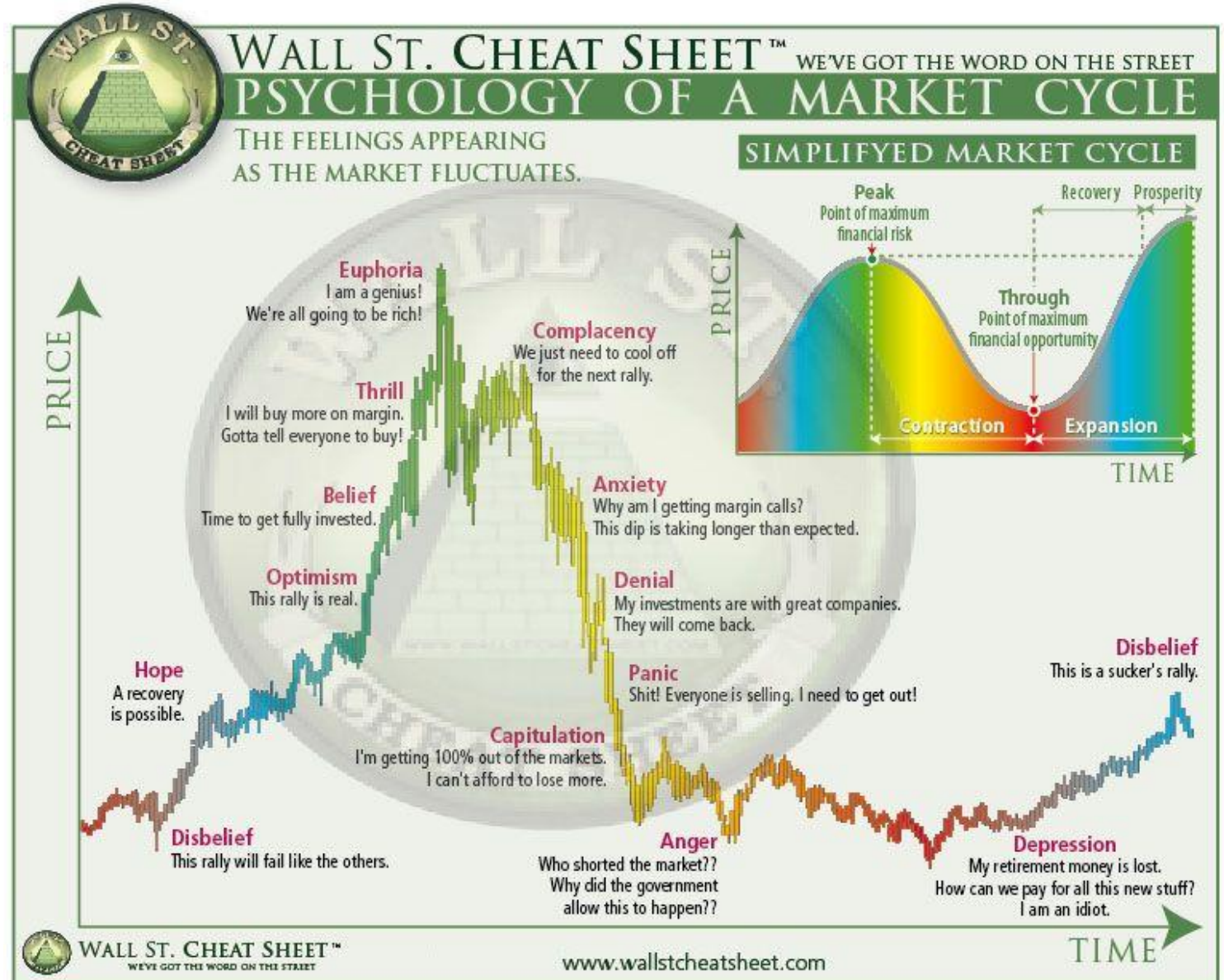
It all starts with the mindset !

In trading according to my rigorous experience technical analysis and strategies play a role of **25%** only irrespective of any trading method you use, **25%** is Risk Management and the rest **50%** is Trading Psychology and Emotion Control.

When you are on the trading floor, you are not only a trader but also a Risk Manager who have to manage and analyze the probabilities while managing the risk of capital amount.

You can't exactly predict future, no one can !  
Can you?

But you must analyze in probabilities and follow the process not the expectations.







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Let's Discuss Few More Concepts:

As a beginner **FIRST STAGE** is when we don't know what to do ?

how to trade, what to trade etc. you got a brokerage account and you are literally gambling based on your own assumptions you buy or sell or sometimes by following signal providers.

## SECOND STAGE

This is where we realize that we can earn from this market, but we are incompetent to it currently. We might have seen some videos etc.

We might make some winning streaks but deep in our heart we know its a luck. We don't have any strategy or rules. 60 % traders quit after first or both stages !

## THIRD STAGE

You realize that we need to invest in ourselves, we need to learn, we come to realize that there is a strategy required to trade or invest in the markets.

We need consistency !

We realize that we need a PLAN either play simple patterns or support resistance but there should be a plan intact and we need to follow it with discipline. We need strict discipline plan, strategy and rules.

Remember we need to be Cool like ICE – We need to NUMB ourselves. Detachment from trade, our funds, may be our screens also. We need to be cold and emotionless.

This stage is the most important groundbreaking stage. To some, this stage is quick to some it takes months or multiple years ! During this stage we start making progress and making some returns.

Over 35% traders quiet on this level !

Remember It was never only about what trading method or strategy you are using, its more about psychology ! Are you in that 35%?

The **FOURTH** and last Stage is the Mastery Level !

That's a stage where you have few proven strategies and still explore new strategies, you explore new tactics. In this stage you become NUMB and Emotionless with loosing streaks and money. You just don't care anymore. You are now a KNIGHT ! A HUNTER, a SEAL, a WARRIOR. YOU ARE determined.

You know in your heart that you not came this far to play games anymore, You are here to DOMINATE the markets and make money from this skill sets and have multiple income streams out of it! The stage is very hard to reach but not impossible.

You know the same market will give you returns which have taken your money in the first two stages. Only 5% Reach to this level and sustain it ! Beauty about this stage is that traders will keep learning and apply.



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## Remember

Learn to make Loss ! Stop loss is your Best Ally.

Do Not Ever Revenge or Over trade.

Sometimes what happens that you enter a trade, and you win that luckily, but that trade was your luck it was not an actual trade plan, and then what happens that when next time you enter with same mindset and same trade plan and you loose than your out of control but what you don't realizes is that the first time when u won that was wrong trade plan.

If you are new trader or investor or even midway DON'T WORRY.  
First thing is always finding a good plan.

There is a quote form Abraham Lincoln

"Give me six hours to chop down a tree and I will spend the first four sharpening the axe"

I am here to help for building a trade plan.

First thing is to start with building patience and emotion control in you.

Don't think and compare other traders. You are UNIQUE. You must trust the process even if it is loss let it be. Follow the process.

**Imagine a business as told on very first chapter.**

Let's assume If you open a French Fries Cart. Your investment is 300K your operating expense is 60k per month you should have at least 6 months backup amount of OPEX which would be  $60 \times 6 = 360K$  Your revenue is 78K, in first 3 months net gain is about 18K (minus expenses and misc.), so you are making about 6. % gain monthly average with a scenario of per box price of French fries set at 100 sold to 30 individuals every day for 26 days in a month.

Now let's presume in between this PROCESS if out of 30 only 10 individuals bought fries from your cart in any single day or a week and suddenly you see your revenues and back up fund/amount depleting so does that make you panic and close the cart? Or you start a new day with a new positive mindset.

Similarly, if you treat trading as a business and your trades are going in stop losses every 3 days consecutive don't stress out but hold on your emotions and be positive.

**Mind is a magnet; it attracts what you believe.**





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## Remember

Number of trades doesn't define that you are good, its not at all like, you are going to make money with a greater number of trades. Its about Quality rather than Quantity !

You just can't win every single trade; it is not possible in this planet as the markets are volatile and anything can happen. We don't control markets. We can't control markets. What we can control is our risk profile. If there is 10 trades in a month with 1:2 risk reward in which 6 are losses and only 4 are winning even then your account will never wash.

QTY			Total Account Size	\$100
TRADE 1			10 loss	90
TRADE 2			10 loss	80
TRADE 3			10 loss	70
TRADE 4			10 loss	60
TRADE 5			20 profit	80
TRADE 6			10 loss	70
TRADE 7			20 profit	90
TRADE 8			10 loss	80
TRADE 9			20 profit	100
TRADE 10			20 profit	120
			Net Gain	20%

Always aim for bigger Risk Reward such as 1:2 or 1:3, 1:4 .....

Example:

You are risking \$10 to make \$20 gain

If you're lose the trade, you will be losing \$10 only if you win your trade than its \$20 gain. Risk Reward is simply meaning the difference between what you risk, to what you aim to make from trade.

Let's presume you risk \$10 (Probably your stop loss) and your aim is to make \$10 on the trade, your risk reward would be called 1:1 in this you are risking the same amount as you are looking to make.

Similarly, if your aim is to make \$20, then your risk would be said to be 1:2 as you are looking to make 2X your risk which was \$10.

Lot Size	Units	Volume	\$/pip
Standard lot	100.000	1.00	\$10.00/pip
Mini lot	10.000	0.10	\$1.00/pip
Micro lot	1.000	0.01	\$0.10/pip
Nano lot	100	0.001	\$0.01/pip

In equity market or spot trading(Crypto) the scenario is below:

You bought 100 Shares of XYZ company stock at the price of 50

You invested = 5000 and loss of risk is = 400 in case you are looking for swing trade and your aim is to make equity gains or profit when the price of stock reaches to the level of 60. Incase the level of your stop loss reached, and price of the share is at 46 you lost only 400 rupees but if its long-term then you don't need to worry as you will be following formula investing strategy!



**FOLLOW THE GOLDEN TRICKS WHICH I HAVE RECORDED IN MY JOURNAL BASED ON hardcore EXPERIENCES !**

- 10-20 Minutes Exercise in a day(Should Sweat)
- Do not enter trade without proper analysis and trade plan
- Follow one strategy, master it than move to other. Don't abuse the strategy. If according to plan its your stop loss than book loss. Its not strategy which is wrong its your mindset because you perceive it in that way !
- Read news but don't make conclusions or judgements
- Do Not Trade during news until you are expert
- Don't just enter trade without any reason. Always find reasons in your analysis.
- Follow the Rules with Discipline e.g. (I will trade only on my levels not before nor after. I will follow my trade plan which includes my POI, my S&R etc., My stop loss, My Take profit, I will only trade when I will find rejection candles or certain bearish or bullish signals, etc.)
- Remove the color codes of candles
- Never EVER Over trade or Revenge the trade
- One loss close screen And One profit close screen
- If you are having issues with numbers, see it in a % wise, this will make further progress.
- Don't depend on this income until you have mastered the levels (also make sure you use that fund which is extra from your expenses)
- Risk Management is another strongest key, Never ever greed !
- Think in probabilities when u feel fear, past experiences are past, you are now in present. Beside you already got these golden tricks based on real time experiences.
- Holding loss positions in which you have not applied your stop loss is a CANCER position. Market will give money back to you with same strategy. That is the reality cycle, Follow process rather than estimations or expectations!
- NUMB Your self as if you are stoned or cold hearted !DONT PANIC
- Follow Breathing techniques (Inhale – hold 15 seconds – Loose slowly – Repeat 7 times during trade if its loss or profit)

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- Before entering a trade be fearless on your levels and positive but at the same time think probabilities that if there is stop loss than I will book it. That specific loss you should already book In your mind than it won't be trouble when it really hit.
- Hitting stop loss means you are a Becoming a Perfect Trader; your analysis is working great. It doesn't mean there is something wrong with you or your analysis. Again, think of a French Fries Cart or any other business example.
- You don't have to trade every day or every pair or stock. Select 2-3 – master it – than add more.
- Imagine a worst memory happened in your lifetime, now imagine what happened later and now think what have you done to control it. It passed ? You are alive?
- Something is out of your control than it means you don't have to attach emotions to it ! Detach your self!
- Don't keep changing strategies or else you will be exhausted.
- Close screen if you are too much obsessed with trades. During trade be like water ! DON'T LET A TRADE DRIVE YOU. TRUST YOUR PROCESS TRUST YOUR ANALYSIS AND PLAN.
- Never take loan or money from someone and trade nor give your account to anyone to trade
- Never catch falling knife. Never enter while seeing big price momentum this is a trap for you. Both bullish and bearish. Example of an apple which EVE ate.
- If you are not coming out of trade when your level is compromised (SL) that means Satan has now your control ! Remember this.
- Always try 1:1 leverage account in PMEX or other markets. Even if you are expert try not go more on leverage as it's a double-edged sword that could magnify both gains and losses and that is also one of the main reason through which traders gets excited and use over leverage, ultimately such traders wash their accounts in no time.
- Initially follow the safe risk profile template always ...

Destroy Greed

Follow Rules

Destroy  
Anxiety

Reduce Risk

Destroy Fear

Think In  
Probabilities

Destroy Anger

Focus on the next  
opportunity

## YOU SHOULD BE THE MASTER OF TRADE NOT SLAVE !

Assignments  
Registration of Accounts

COMING NEXT...

Strategies & Techniques  
Extra concepts  
Vital Information . . .

You'll never become who you want to be



If you're too attached to who you've been