

Trading Software in Properitary Trading Firm

你想过怎么样的人生？你想写下什么样的历史？

沈序，字广予，精于陈氏太极拳与运动疗法。保险做市商，擅长软件与利率相关产品交易。

生平

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隐规则

Think of trading as a game and that a mistake is not following the rules(dao) of the game. You should review your rules at the beginning of the day and review your trading at the end of the day. If you followed your rules, even if you lost money, pat yourself on the back. If you didn't follow your rules, then mentally rehearse what you did and give yourself more appropriate choices in the future.

Should only put ten rules into it, every time you add after 10, then you should delete 1.

1. 健康快乐 = 长寿(减少病痛) + 良好的人际关系 + 财富
2. 长寿 = 锻炼 + 睡眠 + 节食
3. 锻炼 = 高强度间隔性 + 休息 + 筋骨力积极恢复
4. 财富 = 现金流 + 资产 * 资产回报(ROI)
5. 现金流 = 问责 + 专有知识 + 杠杆
6. 问责 = 躬身入局风险 + 个人品牌
7. 专有知识 = 无法量化复制的技能
8. 杠杆 = 人 + 资本 + 知识产权 + 媒体 + 算力
9. 良好的人际关系 = 率先友善谋求共赢 + 可被激怒 + 不嫉妒 + 简单 + 能原谅

寿

1. Diet(No sugar, less grains, lots of vegetables, lots of fruits, a little bit meat and nuts)

2. Sleep(No night screen exposure)
3. Exercise(No slow cardio, go compound, heavy and fast without injuring yourself)

福

1. No jealous(Congratulate, appreciate and curious about other peoples' success)

禄