**Trading Principles**

**If you are not willing to learn, no one can help you.**

**If you are determined to learn, no one can stop you.**

**Don’t front run, Don’t Guess, Don’t Gamble, be surgical, be reactive.**

1. Select stocks;

Only from S&P 500 and Nasdaq and with high volume, volatility and economic moat (competitive adv.. NVDA, NFLX)

and owned by institutions and mega investors.

1. Buy ONLY when the ALL of the following matches.
   * Step 1 Satisfied.
   * Due current market analysis on the stock and its competitors.
   * Confirm the stock is the sector that is growing. Don’t select stock in non-growing sector.
   * Learn about the stock/Product fully before buying one last time.
   * Buy only the stocks from your own stock universe, don’t buy some new stock because metfool etc say so.
   * RSI < 30.
   * Price less than moving average.
   * Price is on Support.
   * Price almost touching the lower band of Bollinger Band.
   * Price is trying to move over the VWAP indicator.
   * MCAD is gaining momentum.
   * No Recent Bad news about the stock/ETF.
   * Analysis on Major websites are positive.
   * Has at least minimum 20 to 20% ATR.
   * Buy when the downturn is handed and one or 2 green candle is generated.
   * Buy only when you have decided on a price for stop loss.
   * Patiently wait until the price you are comfortable (sometimes you have to patiently wait for months)
   * Don’t buy stocks on hunch alone, your hunch along with indicators need to match before decision.
2. Sell if any or a combination of items gets satisfied.
   * RSI > 70 and at resistance.
   * When you are 30% profit on the stock.
   * When there is a negative news about the stock you own.
   * When you know selling current stock and investing in another is going to profitable.
   * Sell and cashout when you know unemployment news etc are coming in a day or two.
3. Bollinger Band / SMA / EMA / MACD / RSI / Keltner Channel / Support / Resistance / Trend Lines / ATR/ VWAP/ RSI
4. Avoid trading during the first 15 to 20 minutes of the market open.
5. **Sell** Stocks between 8.30am to 9.30am | **Buy** stocks around 1pm or between 2.45 to 3pm.
6. Use limit orders, not market orders
7. Know your entry price, exit price, and stop-loss even before you enter the trade
8. Beginners should not use margin.
9. Have a selling plan
10. Keep a journal of all your trades
11. any pros swear by their journal, where they keep records of all their winning and losing trades. Write down what you did right or wrong. Doing so will help you improve as a trader, which is your primary goal. Not surprisingly, you’ll probably learn more from your losers than your winners.
12. Cut your losses.
13. Trade strong stocks long in an uptrend; short weak stocks in a downtrend.
14. Wait for the pullback/retest
15. Stay in the market 30 to 40 percent of the time. The rest of the time be cunningly patient, doing your homework and analysis, holding cash positions, waiting for the next big opportunity and the right setups to present themselves.
16. Don’t trade when the trend is unclear. Remember no trade or no position is great position.
17. Daily Routine:

Do analysis on your stock the previous night / Check overnight trades / check gap up and gap downs.

Check news events and draw on the chart / Look for entries on higher timeframe to decide the direction followed by lower timeframe / Take into consideration on major Index. If Major index is red, individual stocks will turn red.

Record trades throughout the day. / Review trades end of day or week.

1. <https://tradingeconomics.com/calendar> note important dates like CPI, PPI, unemployment, Jolts etc.
2. User Stop Loss or Hedge your stocks for downside. Learn to protect **profit** by using trailing stop loss.
3. Options are tough to understand, ask your friend to teach you basics before investing time yourself
4. Don’t Buy options, Even If you are 100% sure :) (**I never bought options**, only sold options).
5. Allocate max 20% of your portfolio for sell options.
6. Sell Options and generate income using Covered calls and absolutely know how to roll an Option.
7. Please keep options simple to covered call alone, no need for fancy spreads/straddle/strangle/condor/butterfly
8. Buy Options when VIX < 20 | Sell Options when VIX > 30
9. Allocate the highest % of funds to your best growth stock.
10. Know your stocks earnings date and don’t run through the earning. IV gets crushed on or after Earnings Report Date.
11. Buy Stocks 3 weeks before the Earnings date and sell the same 2 or 3 days before the Earnings date.
12. 50 cents profit on 500 stocks is 250$, 2 trades will get 500$ a day. So having 1% to 2% daily goal is doable
13. Stocks communicate in whole numbers. \*\* Institutions play in Whole numbers, so I play in fractions \*\*
14. Set Alerts on stocks.
15. Invest 50% of your capital and keep the other 50% in cash for bad day / Red day.
16. Patience and discipline are the key in buying and selling. (If you are in doubt don’t trade, your 1st thought is 90% right).
17. Keep daily track of stocks. |The night before and do analysis and be ready for the next day.
18. Treat every $ as your Parents/Wife/Kids money. You will automatically become very responsible.
19. Don’t average on losing stock.
20. Follow great investors like Warren Buffet, Charlie Munger, Nancy Pelosi etc.
21. Try to stay very little time in the market. (to minimize drawdown, swipe and be out safe as quickly as possible).
22. Use discord to record your trades. Keep a trading journal – study your winning and losing trades.
23. In trading 30 percent is strategy and 70 percent psychology.
24. Keep an eye on US30, US100, SP500, IV and VIX and high impact news like layoffs, mergers, new CIO etc.
25. Keep an eye on Elections, news, wars, Economy. (This is one of the main reasons to lose money).
26. Watch news like CNBC etc. to keep up to date in the market. Visit Barchart.com for news.
27. Big move is always followed by retracement or pullback.
28. Have the stomach to do nothing on deep red days, don’t panic sell, ultimately things will be back to normal.
29. Don’t overtrade on winning or loosing days. If you are using 500 shares on winning day, use same qty on loosing day.
30. Fidelity, Schwab etc. all have facility to research on stocks, Make use of this free service.
31. Remove fear & emotions in trade. Aug 5th 24 Dip: Retailer sold $1 Billion; institutions bought +$14 billion
32. TEAM: Together Each Achieves More (Validate and do you own analysis after getting TEAM ideas).
33. Slow and steady win a race. Always analyze and improve your trades.
34. Practice, Practice, Practice and keep learning. Read Books on Stocks / Options
35. Buy Options at the money if possible and only if you an expert buy options.
36. Spread out trades between multiple non-correlated stock groups.
37. If you using options Learn Covered call, Bear Call Spread, Bull Put Spread, Short Strangles, Naked Calls and Puts.
38. Sit out on bear market.
39. It is not over when you lose, it is over when you quit.

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**COVERED CALL (Profit is capped, Loss Unlimited)** Covered Calls Explained: [https://youtu.be/D5Rjx\_7XG2U](https://www.youtube.com/watch?v=D5Rjx_7XG2U)

**Step1: You buy 100 stocks of XYZ at 150$**

**Step2: You do a SELL CALL on the stocks you bought.**

**For example.**

**I sell call on XYZ | Current Price= 180$ | Strike price 220 | Exp Oct 10 | Premium = 10$ | 1 Contract |**

**If the price goes above the strike price, I will make capped profit that is**

**(Strike Price – cost price of the stock) x (Number of contract X 100) – (number of contact x Premium)**

**(220 – 150) x (1 x 100) – (10 x 100) = 6000 profit.**

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**SELLING OPTIONS LIKE ICE CREAM**?

An ice cream shops that buy a 5-gallon tub for, say, $50. Each tub has 100 scoops, and each of those scoops sells for $3

So, they pay $50 and collect $300!

Our long-dated put is the tub of ice cream that lasts for 120 days; (long dated **Buy Put** serves as insurance because as buyer you have the right to PUT the stock to seller at the strike price even if the stock is strike price – 50 lesser)

Each scoop is the weekly put we sell.

Let’s use Charles Schwab (SCHW) as an example:

SCHW is trading at $74.00

We **buy** a $70 put expiring in 120 days and past the next earnings date for $4.20

We **sell** next weeks at the money 74 put and collect $1.28

We have a tub of ice cream with 16 weekly scoops and the potential to collect $1.28!

If you had 1 contract (100 shares), you would pay $420 for the insurance and collect $2048.

If you had 5 contracts (500 shares), you would pay $2,100 for the insurance and collect $10,240.

If you had 10 contracts (1,000 shares), you would pay $4,200 for the insurance and collect $20,480; this is $1,280 a week.

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From my 8 months experience (this page) I only use covered call and sell options, no fancy options styles.

I currently don’t hedge but I have money outside kept ready to hedge if need arise.

Please note if you are worried the stock price is going to go down then you have the following issues.

1. You are not confident in your stock analysis / Stock selection.
2. Your positioning size is wrong.
3. You are straight away gambling without doing all your analysis. (Going to production without testing :P)

Strategy

1. Selling Covered Call Weekly (Wheel Strategy)
2. YieldMax
3. Daily 50Cents to 1$ or 1percent
4. Earning date play. (Buy 3 weeks before and sell 2 or 3 days before Earnings Date.

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**AI Generated Principles**

1. **Risk-Reward Ratio**: Before entering any trade, always calculate the **risk-reward ratio**. A good rule of thumb is to ensure that your potential reward is at least 2–3 times greater than the risk. For example, if you're risking $100, you should aim to make at least $200 to $300 in return.
2. **Position Sizing**: Focus on **position sizing** based on your overall capital and risk tolerance. Even if you have a high conviction on a trade, never risk more than 1–2% of your capital on any single trade. This protects you from catastrophic losses if the market goes against you.
3. **Diversification**: While you've focused on high-moat stocks, consider **diversifying across sectors**. This can help mitigate risks from any specific industry downturns. For example, in addition to tech stocks like NVDA, diversify into healthcare, consumer goods, or financials to balance your portfolio.
4. **Trade Small and Trade Often (TSTO)**: This method, popularized by experienced traders, advocates for making small trades more frequently instead of going all-in on a few trades. It helps you learn, manage risk, and stay nimble in the market. For example, trade 10 smaller positions instead of one large position to spread your risk and give you more flexibility.
5. **The "90/90/90 Rule"**: This is a popular phrase in trading which states that **90% of traders lose 90% of their money in the first 90 days**. Keeping this in mind helps to focus on **longevity** and survival in the market. Avoid trying to "get rich quick," and focus on small, consistent profits.
6. **Market Conditions Matter**: Different strategies work in different market conditions (bull, bear, or sideways). It’s essential to know whether the overall market is trending up, down, or moving sideways. Adjust your strategy accordingly:
7. **In bull markets**: Momentum strategies work well. Ride the upward wave.
8. **In bear markets**: Defensive strategies like hedging, buying protective puts, or even cashing out work better.
9. **In sideways markets**: Neutral strategies like **iron condors** or **straddles/strangles** can help take advantage of low volatility.
10. **Understand Liquidity**: Focus on stocks or options with good **liquidity** (high volume and open interest). Illiquid stocks or options have wider bid-ask spreads, which can increase costs when entering or exiting trades. You might lose money just from the spread if the asset is not liquid enough.
11. **Volatility Indicators**: You mentioned keeping an eye on the VIX. To refine this further, learn how to **use volatility indicators like ATR (Average True Range)**. This can help you gauge expected price movement and determine optimal stop-loss levels.
12. **Patience & Focus on the Big Picture**: While short-term trades are exciting, it’s critical to maintain a **long-term vision** as well. Sometimes, holding quality stocks for years will yield better results than chasing daily or weekly moves. Balance short-term trading with long-term investing.
13. **Continuous Learning and Adaptation**: The markets are ever-evolving, and what worked a few months ago may not work today. Always stay adaptable, continue reading books, attend webinars, and network with other traders to sharpen your skills. Some additional trading resources include:
14. **Books**: *“Reminiscences of a Stock Operator”* by Edwin Lefèvre, *“Market Wizards”* by Jack D. Schwager.
15. **Webinars/Online Courses**: Follow top educators like Investopedia, TastyTrade, and other platforms that regularly update trading strategies.
16. **Set Realistic Expectations**: It's easy to get caught up in big wins, but **focus on steady, realistic gains**. The compounding effect over time can create significant wealth even with a modest 1-2% gain per week.
17. **Know When to Walk Away**: Sometimes, the best trade is no trade at all. If the markets are choppy or unpredictable, it's okay to sit out and wait for a better opportunity. Trading when you're emotional or frustrated often leads to poor decisions.
18. **Understand Taxes**: Be aware of the tax implications of your trades. In some countries, short-term capital gains (investments held for less than a year) are taxed at a higher rate than long-term capital gains. Keep this in mind, especially if you're frequently trading in and out of positions.
19. **Paper Trading**: If you're trying a new strategy or working with options, consider starting with **paper trading** (using simulated trades without real money) until you are confident. This can help you practice and develop a strategy without the risk of losing money upfront.
20. **Mentorship**: Trading can sometimes feel isolating, but learning from a **mentor or community** can accelerate your learning curve. Joining a trading group or finding a seasoned investor to guide you can help you avoid common pitfalls.
21. **Mindfulness**: Trading can be stressful, and maintaining your mental health is crucial. Incorporate practices like meditation, exercise, or other activities to keep yourself focused and balanced.
22. Backtesting**: Always backtest your strategies on historical data to understand their effectiveness in different market conditions before risking real money.**
23. Avoid Overleveraging**: Leverage can amplify both gains and losses. Use it cautiously to avoid large drawdowns.**
24. Embrace Losses**: Accept that losses are part of trading. Learn from each one, but don’t let them dictate your emotional state or subsequent trades.**
25. Stay Informed**: Beyond financial news, stay updated on technological advancements, geopolitical events, and macroeconomic trends that can impact markets.**
26. Environmental, Social, Governance (ESG) Investing**: Consider the impact of ESG factors on your investment decisions. Companies with strong ESG practices may have long-term growth potential.**
27. Sector Rotation**: Keep an eye on which sectors are performing well and consider rotating your investments into sectors that are trending upwards.**
28. Risk Management Tools**: Use advanced tools like options for risk management (e.g., buying puts as insurance).**
29. Market Sentiment Analysis**: Pay attention to market sentiment and investor behavior. Use tools and indicators like the Fear & Greed Index.**
30. Algorithmic Trading**: If you're tech-savvy, explore algorithmic trading to automate your strategies and remove emotion from the equation.**
31. Financial Health Check**: Regularly review your financial situation, goals, and risk tolerance to ensure your trading strategy aligns with your overall financial health.**
32. **Risk Management**
33. **Position Sizing**: Never risk more than 1-2% of your total trading capital on a single trade. This protects you from significant losses if a trade goes against you.
34. **Risk-Reward Ratio**: Before entering any trade, ensure that your potential reward is at least 2-3 times greater than the risk. For example, if you're risking $100, aim to make at least $200-$300 in return.
35. **Market Analysis**
36. **Multiple Time Frame Analysis**: When analyzing a stock, look at multiple time frames to get a complete picture. Start with a longer time frame to identify the overall trend, then move to shorter time frames for entry and exit points.
37. **Correlation Awareness**: Be aware of correlations between different assets. Diversification doesn't work if all your assets move in the same direction.
38. **Trading Psychology**
39. **Emotional Discipline**: Develop a system to manage your emotions. Consider keeping a trading journal to track not just your trades, but also your emotional state during trading.
40. **The 90/90/90 Rule**: Remember that 90% of traders lose 90% of their money in the first 90 days. Focus on longevity and consistency rather than trying to get rich quick.
41. **Advanced Techniques**
42. **Options Strategies**: Learn advanced options strategies like iron condors, butterfly spreads, or calendar spreads to take advantage of different market conditions.
43. **Algorithmic Trading**: If you're tech-savvy, consider learning about algorithmic trading to remove emotion from your trading decisions and to backtest your strategies.
44. **Continuous Improvement**
45. **Post-Trade Analysis**: After each trading session, review your trades. What worked? What didn't? How can you improve?
46. **Stay Informed**: Beyond financial news, stay updated on technological advancements, geopolitical events, and macroeconomic trends that can impact markets.
47. Remember, the key to successful trading is continuous learning, disciplined risk management, and consistent application of your trading strategy.

**Key Quote to Remember:**

**“The stock market is a device for transferring money from the impatient to the patient.”** – Warren Buffett

The overarching theme is to **keep it simple, stay disciplined, and maintain a learning mindset**. Every trade is a learning opportunity, whether it’s profitable or not. Focus on the long-term, follow your trading rules, and avoid chasing after "quick gains."

By incorporating these additional principles, you'll not only improve your trading strategy but also build a sustainable, long-term approach that helps you grow as an investor.

Option Definition – Contract between 2 Parties (a Buyer & a Seller)

Options have two types: Calls & Puts

You Buy Calls if you think the stock price is going up (Buy towards the direction)

You Buy Puts if you think the stock price is going down (Buy towards the direction)

You Sell Calls if you think the stock price is going down (Sell towards the opposite direction of the market trend)

You Sell Puts if you think the stock price is going up (Sell towards the opposite direction of the market trend)

Venkat Notes: The BUYER always has the RIGHT/OPTION to BUY the stock, or PUT the stock to another person.

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**SELL CALL (on oct 1). Geico is selling insurance thinking Geico can collect insurance payment**

**I sell call on XYZ | Current Price= 200$ | Strike price 220 | Exp Oct 10 | Premium = 10$ | 1 Contract |**

As a seller, I am doing a sell call, thinking the price will NOT go higher than strike price,

so, I can pocket the premium 10 x 100 = 1000$

**BUY CALL (Max Risk = Premium Paid, Profit is unlimited)**

**I bought a call on Oct 1 | Current Price XYZ = 200$ | Strike price 220 | Exp Oct 10 | Premium = 10$ | 1 Contract. |**

As a Buyer, I do BUY call as a buyer, thinking the price is going to go past the strike price, so I can get good profit

**When the current price is greater than strike price before expiry date**

On Oct 5 the stock price is 250$

(Current Price – Strike price - premium) x (No of Contract \* 100) => (250 -220 - 10) x (1 x 100) = 20 x 100 = 2000 profit

**When the current price is Lesser than strike price before expiry date**

On Oct 5 the stock price is 120$

I will lose the premium as the current price has **NOT** moved higher than strike price.

**When the current price is equal to strike price before expiry date**

I will lose the premium

**When the current price is less than to strike price and the expiry date is passed (Usually Friday 3pm cst) the contract**

**Expires and the buyer loses his premium to the seller.**

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Put is difficult to understand for beginners so let’s use some examples.

**SELL PUT**

As a seller, I am doing a SELL PUT, thinking the price will NOT go lower than the strike price, so I can pocket the premium

**BUY PUT (Max Risk = Premium Paid, Profit is unlimited) buying an insurance on a falling price to safe guard your stocks.**

As a BUYER,I am doing a BUY PUT, thinking the price will go lower than the strike price, so I can get good profit.

**I, BUY PUT on Oct 1 | Current Price XYZ = 200$ | Strike price 100 | Exp Oct 10 | Premium = 10$ | 1 Contract. |**

**On Oct 7 the stock XYZ price fell to 50$**

**(Strike Price – current Price) \* (Num of contract \* 100) - (Num of contract - Premium)**

**(100 – 50) x (1 x 100) – 10 = 4990 profit.**

**As a buyer I can PUT (meaning SEND) the stock to the seller.**

**On Oct 7 the stock XYZ price fell to 20$**

**(Strike Price – current Price) \* (Num of contract \* 100) - (Num of contract - Premium)**

**(100 – 20) x (1 x 100) – 10 = 7990 profit.**

**As a buyer I can PUT (meaning SEND) the stock to the seller.**

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**Short Stocks in Robin Hood in A Bearish Market** <https://www.youtube.com/watch?v=EMeV291GPFI>

**Wheel Strategy**

* You sell put options to collect premium
* You might get assigned on expiration date.
* If you assigned. You sell call options and collect premium

Exercise Cut-off time for expiring options – Finra says 4.30pm cst on the day of expiration.

Market closes at at 3pm est and you have 90 minutes to decide on assignment.

Tastyworks until 3.30pm cst

Robinhood until 4pm cst

Own the Shares before selling covered call. So wait till Monday to sell covered call instead of selling it on Friday.

The Tallest mountains are conquered with the smallest steps.

A journey of a thousand miles begins with a single step

Follow YouTube channel

<https://www.youtube.com/@parkevtatevosiancfa9544> (Stock Selection)

<https://www.youtube.com/@FiredUpWealth> (Stock Selection)

<https://www.youtube.com/@tastyliveshow> (Deep advanced Analysis).

<https://www.youtube.com/@juniortrader> (Chart Analysis)

<https://www.youtube.com/@ChrisSain1> (Chart Analysis)

**Tickers to watch**

<https://www.yieldmaxetfs.com/our-etfs/> .Tier1: CONY | MSTY | NVDY

Tier2: ULTY | TSLY | CRSH | AMZY | NFLY | YMAG | YMAX

<https://www.roundhillinvestments.com/etf/> XDTE, QDTE, YBTC, RDTE

<https://www.proshares.com/our-etfs/find-strategic-etfs?strategy=all-etf> BITO

<https://graniteshares.com/institutional/us/en-us/fund-map/> NVDL, CONL

**Best High Volatile stocks for selling options:** NVDA, TSLA, LULU, SOXL, MARA, TSLL, NVDX, XOM, BITO, OXY, DELL

**Best Tools: Buy Premium membership** Barchart.com Tradingview.com

Stocks.

**Public Library Users – use the below URL’s**

McKinney => <https://galeapps.gale.com/apps/udemy/auth?userGroupName=txshrpub100250>

Frisco => <https://galeapps.gale.com/apps/udemy/auth?userGroupName=txshrpub100509>

<https://gale.udemy.com/course/foundation-course/>

<https://gale.udemy.com/course/advanced-course-plus-strategies/>

<https://gale.udemy.com/course/day-trading-swing-trading-strategies-stocks>

<https://gale.udemy.com/course/live-stock-trading-course-beginner-to-pro/>

<https://gale.udemy.com/course/complete-course-introduction-to-option-trading/> : First 6 chapters Alone

**Options Trading for Beginners: Complete Guide with Examples**

<https://www.youtube.com/watch?v=NW1ziUDjB7w>

Call Options Explained: [https://youtu.be/kC28MuQPyu8](https://www.youtube.com/watch?v=kC28MuQPyu8)

Put Options Explained: [https://youtu.be/tlcCPX4t9y0](https://www.youtube.com/watch?v=tlcCPX4t9y0)

Covered Calls Explained: [https://youtu.be/D5Rjx\_7XG2U](https://www.youtube.com/watch?v=D5Rjx_7XG2U)

Cash-Secured Puts Explained: [https://youtu.be/YfC7DYri4co](https://www.youtube.com/watch?v=YfC7DYri4co)

**Venkat Recommended Courses – on Options. (Paid Training, buy these courses on thanks giving/ new year etc.)**

[**https://www.udemy.com/course/learn-stock-trading-from-scratch**](https://www.udemy.com/course/learn-stock-trading-from-scratch)

[**https://www.udemy.com/course/the-ultimate-stock-options-training-cours**](https://www.udemy.com/course/the-ultimate-stock-options-training-cours)

[**https://www.udemy.com/course/how-to-trade-options-on-earnings-for-quick-profit**](https://www.udemy.com/course/how-to-trade-options-on-earnings-for-quick-profit)

[**https://www.udemy.com/course/the-complete-technical-analysis-candlestick-secret-trading**](https://www.udemy.com/course/the-complete-technical-analysis-candlestick-secret-trading)

[**https://www.udemy.com/course/10-powerful-tradingview-indicators**](https://www.udemy.com/course/10-powerful-tradingview-indicators)

**Venkat Recommended Courses – on Day Trading.**

[**https://www.udemy.com/course/daytrading/learn/lecture**](https://www.udemy.com/course/daytrading/learn/lecture)

[**https://www.udemy.com/course/the-complete-day-trading-course/learn**](https://www.udemy.com/course/the-complete-day-trading-course/learn)

**Trade double tops, cup and handle, flags and pennants, head and shoulder.**

**Other Courses**

[**https://www.udemy.com/course/day-trading-how-to-profit-in-bear-markets**](https://www.udemy.com/course/day-trading-how-to-profit-in-bear-markets)

[**https://www.udemy.com/course/stock-trading-masterclass**](https://www.udemy.com/course/stock-trading-masterclass)

[**https://www.udemy.com/course/candlestick/learn**](https://www.udemy.com/course/candlestick/learn)

**The Only Options Trading Course a Beginner Will Ever Need (The Basics from A to Z) \*\* Very Good Material \*\*** <https://www.youtube.com/watch?v=w_BjFmbwbYA>

**38 Steps to Becoming a Successful Trader**

1. We accumulate information—buying books, going to seminars, and researching.

2. We begin to trade with our “new” knowledge.

3. We consistently “donate” and then realize we may need more knowledge or information.

4. We accumulate more information.

5. We switch the commodities we are currently following.

6. We go back into the market and trade with our “updated” knowledge.

7. We get “beat up” again and begin to lose some of our confidence. Fear starts setting in.

8. We start to listen to “outside news” and to other traders.

9. We go back into the market and continue to “donate.”

10. We switch commodities again.

11. We search for more information.

12. We go back into the market and start to see a little progress.

13. We get overconfident and the market humbles us.

14. We start to understand that trading successfully is going to take more time and more knowledge than we anticipated. (Note: Most people will give up at this point, as they realize work is involved. Keep going.)

15. We get serious and start concentrating on learning a “real” methodology.

16. We trade our methodology with some success but realize that something is missing.

17. We begin to understand the need for having rules to apply our methodology.

18. We take a sabbatical from trading to develop and research our trading rules.

19. We start trading again, this time with rules, and find some success, but overall, we still hesitate when we execute.

20. We add, subtract, and modify rules as we see a need to be more proficient with our rules.

21. We feel we are very close to crossing that threshold of successful trading.

22. We start to take responsibility for our trading results as we understand that our success is in us, not the methodology.

23. We continue to trade and become more proficient with our methodology and our rules.

24. As we trade, we still have a tendency to violate our rules, and our results are still erratic.

25. We know we are close.

26. We go back and research our rules.

27. We build confidence in our rules and go back into the market and trade.

28. Our trading results are getting better, but we are still hesitating in executing our rules.

29. We now see the importance of following our rules as we see the results of our trades when we don’t follow the rules.

30. We begin to see that our lack of success is within us (a lack of discipline in following the rules because

of some kind of fear), and we begin to work on knowing ourselves better.

31. We continue to trade, and the market teaches us more and more about ourselves.

32. We master our methodology and our trading rules.

33. We begin to consistently make money.

34. We get a little overconfident and the market humbles us.

35. We continue to learn our lessons.

36. We stop thinking and allow our rules to trade for us (trading becomes boring but successful), and our trading account continues to grow as we increase our contract size.

37. We are making more money than we ever dreamed possible.

38. We go on with our lives and accomplish many of the goals we have always dreamed of.

1. 1: Buy PullBacks, not Breakouts.
2. Buy the market after it is dropped, not after it has risen.
3. Buy stocks above their 200-Day moving average, Not BELOW
4. USE VIX to your advantage. Buy the fear, Sell the greed.
5. STOPS Hurt
6. It Pays to hold positions overnight.
7. The most important strategy begins with your mind. Your mind will dictate your success. The more focused you are on your targets, the more successful and profitable you will become.