

Trading Plan for Q3 2019

Goal: Fully Disciplined Trading
Implementing execution automation

What is in my control:

Daily journal and focus for each day of execution. I will journal every day and record my trade set-ups and my daily discipline. Each trade will have documentation for my entry/stops/exit. Focus on stop management as a priority. I am using the dual execution method and my goal is to simply follow the signals at 100%. I will FULLY DOCUMENT everything I do to avoid doing any “impulse” trades.

Personal health will be a daily routine M-F—up at 5:00 AM and do my exercise plan, juicing of fresh fruits/vegetables, supplements, and solid healthy diet all day. See my health plan for details.

At my desk M-F no later than 6:30 AM. Daily 3x5 cards for mental focus, daily use of my AM/PM checklists for discipline. Focus is on 100% discipline during the entire quarter. I will use the signal log spreadsheet everyday also to stay focused on the signals.

Business Growth:

In addition to creating and maintaining flawless discipline—I want to finalize the automation software and begin using it to execute LIVE entries into my trading accounts. Vadim and his group have created a perfectly running system...all I need to do now is let it run. Between both automation set-ups and my manual monitoring/execution management I believe I can reach the goal of 100% growth on my equity each quarter.

I am focusing at 110% now; I intend to take that available energy and time and put it to use creating increased focus and discipline. There is no “business” growth...there is only Trading Growth.

Process control:

This quarter I am focusing on complete daily discipline—all my rituals must remain at the forefront of my focus as I ADD the automation potential. My success comes from my discipline—nothing else. When I am fully disciplined, I am not tempted to over-trade, take bigger risks, move stops, or any other negative trading process. Because I am in control of my thinking—everything else is in control and prosperous. Therefore—my entire process is disciplined into these daily rituals for maximum control of my efforts.

Additionally, I will make time regularly on the weekends to review my library of trading-related books to refresh and remind me of the basics.

Rewards:

At the end of this quarter, no matter what my account balances are, I want to buy more Sci-Fi & pieces for my Currency Collection.