
QUICK TIPS TO GET PAST YOUR TRADING ISSUES

1. Establish and follow a very clear process
2. Organize market information in as simple and consistent way as possible (minimize analysis in real time)
3. Keep a higher time frame chart to set your bias and location
4. Move to a lower time frame chart to find your spot and define risk
5. Make sure your R-Factor* makes sense. This is a key element
6. Execute and let go. It is up to the market to decide what the outcome will be
7. Document what, why and how. Find errors. Set goals to focus on improving that
8. Repeat

