Forex Breakthrough Academy has been written and designed for educational purposes only. There is a risk of loss in all trading. Spread Betting carries significant risk and should only be undertaken by those who can afford to lose some or all of their investment. The Forex market is by its nature speculative and can be volatile. Past performance is not indicative of future results. Before investing, or if in doubt about the suitability of an investment please seek independent financial advice.

### **Spread Betting Account**

In the UK you may wish to open a spread-betting account to trade the strategy outlined in Forex Breakthrough Academy. We refer to GKFX Capital as we believe they are the best broker to use for this strategy, of course it is possible to use other platforms if preferred and we have mentioned more on the website resources page. Canonbury Publishing Ltd receives a commission from GFKX Capital and other brokers. © Canonbury Publishing Ltd & Perum Ltd

"What gets measured, gets improved"

- "What gets measured, gets improved"
- When you keep accurate records of your activities in the market it can help you spot patterns in your performance...

 By reviewing your records on a regular basis you'll be able to spot any areas of weakness...

- By reviewing your records on a regular basis you'll be able to spot any areas of weakness...
- And you'll also spot areas in which you're naturally talented

 Start to focus on improving or eliminating weak areas

- Start to focus on improving or eliminating weak areas
- And maximising the results from your naturally strong areas

2 parts to good record keeping...

- 1. Your Trading Journal
- 2. Your Record of Results

You'll be able to...

Approach your trading from the perspective of a scientist

- Approach your trading from the perspective of a scientist
- Get valuable feedback from your own performance...

Cut out weakness...

- Cut out weakness...
- Some setups or market conditions just won't be your strong point

Capitalise on strengths...

- Capitalise on strengths...
- You'll start to notice setups and conditions you naturally synchronise with

- Capitalise on strengths...
- You'll start to notice setups and conditions you naturally synchronise with
- They are 'your trades' the ones to focus on!

- 1. Your Trading Journal
  - i. Can be a digital document

- 1. Your Trading Journal
  - i. Can be a digital document
  - ii. Can be a pen & paper journal

- i. Can be a digital document
- ii. Can be a pen & paper journal
- iii. Keep a record of your Daily Battle Plan

- i. Can be a digital document
- ii. Can be a pen & paper journal
- iii. Keep a record of your Daily Battle Plan
- iv. Record a 'post match' analysis

- i. Can be a digital document
- ii. Can be a pen & paper journal
- iii. Keep a record of your <u>Daily Battle Plan</u>
- iv. Record a 'post match' analysis
- Space to record your observations and feelings about the trading day

- 2. Your Record of Results
  - i. Can be pen & paper

- 2. Your Record of Results
  - i. Can be pen & paper
  - ii. Probably best as a digital spreadsheet

- i. Can be pen & paper
- ii. Probably best as a digital spreadsheet
- iii. Clinical record of your activities

- i. Can be pen & paper
- ii. Probably best as a digital spreadsheet
- iii. Clinical record of your activities
- iv. Reconcile your broker's statement

- i. Can be pen & paper
- ii. Probably best as a digital spreadsheet
- iii. Clinical record of your activities
- iv. Reconcile your broker's statement
- v. Will become VERY useful to you over time

**Example Record of Results** 

 Improve your performance by measuring and analysing

- Improve your performance by measuring and analysing
- Your Trading Journal creative and organic

- Improve your performance by measuring and analysing
- Your Trading Journal creative and organic
- Your Record of Results clinical and scientific

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