

# Cornerstone 1

## *Mindset*

So like I mentioned in the last video **Mindset** is the one cornerstone of trading that can make the biggest difference to your results

**Let me start by telling you a  
very common mistake newer  
traders tend to make...**

Many traders spend far too much time and energy looking for perfect trade entry signals and not enough time managing their **self-discipline**

**It means instead of jumping  
from system to strategy  
looking for the perfect one...**

**(Tip: there isn't one single  
'perfect' strategy)**

**Try to keep your focus on learning one good robust strategy to the best of your ability and *then* maybe add another to your arsenal...**

**That's how you'll take big leaps  
ahead!**



So task number one is to **keep**  
**focused** on the job at hand

**Next, in order to keep the right  
mindset in place you need to...**

**Take responsibility for your  
own actions**

**The great thing about trading is  
that there are very few rules  
stopping you from doing  
exactly what you want to do  
anytime you want to do it**

**You're in the driving seat of  
your very own trading  
machine...**

**You decide when a trade will  
start and when it will end**

**You control everything**

**It does give you the unrivalled  
opportunity to make a lot of  
money in a very short  
space of time**



**But it's also possible to let your  
ego get in the way of doing  
things properly**

**It can sometimes feel quite  
personal when things don't go  
your way in the markets**

**But you can't let pride, greed,  
fear, or frustration get in your  
way**

**If a trade doesn't work out just  
accept it and move on**

**That's all just part of the game**

**In the end it's YOU that'll have  
made all this money...**

**You'll get to enjoy it and no  
one else will have a claim on it**

**So be prepared to take the  
small bumps in your stride and  
keep moving onward and  
upward!**



**Here's all you need to keep in  
mind to stay on the straight  
and narrow...**

# **3 Simple Truths of Trading**

**1) You don't need to know  
what's going to happen next in  
order to make money**

**2) You will experience a  
random pattern of winning  
trades and losing trades**

**3) Profits are made simply by gaining more on your winning trades than you give back on your losing trades**

**That's all you need to know!**

**Work on those principles and  
you'll always be in control of  
your winning mindset**

**You'll be able to...**



**1) Trade with rock solid self discipline**

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- **Overcome greed** (expecting too much from a trade)
- **Overcome fear** (being scared to pull the trigger and then missing good opportunities)

**2) Eliminate unhealthy reactions to losing trades**

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- You won't take things personally**
- You won't try to wreak your revenge on the market!**

### 3) Trade with **consistency**

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- You'll accept wins and losses are all part of the game
- You'll know it's all about making more money on your winning trades

**4) Keep a carefree state of mind**

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- Your mind will be clear and stress-free**
- You'll be able to make your decisions with perfect clarity**

5) You'll be thinking like a trader – in terms of **probability**

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- You'll understand consistent profits come from a random pattern of wins and losses

Now we've got your trader's  
mindset in place let's have a  
look at **Money Management**