

A trading plan is your rule book for successful trading. It's doesn't have to be complicated. Keep it simple and more importantly follow it rigorously. Following should be part of the trading plan – personalize it to your trading/investing style. Start with a positive quote or something that gets you motivated and excited

1. Daily trading goal
2. Daily trading strategy
3. Qualifiers
4. Time Window Strategy
5. X-Y-Z goals

Read your plan before trading each day.

Below is a sample trading plan:

I can't change the direction of the wind, but I can adjust my sails to always reach my destination – Jimmy Dean

Daily trading goal: \$150.00 per day

Daily trading strategy: Buying qualified support and selling qualified resistance after strong buying/selling signals are presented by the market. No overnight positions.

Qualifiers:

- Price range \$10 to \$50
- Volume minimum 1,000,000
- Swing Trend: Closes above/below swing points

Time window strategy: Two trade per hour on average with the goals of trading for 3 hours per day and hitting or exceeding the daily dollar goal.

X-Y-Z goals:

- \$150 per day
- \$750 per week
- \$3000 per month