

LONG WINTER TRADING COMPANY

Seek Higher Ground

TRADER INTRODUCTION

Before we get started, let's get to you know you.

Fill out the following questions. These will help us to figure out the best path through the following material and direct the focus of building your process.

My Trading

Let's get a sense of your trading.

My primary trading instrument is :

I generally express my ideas using :

When I am looking at the big picture, I find the following most helpful :

When it comes to execution, I look at :

Good work!

This will be helpful as we start to work through your trading strategy. We'll get much more into detail later on.

Now let's look at some cash flow details and current trading size.

Do you trade a personal account, prop account or other? Describe as your comfortable :

My typical risk per trade, per day, per week is :

Are you comfortable with this trading size? Why or why not :

Awesome!

Now that we have a sense of your trading method and current size, let's walk through some of the personal items.

What is your end goal in trading? Do you want to trade full-time, manage money better, etc :

From a personal or lifestyle stand point, what makes trading interesting to you :

What do you find most frustrating about trading :

What one thing do you do in your trading that you want to stop doing :

What one thing do you do well that you would like to

do more of :

What is a technical area of trading you feel weak in :

What is a technical area of trading you feel strongest in :

Great stuff!

Often, just filling these out can give us a better sense of ourselves. This also will be interesting to look back on in 3-6 months to see how you've changed.

Lastly, let's just get a quick sense of your review process and what you are currently doing to systematically improve.

While some of these may seem like yes or no questions, a sentence or two of detail is helpful.

How often do you review your trades :

Do you have a pre-market routine and what does that look like :

Do you feel like you have mental clarity most of the time :

Do you have a way of creating clarity when you are actively trading? If yes, what does that look like :

How often do you feel “turned around” in your trading :

How often do you have a good idea but fail to capitalize on it :

Do you add to trades? What does that look like :

Are there any additional items you want to include :

DONE! You did it!



Last step here is to post a few images that describe your strategy. Feel free to post a few. 3-5 will typically give us a sense of things.

Once you've uploaded those, return to the top of the page and hit the Export as PDF button. This will save the document to your computer. You can submit this via email and we will go over it.

*note : for best formatting be sure to scroll ALL the way to the top.

