

# LONG WINTER TRADING COMPANY

Seek Higher Ground

## TRADING PLAN

My trading plan is my guide. This is what makes me profitable. This is what gives me peace regardless of outcome. I am committed to trading my plan regardless of result. I accept the outcome of my plan and I look forward to seeing it play out day after day.

## GENERAL

Before I begin trading I :

I will be using my \_\_\_\_ strategy :

**I rely on my ability to \_\_\_ in order to trade my strategy well :**

(describe any qualities that apply)

## **RISK**

**My R value is :**

**I am willing to spend \_\_\_ R in a session to see if my edge is present :**

**1 R is equivalent to \_\_\_ percent of my total account :**

**My max daily loss is :**

**I will hit my account max loss after \_\_\_ days of my daily max loss :**

**At which time I will :**

**My primary trading account is :**

**My secondary trading account is :**

**The role of my secondary account is :**

**I have / do not have the ability to deploy more capital into my primary trading account if my account max loss is hit :**

## **REVIEW**

**Before the market opens I :**

**After the market closes I :**

## **SYSTEM**

**The primary edge in my system comes from :**

**I know my default system has edge if :**

**I will trade my secondary edge if :**

**I will sit out if :**

## **MENTAL**

**I am ok with losing days because :**

**I know I will make money over time because :**

**I enjoy the work I do in markets every day because :**

**I am patient and able to take only the best trades because :**

**I believe in my ability to trade well because :**

This is my plan. I am prepared to act on it each day in markets and I am willing to take the consequences of following it. I take full responsibility for the results and I will modify the elements of my plan/strategy/feedback loop as needed to maintain my advantage in markets each day.