

## Some Trading Tips

1. Things tend naturally toward their opposite.
2. Successful trading requires harmonizing with the market
3. Harmonizing with the market requires control of oneself, not control of the market
4. To control oneself successfully requires deep knowledge of oneself and the source of this is the trading journal
5. In seeking harmony with the market, one must begin to eliminate distractions, even positive distractions, as they fulfill their educational value
6. Education is fundamental to the trader, education that does not end
7. Trading tends to be more successful when it is operated as a sound business
8. Trading tends to be more successful when trading goals are specified and when there exists an adequate method of assessing trading performance
9. For the trader to learn to trade, the trader must trade in real time with real money at risk; paper trading or practice trading is best reserved for learning trading methods
10. Failure in trading is the direct result of the failure of the trader to learn what is necessary to keep personal psychological and emotional issues out of the business of trading
11. One of the most powerful factors in trading failure is secrecy. It follows that the trader will experience greater success by telling someone about the trader's experiences in detail...particularly about the trader's failures.
12. The beginning trader (or the failing trader, or even the experienced trader suffering a bad patch of trading)...must spend as much time on discriminating and developing methods of filtering the effects of emotions (and other psychological issues) as the trader spends on the market itself.
13. The aim of successful trading is to buy time so that the trader may spend time living values that reflect true desire.
14. The trader should aim for genuine clarity in the motivation for trading; the more precise the trader can be the more likely will "wrong" motivations be revealed and make possible corrective action