

6 elements to be in your trading checklist

1



Do you take care of your health?
- Mental health & physical health



2



Are you trading with trends?
- Trend is your friend



3



Do you check the economic calendar?
- It lists new economic data on time. Don't forget to check it.



4



Does your analysis have confirmations?
- The more >> better



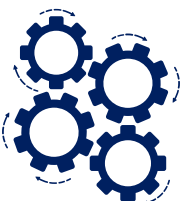
5



Have you calculated your risk and reward?
- Risk less than 3% of your account with at least a 1:2 risk-reward ratio.



6



Do you know how to manage your open positions?
- For example, using trailing stop-loss, or managing overtime.

