

Summary of The Eight Steps

The First Four Steps

1. Assess Yourself

(strengths, weaknesses, objectives)

2. Assess the Market

(Big Picture)

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1. Assess Yourself

(strengths, weaknesses, objectives)

2. Assess the Market

(Big Picture)

3. Market Filter

(Efficiency EDS)

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The First Four Steps

1. Assess Yourself

(strengths, weaknesses, objectives)

2. Assess the Market

(Big Picture)

3. Market Filter

(Efficiency EDS)

4. Simple Entry

(On open after screen?)

Summary of The Eight Steps

The Next Four Steps

5. Determine Your Exits

(simple 25% Trailing Stop)

Summary of The Eight Steps

The Next Four Steps

- 5. Determine Your Exits**
(simple 25% Trailing Stop)
- 6. Determine R-multiple Distribution**
(to assess your system)

Summary of The Eight Steps

The Next Four Steps

- 5. Determine Your Exits**
(simple 25% Trailing Stop)
- 6. Determine R-multiple Distribution**
(to assess your system)
- 7. Position size system**
(to meet objectives)

Summary of The Eight Steps

The Next Four Steps

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| 5. Determine Your Exits
(simple 25% Trailing Stop) |
| 6. Determine R-multiple Distribution
(to assess your system) |
| 7. Position-size system
(to meet objectives) |
| 8. Discipline
(Ten Tasks of Trading) |

Step 1

Assess Yourself

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