



MIND

- ACT Model
- The BarroMetrics template for the Psych Journal
- The review process

MONEY

- Answering Four Key questions:
 1. % of Capital to risk per trade.
 2. Position sizing
 3. Portfolio sizing
 4. When to increase size, when to decrease size.
- The BarroMetrics template for the Equity Journal

METHOD

This is split into two groups: those who want to trade mechanically are provided with a mechanical system; and those who are discretionary rule-based traders are guided to create their own trading rules.

Discretionar-Rule Based Checklist

TREND

- Trend, what is traders timeframe trend, and
- Trend Continuation or change

ZONE

- Zone identification where to take the trade. This depends on whether the market is trending or rotational.

SETUPS

- This depends on whether the trader is a responsive or breakout trader.

TRIGGERS

- This depends on whether the trader is likely to face, at time of entry, a trending or rotational market.

BarroMetrics

RAY BARRO TRADING GROUP

TRADE MANAGEMENT

- Initial trade management.
- Subsequent trade management.

REWARD:RISK

- An assessment, based on the trader's expectancy return, whether the trade is worth taking