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Adrienne Laris Toghraie, Trader's Coach

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Making Better Choices By Adrienne Toghraie, Trader's Coach

An all-encompassing resolution this year would be to *Make Better Choices* for your mind, body, spirit and your business. By improving any one of these areas of your life, it improves all of the others.

Let's focus on how you can improve yourself in each area of life to improve your trading:

Mind

You are more likely to:

- Recognize opportunity when you increase your knowledge base
- Take that opportunity when you feel sure of yourself
- Feel comfortable about making choices when you let go of all the self-imposed limitations that result from the negative history of your life's experiences

To make the mind support you in your trading:

- Read, study, and attend webinars, seminars, and conferences
- Engage the expertise of a mentor, teacher or coach

Body

You are more likely to:

- Respond quicker to opportunity
- Have more endurance for each part of your trading day
- Require fewer days off for illness

To create the best environment for your

body to support your trading:

- Do at least 20 minutes of aerobic exercise a day
- Stretch your muscles and ligaments
- Get a massage every week
- Hire a trainer or coach to give you a routine
- Have the staple of your diet be grains, vegetables and protein with less fat, less simple carbohydrates and keep away from processed foods
- Take nutritional supplements that are prescribed by a doctor or nutritionist

Spirit

You are more likely to:

- Stretch to the next level of success that leads to mastery in trading
- Enjoy the process of becoming and being a trader
- Maintain a high and consistent level of success

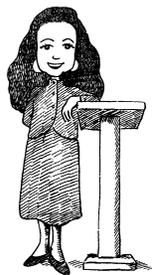
To create a spiritual life that will support your trading:

- Be in a quiet environment where you can focus only on pleasant thoughts
- Read inspirational books that will motivate you towards being your best self
- Take time to quiet the mind by paying attention to your breath
- Give a percentage of your earnings to help others

Trading

You are more likely to:

- Become a professional trader with huge success, when you act like an entrepreneur by creating a trading business, having a plan that includes all the resources necessary to make money and implementing that plan
- Be a consistently successful trader when



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you have tested your strategy to know that the probabilities of success are high

- Grow as a trader when you handle psychological issues

To create a good trading environment:

- Organize your life by letting go of anything that takes away your focus
- Reconcile the issues with significant others to support loving exchanges
- Acquire the resources to support good trading
- Hire professionals to assist you in breaking through each barrier towards your ultimate potential

Conclusion

Small steps lead to large distances. Making better choices in each area of your life is the foundation necessary to become more successful in less time and enjoy the process. I have dedicated my life to assisting traders in bringing out the best in themselves. I hope you will join me in my webinars and seminars and for some of you, private coaching. Here's to a Happy New Year of trading success.

TOP PERFORMANCE SEMINAR

Presented by Adrienne Toghraie,
Trader's Coach

*"You cannot trade a proven system
without discipline"*

March 19 & 20

Cary, North Carolina

\$2,500 US

(Pro-rated Early Enrollment Discount)

Emotional Control & Discipline

- ***Dramatically increase your self-discipline***
- ***Develop the emotional control essential for trading***
- ***Re-define your goals and turn them into realities***
- ***10 tools for handling mental states***
- ***Learn the model of successful traders***
- ***Learn NLP for eliminating self-sabotage in trading***

Register Now — Space Limited

Call 919-851-8288

or email Adrienne@TradingOnTarget.com

From No System to a Proven System in Three Well-Defined Steps By Sunny J. Harris

Sunny is a mathematician and programmer, as well as a 30-year veteran trader, who has written several best-selling books on trading: "Trading 101—How to Trade Like a Pro," "Trading 102—Getting Down to Business," "Electronic Day Trading 101," "Getting Started in Trading," and the newly released "TradeStation Made Easy!" She is currently at work on her next book: "Grading the Gurus."

Eschew Obfuscation

Traders who are consistently successful, whether they know it or not, are using some sort of system to make trades. A system is simply a recipe, a map, a guide that you follow to its conclusion. Your system might be as simple as trading on the long side on sunny days and on the short side on rainy days. That's a system! And if you follow that plan day after day, keeping track of the results, you are a systematic trader.

The word "system" has become synonymous with the fear of math and for many of the same reasons. Usually people who didn't like math in school simply didn't have a good teacher. Likewise, if you hesitate at the word "system," it's probably for lack of a good teacher. In this article we'll look at the elements necessary to create a successful trading system and how you can apply them to your own trading.

Potential Hourly Wage Analysis

For my own analysis I've come up with a rule of thumb which I use in determining which markets are tradable. I take a look at all markets on the same scale, over a one year period, and mark the ideal entries and exits. If 40% of the ideal would give me an annual wage I'd be happy with, then I consider the market to be tradable. I initially called that "Potential Hourly Wage" Analysis (PHW Analysis), and though the concept grew well beyond hourly computations, the name stuck.

The first thing I do is mark all the ideal entries and exits, trading from both the long and the short sides. Although you and I will see different ideals, the concept is the same. Below is the chart as I would mark it. I used to draw yellow circles on the chart with a highlighter; now I have an indicator that does it for me. (And, of course it is available for sale.)

Why didn't I mark every jig and jag on the entire chart?

Intuition Seminar May 6 - 8, 2011



This advanced seminar is for those traders that have taken the Top Performance Seminar & have made money in trading within the last 6 months.

"This seminar was phenomenal. It gave me the added edge I needed to step my trading up to a new level. I finally have a formula that I needed to maintain my highest level of profit." R.R. Trader

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TRADING ON TARGET

OUT AND ABOUT

Feb 5 Adrienne's Master Class
 (online event)
 Saturday 10 AM - 2 PM
 \$500 - Early Enrollment \$300
 Call to Register 919-851-8288

Feb 20-22 Traders Expo New York
 Evolution of a Master Trader
 New York, NY

Mar 19-20 *Top Performance Seminar*
 Cary, NC

May 6-8 *Intuition Seminar*
 Cary, NC

**Free Online Webinars Weekly & Monthly
Email Adrienne@TradingOnTarget.com
for Webinar Details**

Adrienne Toghraie, Trader's Coach

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WINTER 2011



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