

# MIND OVER SYSTEM

"I usually have a short list of potential trades, say about 10 positions that I will look at, then I will choose two or three out of the 10," Reynaldo said.

Some of his outstanding wins include a 7000 per cent increase in his trading capital in four months. There was also a nine month period where he increased his trading capital by 500 per cent.

He trades mostly CFDs these days with the majority in Australian and US share CFDs. Foreign exchange and index trading make up about 20 per cent of his trades.

With more than five years of trading under his belt and an impressive success rate, Reynaldo said one of his ongoing challenges is to stay "focused and not to become egotistical amidst his winnings."

"Sometimes it is easy to get the feeling that you have to be successful and profitable with all your trades. You want all your trades to be winners. You don't want to think or accept that some trades can go wrong. But for me, I'd rather be a profitable trader than sticking to a trade that's gone wrong," Reynaldo said.

## Reynaldo's trading routine:

- >> Monitor and analyse the market one hour before the close. He usually starts scanning market data from 3:00PM – 3:30PM and he will choose any major stock to trade based on his system at least 20 minutes before the close. He usually buys or sells the share CFD he wants to trade 10 minutes before the market close.
- >> He uses technical analysis as part of his trading system and has a checklist of things to do before he puts on any trade.
- >> One hour trading in the morning is when he decides to sell or buy the share CFD he bought or sold the previous day.
- >> One hour trading in the afternoon after the market has established its direction and would usually indicate what will happen the next day.

In between his trading, Reynaldo does meditation and personalized trading coaching.