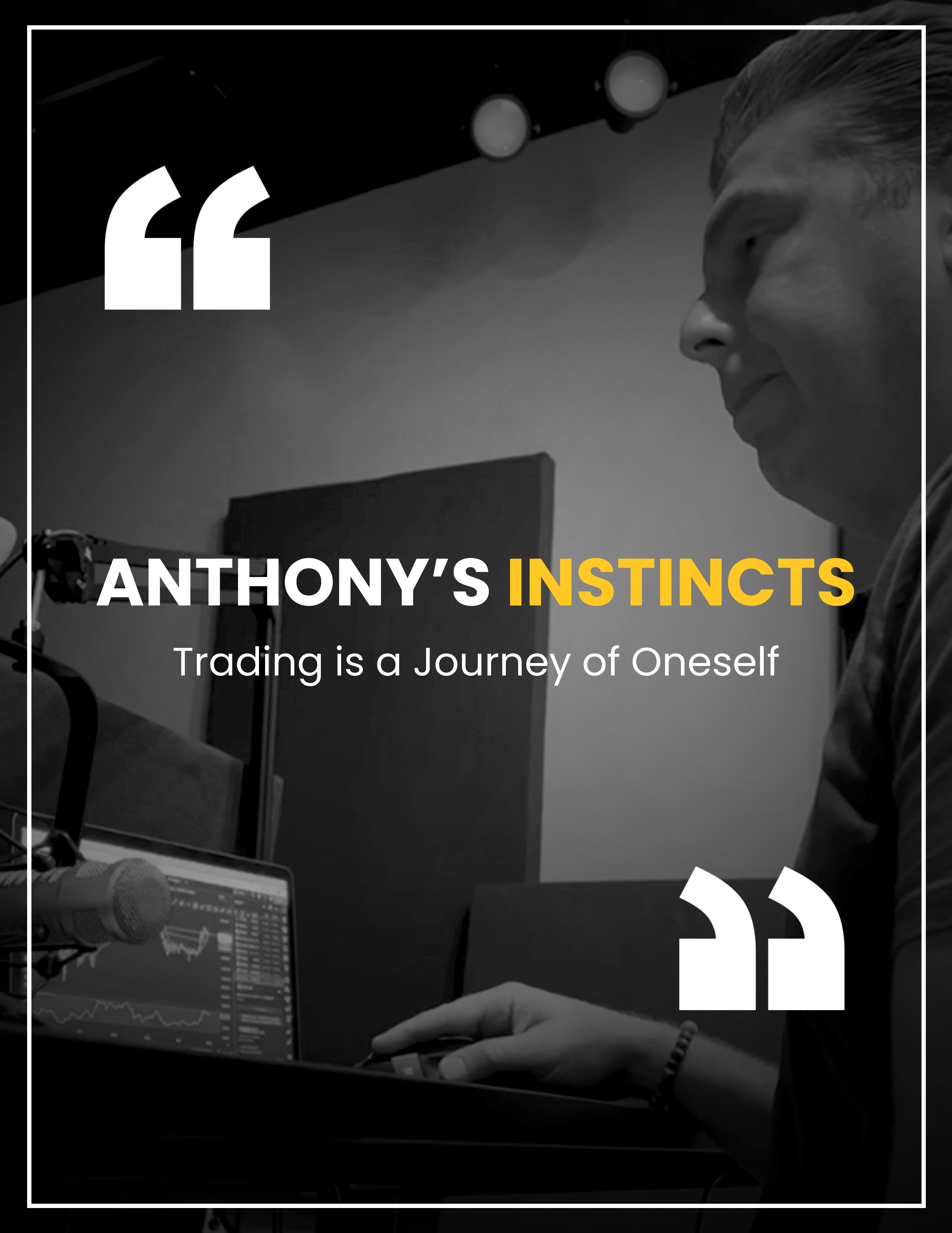


ANTHONY'S INSTINCTS

Trading is a Journey of Oneself

PICK A STRATEGY THAT FITS YOUR PERSONALITY

Don't choose something just because someone tells you it works

"Everything works sometimes, nothing works all the time"

Choose a Time Frame that suits you
Choose a Style that suits you: Scalp, Swing, Position

Anthony Crudele
@AnthonyCrudele

After blowing out accounts, borrowing $$ to come back then blowing out again people were asking me why don't you just quit? I told them I can't quit because I only saw myself as one thing and that was a trader. If you want this bad enough always stay positive & never quit

EXECUTION IS EVERYTHING

"Everything works sometimes, nothing works all the time"

- Study the conditions when your Strategy works the best & when it works the worst.
- Know when to trade Big, Small or Not at All

Anthony Crudele
@AnthonyCrudele

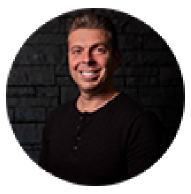
When my focus was on making $$ every day/week that was too high of expectations. This set me up for failure. I ended up chasing $$. When I learned to focus on hitting my favorite looks harder, sizing up for them, being a better executor of those trades...I ended up making some $$

BE YOURSELF

- I have a risk per trade, a risk per day and risk per month.

- If you don't know these numbers you shouldn't even be trading.

- I don't use my full risk per trade and per day on every trade, instead I risk smaller when the market is not as busy or is not giving me the response I want to see. I save my full risk per trades and per day for the days that the market is reacting better to my strategy.



Anthony Crudele
@AnthonyCrudele

Learning how other traders think can be very beneficial to your growth as a trader. At least it has been for me.

It's when others told me what to think is when I failed miserably.

Learn from others, but be yourself

TRADE ACCORDING TO RISK

Once your strategy gives you your Entry, Stop, and Target... Execute according to the risk price/stop.

The single-entry price coming from your strategy does not matter, it matters where you get in and the price where are you are wrong (where you're wrong is more important than your entry). Sometimes I buy above my strategy entry price, sometimes I buy below it. Same thing goes for my short entries. I am not held by an entry price. I have a range of execution & I typically get into the market 1/3 of my position at a time.

All traders must have a range of execution. They cannot live and die by a single- entry price. They need to adjust their position size according to the risk price (the stop price).

Further from the risk price the smaller I would trade. The closer to the risk price the larger I would trade.

I had a set amount I could risk on a trade and I adjusted my contract size depending on the situation and how far the stop would be for that particular trade.

ALWAYS BE A STUDENT

Watching while you are not trading is learning. I come in everyday and allow myself to learn from the market.

I put this in my arsenal and use it as an edge throughout the day and also on future trading days.

REACT WITH REASON

Just because it’s slow or busy that doesn't mean you have to make a trade. Trade when strategy gives you a reason to trade.

I know that most of you have good work ethic and want to trade all day every day, but trading doesn’t work that way.
Save your mental capital and potential trading capital for when it makes sense to put risk on and trade.

BE AGGRESSIVE

When you are making money and your strategy is paying you, keep trading and or increase your risk per trade.

In order to get to the next level, you must learn to be aggressive when the situation presents itself.

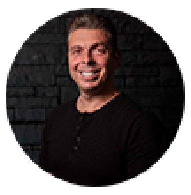
You make money in this business by seizing the moments when your strategy is working well and you are in the right mindset to execute it.

GET OUT OF **LOSERS**

The easiest rule to understand, but for some the hardest rule to apply is:
Nobody likes to lose, especially me.

I'm the most competitive person I know, and I hate to lose, but when my stop is reached, I get out with confidence and I accept the loss.

Losing is a part of this business...once your stop is determined and you trade off of it...get out when it's hit.



Anthony Crudele
@AnthonyCrudele

There's several traits I think traders should have, but not necessarily need in order to succeed. One trait that's very imp is the ability to heal quickly. You can't stay pissed off after a losing trade or hang your head after a bad day. You have to Stay Positive & Move Forward

KNOW WHEN TO **STOP**

If you’re sick, tired, frustrated or something is on your mind…walk away. A trader told me one time when I was fighting it to make money. He said, “the market will always be here, but the question is will you?”

Walk away until you regain your focus.

It takes guts to walk away when you know you should.

Anthony Crudele
@AnthonyCrudele

One of the hardest things for me to face in life about myself was the truth about where I really was compared to where I thought I was. The truth about ourselves is hard to accept(at least for me it was), but once we accept where we really are…the door opens to getting better

BE DISCIPLINED

The rule that every trader seems to have, but very few know what it means. Most think it means to follow their strategy...yes that is true, but more importantly it means to follow your process.

My trading process begins with morning and evening Preparation, followed by Anticipation of trade setups, and then Execution of the trades.
Be Disciplined also applies to living a Disciplined life outside of trading. You can’t expect to be disciplined in your trading if you are not disciplined in your personal life

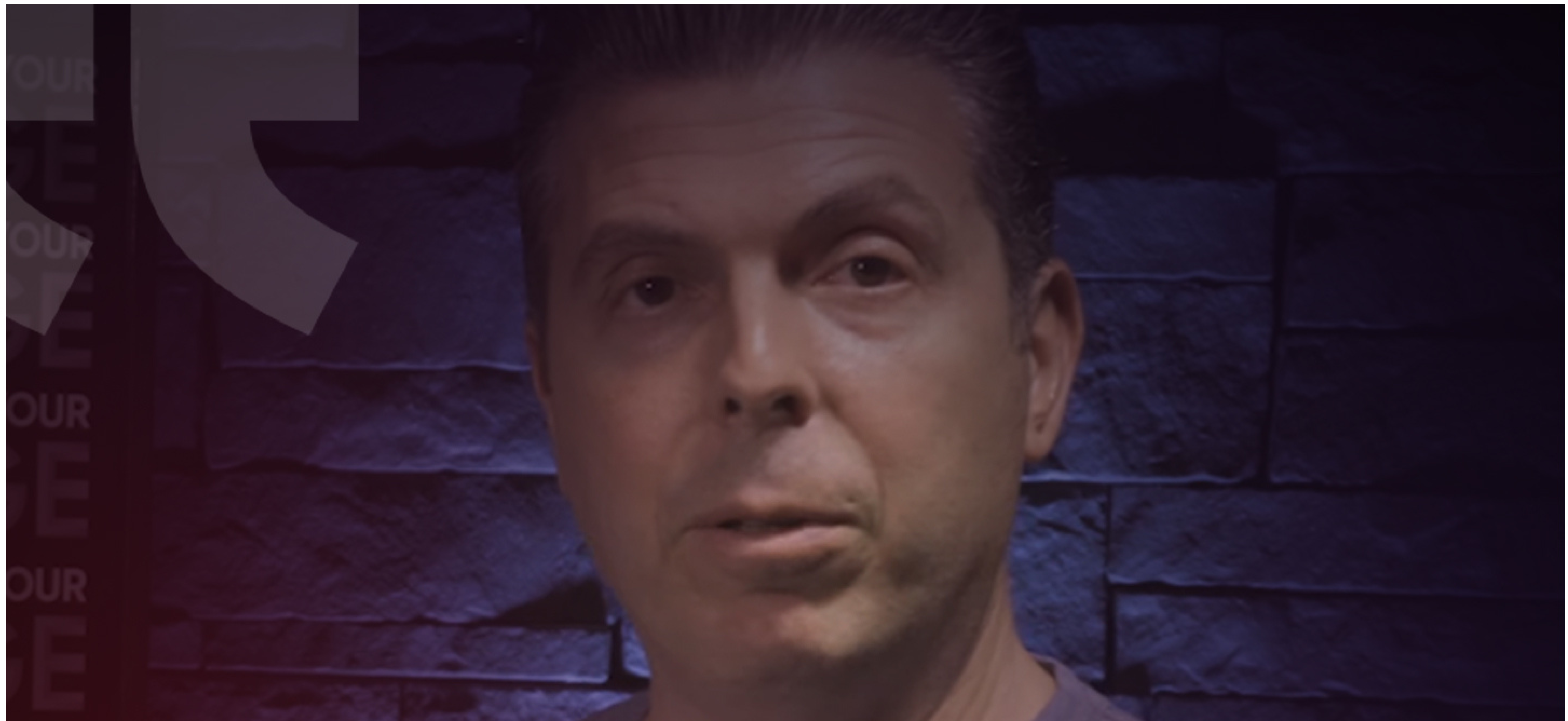
...they go hand in hand.

CREATING **BALANCE** IN LIFE TO **INCREASE TRADING PERFORMANCE**

It is equally important if not more important to work on your Mental & Physical Health than the Technicals & Fundamentals. The best competitors (Traders, Athletes, Business People) have great Self Control & Situational Awareness.

They get this from not only working on their game, but from putting in work when they are away from the game.

ANTHONY CRUDELE



THANK YOU

Don't overwhelm yourself with change. Most of us want to move the dial from 1 to 10. Move it from 1 to 2. Apply one change that you learned today to your trading. When you're comfortable with that change, apply another one... then another one and so on. There's plenty of time, the market will always be there.

Anthony Crudele – Futures Trader
Host of Develop Your Edge with Anthony Crudele & Futures Radio Show