

# MY TRADING JOURNAL

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We succeed only as we identify in life,  
or in war, or in anything else,  
a single overriding objective,  
and make all other considerations bend to that one objective.

Dwight D. Eisenhower,

speech, April 2, 1957

34th president of US 1953-1961 (1890 - 1969)

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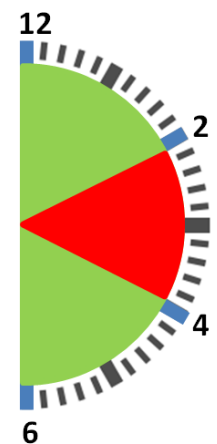
## My rules (version.04)

### MY trading rules:

- a. I am using the method TMS from Big E based on the TDI indicator.
- b. Direction of trade: TDI... Is it going up (long) or coming down (short).
- c. I am watching at 4h charts to look for entries and exits
- d. My broker is running at GMT+2 and offers 4h candles at (local time GMT+1 (Frankfurt)) 2:00, 6:00, 10:00, 14:00, 18:00 and 22:00.
- e. My timing for trading: 7:00 – 7:30, 18:00 – 19:00 and 21:30 – 22:30
- f. I look at the bigger picture to avoid consolidation areas and trading against the trend.
- g. I am observing the following currencies, stocks or indices:
  - Major Currency Pairs: EUR/USD, USD/JPY, GBP/USD, USD/CHF, USD/CAD, AUD/USD, NZD/USD
  - Euro Crosses: EUR/CHF, EUR/GBP, EUR/CAD, EUR/AUD, EUR/NZD
  - Yen Crosses: EUR/JPY, GBP/JPY, CHF/JPY, CAD/JPY, AUD/JPY, NZD/JPY
  - Pound Crosses: GBP/CHF, GBP/AUD, GBP/CAD, GBP/NZD
  - Other Crosses: AUD/CHF, AUD/CAD, AUD/NZD, CAD/CHF, NZD/CHF, NZD/CAD
  - 6 Exotic Pairs: USD/HKD, USD/SGD, USD/ZAR, USD/THB, USD/MXN, USD/DKK, USD/SEK, USD/NOK
  - Gold, (currently not used: Silver, Dow100, S&P500, DAX)
- h. I am not trading during high impact news
- i. I don't risk more than 2% of my account per trade and never more than 6% in total
- j. I am taking trades with an R:R of minimum 1:1
- k. Re-enter after a bounce is allowed.

### My entry:

1. TDI Green cross Red; 12-2, 4-6, angle  $\vee$  &  $\wedge$  bounce
2. APB/HA change color entry candle #1 or #2
3. Price action: >APB agrees with TDI
  - a. Check recent swing High / Low, distance from current price
  - b. Do not chase after long candle. Wait for price pull back
  - c. PA candle strength/size? Avoid candles with long wicks
4. Lookout for confluence of Supp/Res
  - a. PA confirms reversal at Supp/Res confluence
  - b. Higher TF confirms Primary trend
5. Ideas currently not used: Is there TDI or Stoch (8,3,3) Divergence?



**My Stoploss:** The last hi or low a couple of candles back

### My exit

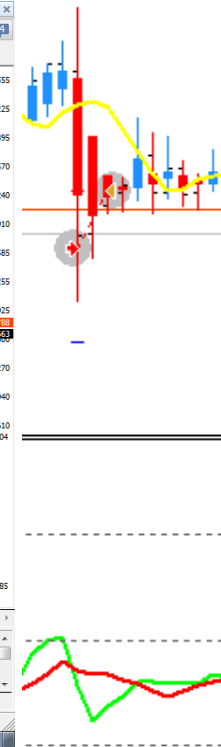
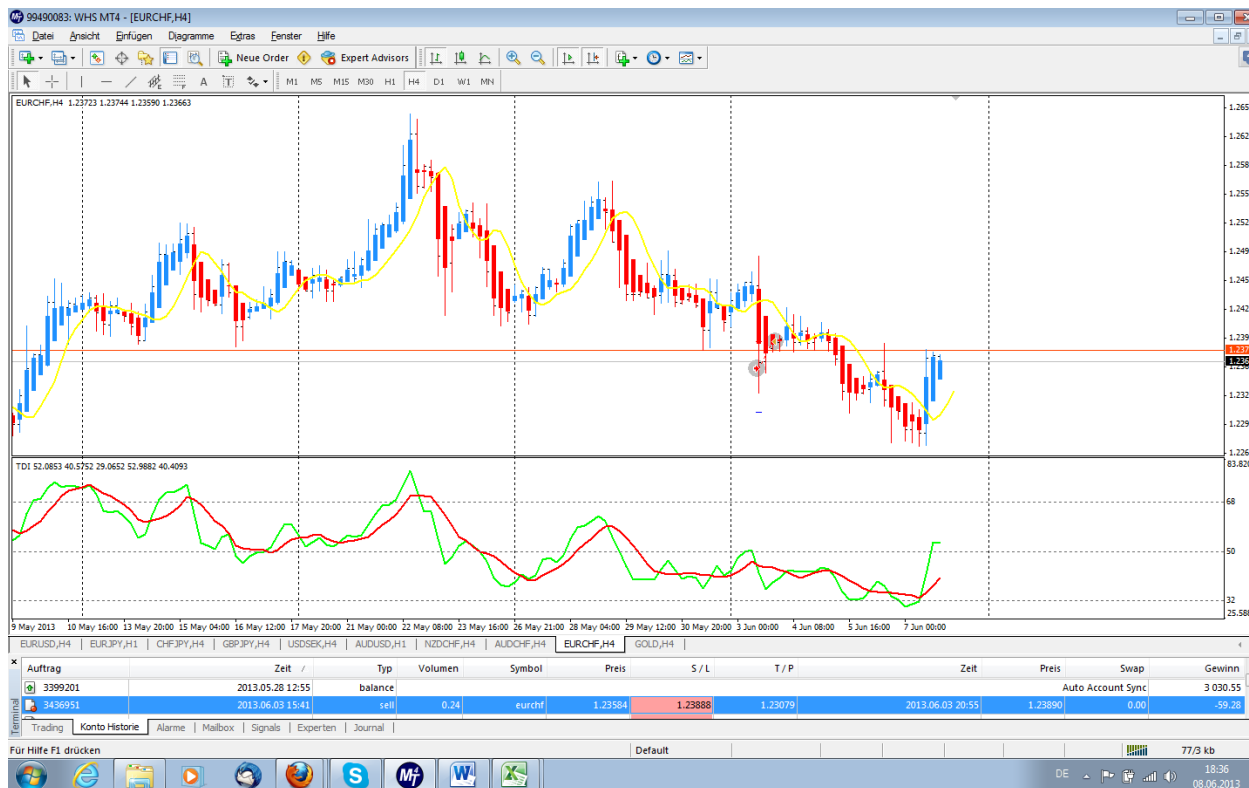
1. when the green TDI line goes flat, starts to hook over or makes a check mark reversal.
2. when APB smaller candles/change color

## Live Account WHS

03.06.2013 – 15:41 Pair: EURCHF Direction: short Profit: -60€

Trend: short TDI Signal: yes Exit: SL

Lessons: did not follow my SL rule “The last hi or low a couple of candles back”



03.06.2013 – 15:57 Pair: USDMXN Direction: long Profit: -40€

Trend: long TDI Signal: h1 yes Exit: SL

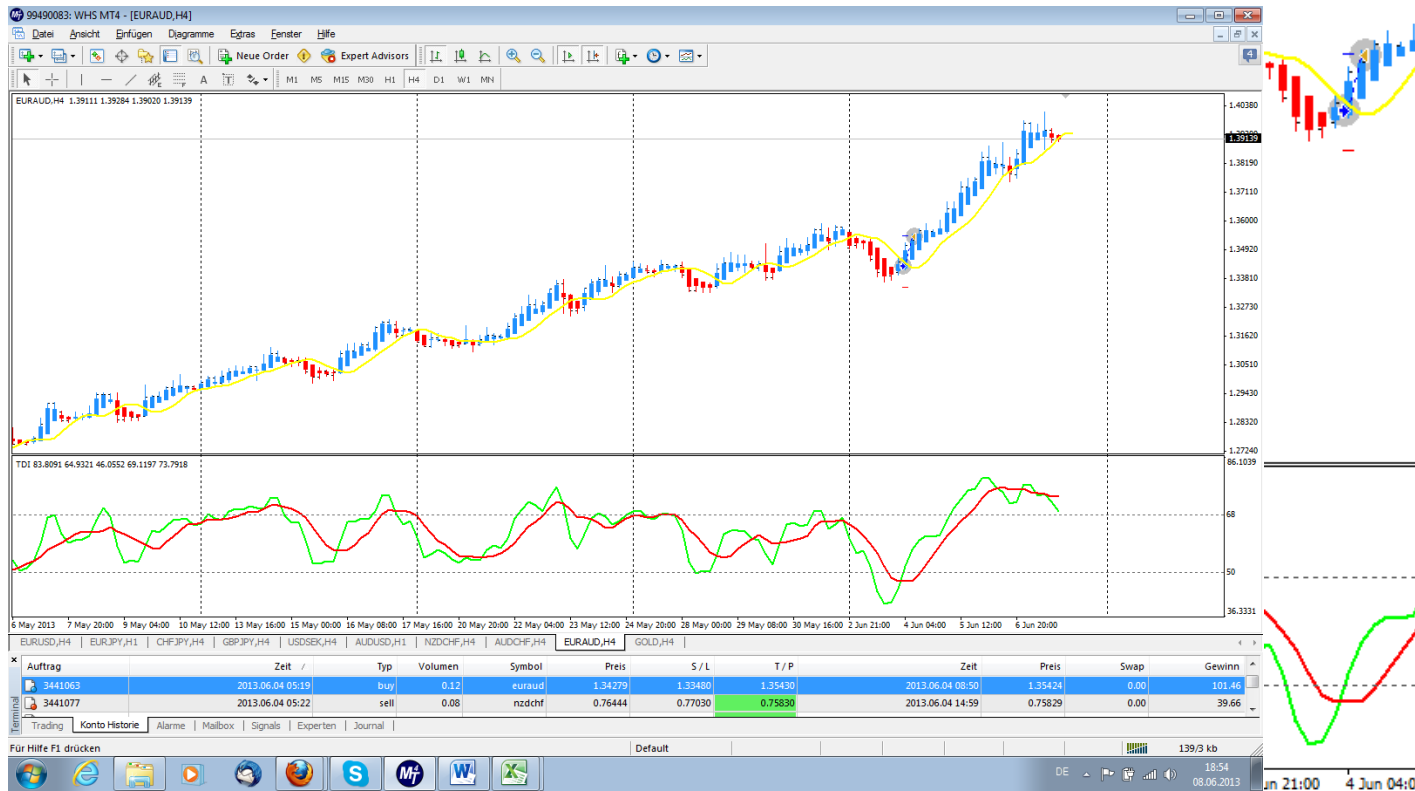
Lessons: entered by using h1 chart... should learn more about using h1



04.06.2013 – 05:19 Pair: EURAUD Direction: long Profit: 101€

Trend: long TDI Signal: yes Exit: TP

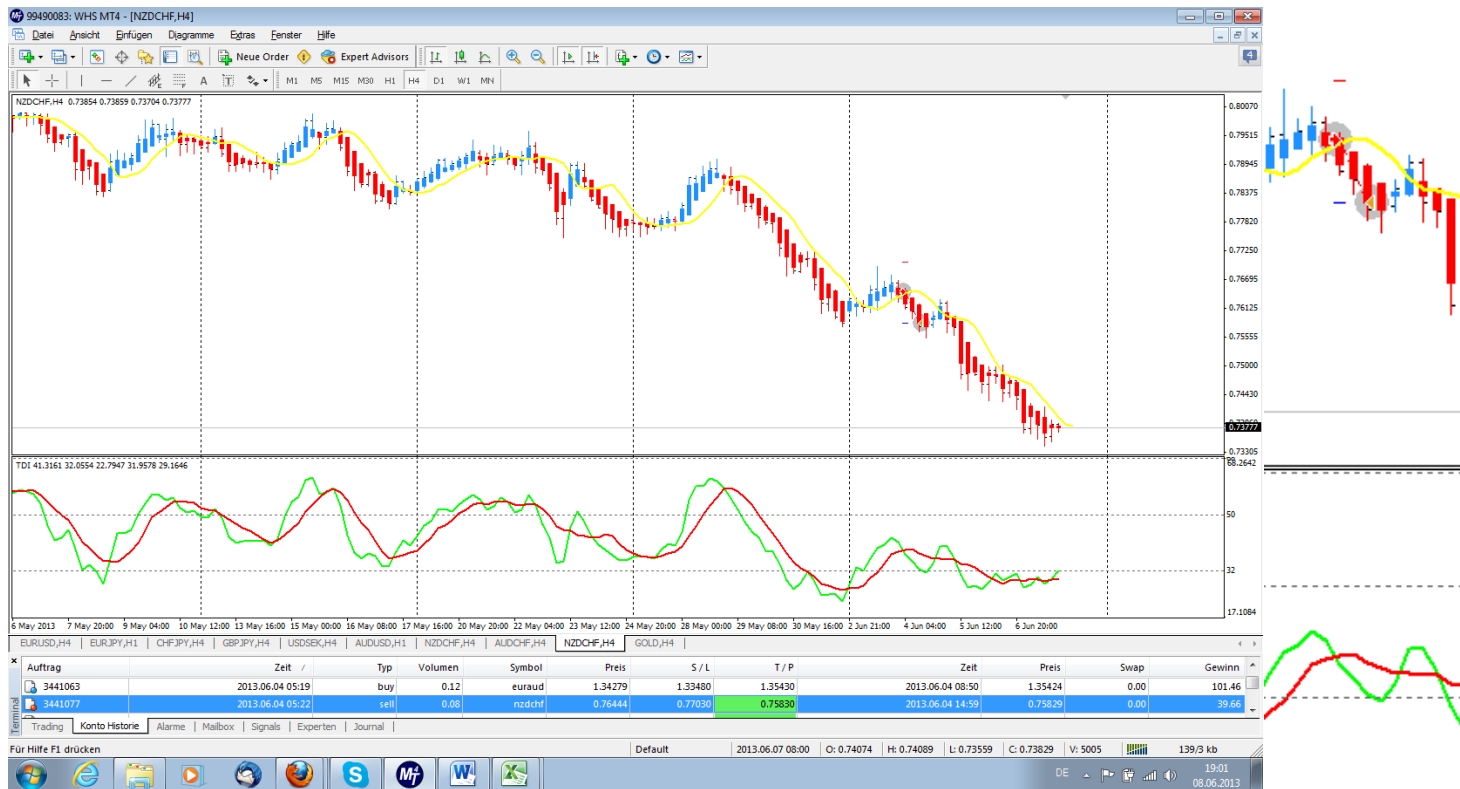
Lessons: using trailing stop instead of TP?



04.06.2013 – 05:22 Pair: NZDCHF Direction: short Profit: 40€

Trend: short TDI Signal: yes Exit: TP

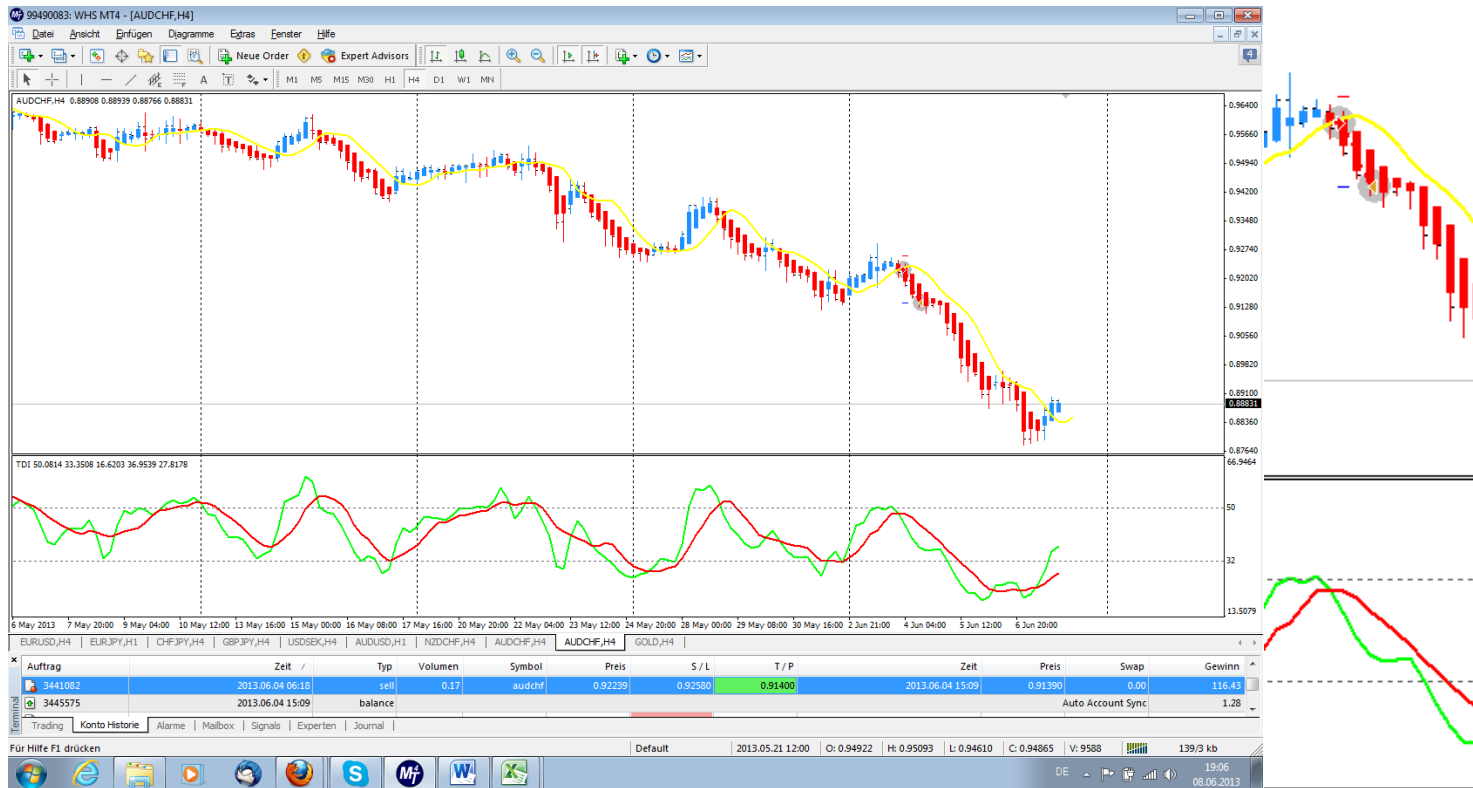
Lessons: profit 40€ by risking 60€ (2% of 3.000€) should have opened my eyes that I make some mistakes by calculating the position size!



04.06.2013 – 06:18 Pair: AUDCHF Direction: short Profit: 116€

Trend: short TDI Signal: yes Exit: TP

Lessons: should think about the idea of new entry after breaking the resistance...





04.06.2013 – 17:25 Pair: NZDJPY Direction: short Profit: -37€

Trend: short TDI Signal: yes Exit: SL

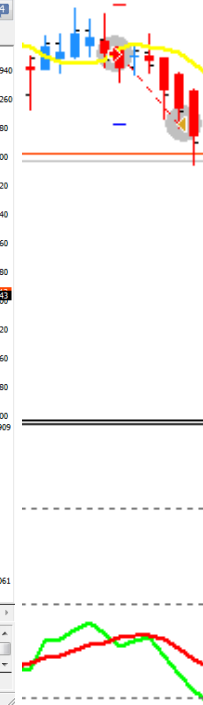
Lessons: SL 3 Pips more!!! Did not follow my SL rule “The last hi or low a couple of candles back” (again: -37€... why not -60€? Uuuuuuuahhhh!)



04.06.2013 – 17:19 Pair: CADJPY Direction: short Profit: 54€

Trend: short TDI Signal: yes Exit: TP

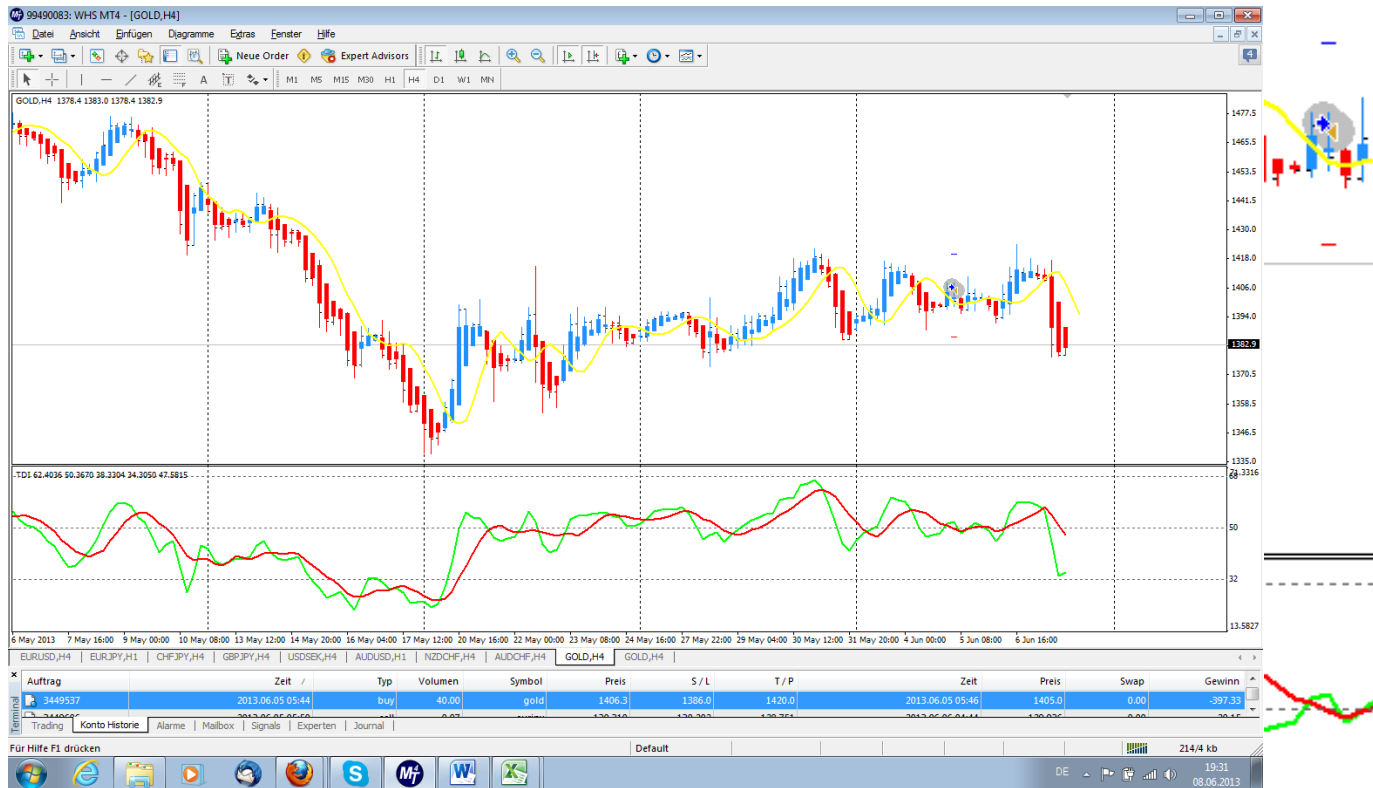
Lessons: I think I did a good job



05.06.2013 – 05:44 Pair: gold Direction: long Profit: -397€

Trend: long TDI Signal: yes Exit: manually

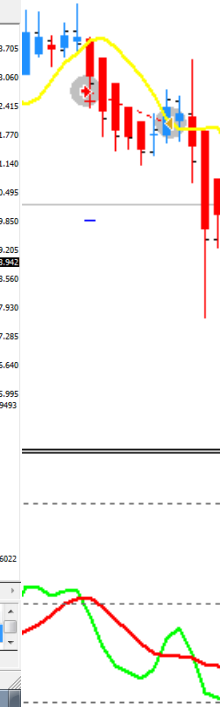
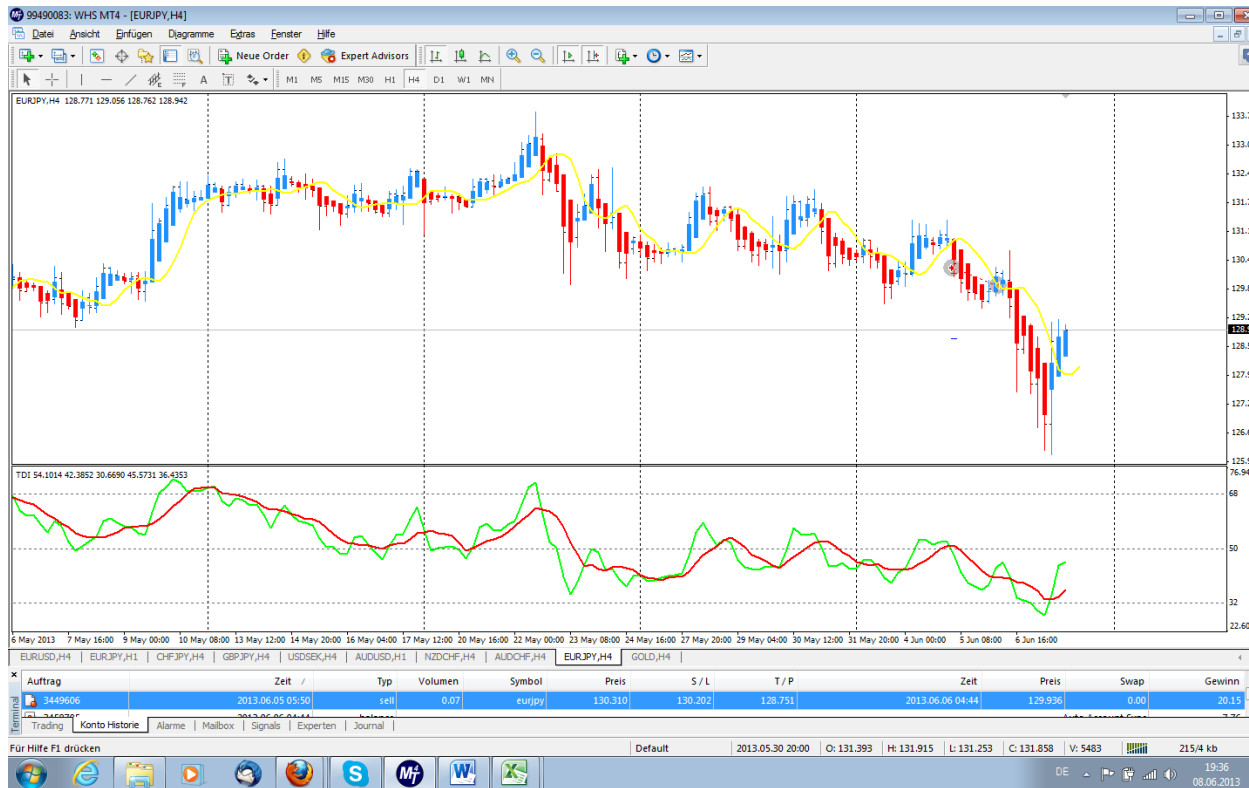
Lessons: trade would have been correct but I entered the wrong amount of lots.



05.06.2013 – 05:50 Pair: EURJPY Direction: short Profit: 20€

Trend: short TDI Signal: yes Exit: exited manually after color of candles changed

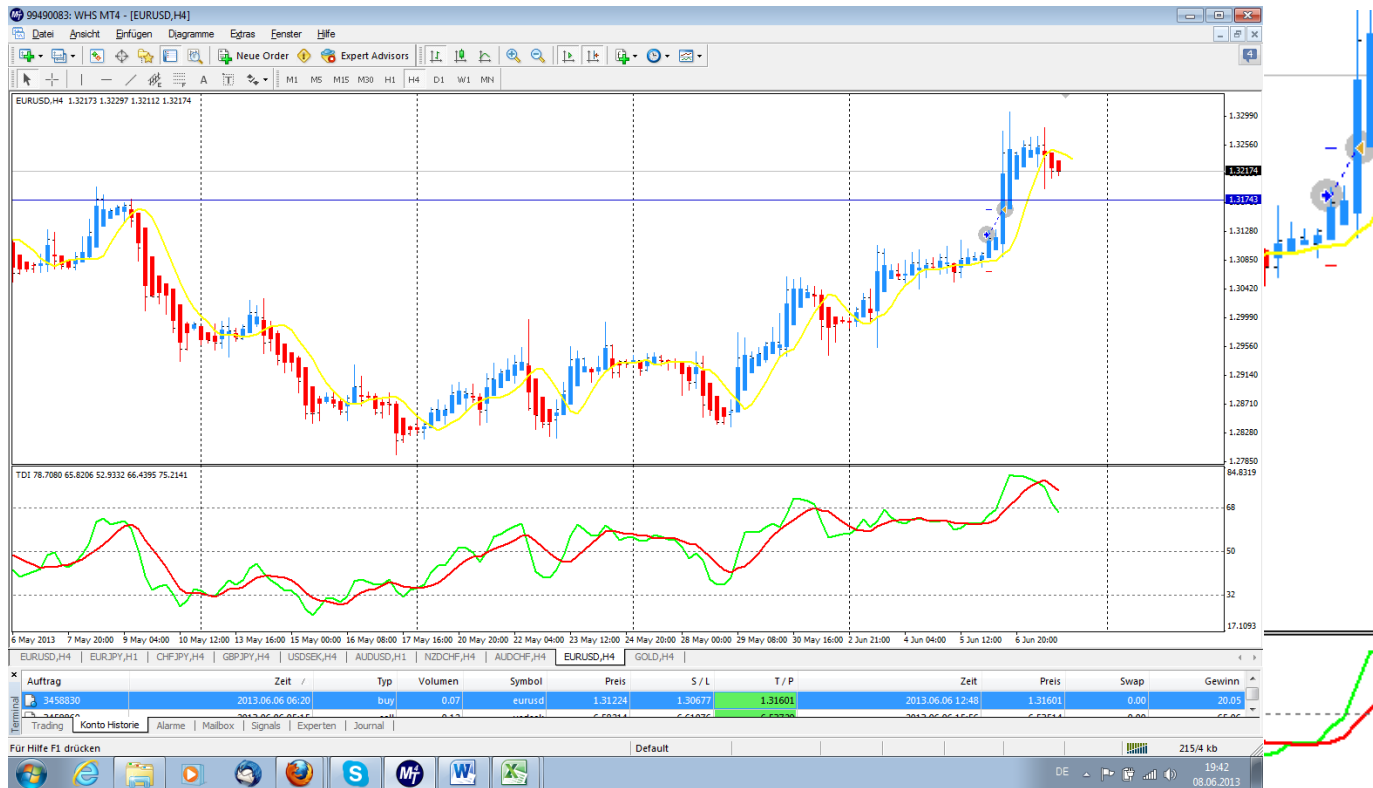
Lessons: no



**06.06.2013 – 06:20 Pair: EURUSD Direction: long Profit: 20€**

**Trend: long TDI Signal: yes Exit: TP at Res-line**

**Lessons:** should think about entering multiple packages to enable multiple TP...



06.06.2013 – 05:15 Pair: USDSEK Direction: short Profit: 65€

Trend: short TDI Signal: yes Exit: TP

Lessons: nice trade

