

ART of THE TRADE Workbook



What's in a trade? Is it the entry? Is it the exit? Is it how much money is made, or lost? Or is a trade greater than the sum of its parts, and something more special, and inspired?

Use this workbook to make the leap from craftsman, to artist.



Presented By:
Pat Mitchell
Professional Day Trader & Coach

“GET GOOD **FIRST.**

Then The Money Will Come.”

- Pat “Trick” Mitchell

“He who makes a beast of himself, gets rid of the pain of being a man.”

- Samuel Johnson

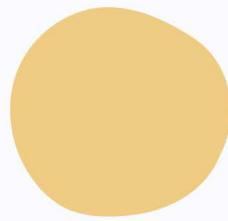
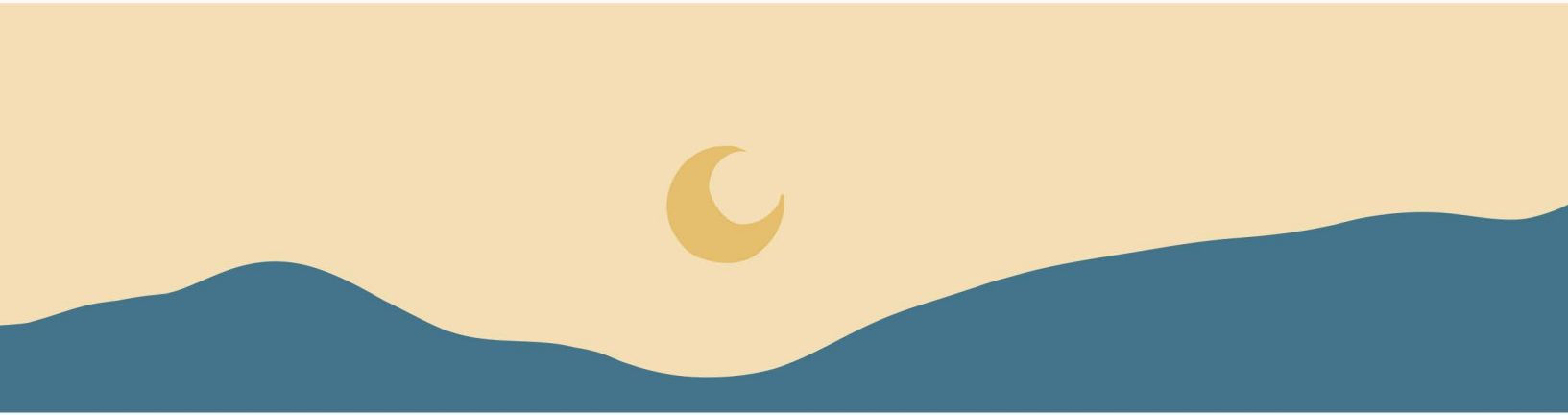


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01

ART OF THE ENTRY

When and where we choose to enter a trade is the first brush-stroke. Keeping it simple is best, but don't make this beginner's mistake.

05

ART OF AVERAGING

A winning position is not only about getting the best possible price, it's about knowing when to add, and when to stop.

09

ART OF THE EXIT

Pulling profits is the reward for a well-executed trade. Don't make this cardinal sin - especially when you've done all the necessary work.

13

ART OF STOPPING OUT

Not all trades go as planned, but all trades can be managed professionally. Keeping this one thing in check (and how to do it) will minimize damage.

17

ART OF THE TRADE WORD RECAP

Test your retention and take a minute to reflect on the workbook lessons. Don't worry, we'll drop a little cheat link in case you get stuck on one (or two).

19

ART OF LEARNING - BOOT CAMP

Creating a career out of an education requires a professional commitment to personal growth and mastery of skill. How you choose to learn will ultimately become the signature on your art, and the value your signature represents. Here's what to do next.



01

ART OF THE ENTRY



STUDY VIDEO

Click here to watch the study video. Check the items off below as you understand key points in the lesson.

In this lesson, you'll learn the importance of balancing account size with each specific trade plan, as well as common mistakes made by traders, particularly regarding emotional responses to market movements.

ART OF THE ENTRY Checklist

Check the items off below as you understand key points in the lesson.

Set technical entry and risk levels prior to taking a position.

☐

Beautiful entries can still lead to mistakes.

☐

Save sizing for testing of technical risk levels.

☐

Enter the trade going *into* the level.

☐

Watch for emotional trigger traps such as candle colors.

☐

Do not oversize by averaging in too soon.

☐

01

ART OF THE ENTRY RECAP

Review the screenshot from the lesson and write down what you learned.

01

What do the lines at 1 and 2 represent in the screenshot below?



01

ART OF THE ENTRY RECAP

Review the screenshot from the lesson and write down what you learned.

02

Why does Pat have a problem with the entries in this example?:



01

ART OF THE ENTRY RECAP

Review the screenshot from the lesson and write down what you learned.

03

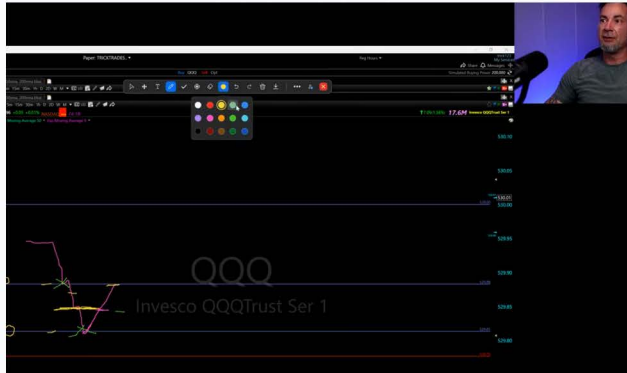
Why is Pat talking about saving “bullets in the chamber”?



A large empty rectangular box for taking notes.

02

ART OF AVERAGING



STUDY VIDEO

Click here to watch the study video. Check the items off below as you understand key points in the lesson.

Learn about the importance of market conditions, risk management, and the difference between adding to a position and averaging into it.

ART of AVERAGING Checklist

Check the items off below as you understand key points in the lesson.

Market conditions significantly influence trading decisions.

☐

Averaging into a position helps manage risk effectively.

☐

Understanding technical levels is essential for successful.

☐

Paying yourself is a key part of trading strategy.

☐

Even failed trades can be profitable with proper management.

☐

Coaching can help traders avoid bad habits and improve.

☐

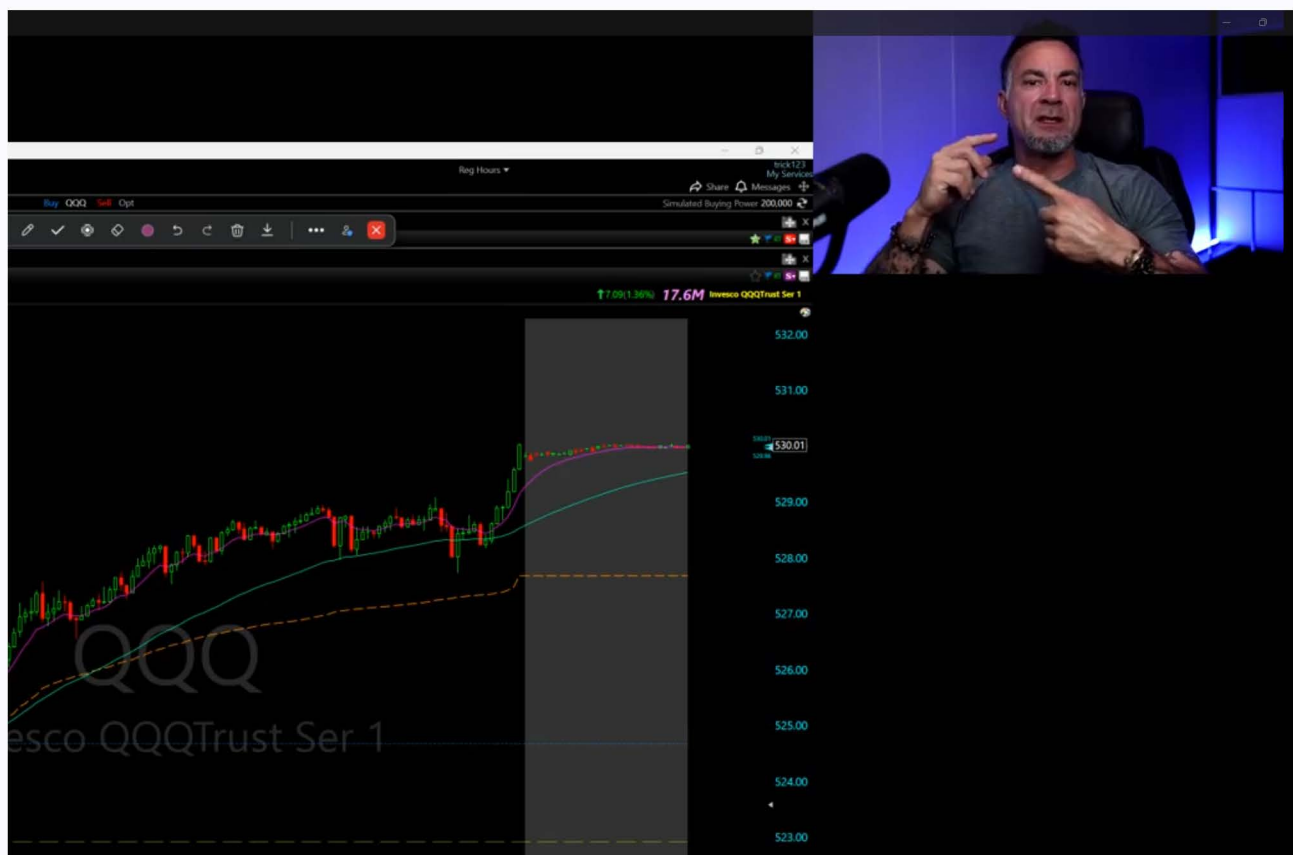
02

ART OF AVERAGING RECAP

Review the screenshot from the lesson and write down what you learned.

01

What does it mean to average into a position?



02

ART OF AVERAGING RECAP

Review the screenshot from the lesson and write down what you learned.

02

What is the difference between adding (1) and averaging (2)?



02

ART OF AVERAGING RECAP

Review the screenshot from the lesson and write down what you learned.

03

What expected behavior do we look for when a valid technical level fails, and what do we do next?



Blank box for notes.

03

ART OF THE EXIT



STUDY VIDEO

Click here to watch the study video. Check the items off below as you understand key points in the lesson.

In this lesson, learn to avoid common pitfalls and how to properly manage contracts so that profits are not turned into losses.

ART of the Exit Checklist

Check the items off below as you understand key points in the lesson.

Focus on trading to trade well, not just to make money.

☐

Pay yourself on the first push of a trade.

☐

Professional traders prioritize paying their bills through trading.

☐

Don't hold and hope; act decisively in trades.

☐

Greed can lead to poor trading decisions; control it.

☐

Understand the importance of support and resistance in exits.

☐

03

ART OF THE EXIT RECAP

Review the screenshot from the lesson and write down what you learned.

01

How much position size is sold on first exit, and why?



03

ART OF THE EXIT RECAP

Review the screenshot from the lesson and write down what you learned.

02

What is the main goal of a professional trader?



A large empty rectangular box for writing notes.

03

ART OF THE EXIT RECAP

Review the screenshot from the lesson and write down what you learned.

03

What is the cardinal sin when it comes to trading?



04

ART OF STOPPING OUT



STUDY VIDEO

Click here to watch the study video. Check the items off below as you understand key points in the lesson.

Understanding confirmation is critical to making a decision to cut a trade or give the trade more time to work.

ART of Stopping Out Checklist

Check the items off below as you understand key points in the lesson.

Don't stop out just because it touches the risk level.

☐

Confirmation is required before stopping out.

☐

Proper risk management is essential for success.

☐

Market makers can see your stops.

☐

You don't need a massive account to trade effectively.

☐

Understanding support levels is key to trading.

☐

04

ART OF STOPPING OUT RECAP

Review the screenshot from the lesson and write down what you learned.

01

What are the two situations where we would normally stop out in a trade?



04

ART OF STOPPING OUT RECAP

Review the screenshot from the lesson and write down what you learned.

02

What are three types of technical stop levels?



04

ART OF STOPPING OUT RECAP

Review the screenshot from the lesson and write down what you learned.

03

What are the two levels of confirmation that tell us it's time to stop out?



ART OF THE TRADE WORD RECAP

Correctly match the word to complete the sentence.

CRUCIAL

COACHING

TECHNICAL

TRADING

SCALPING

MASSIVE

EXITS

CONDITIONS

OVERTHINKING

STOPPING OUT

01

The art of the entry is _____ in trading.

06

Market _____ significantly influence trading decisions.

02

Understanding _____ resistance is key to successful trading.

07

Incremental trading is more effective than _____.

03

Avoid _____ exits; keep it simple.

08

_____ can help traders avoid bad habits and improve skills.

04

Understand the importance of support and resistance in _____.

09

Confirmation is required before _____.

05

Always strive to act professionally in _____.

10

You don't need a _____ account to trade effectively.



PAT "TRICK" MITCHELL

Pat is a former welder turned self-taught professional day-trader. After years of trial and error, he perfected his craft, and decided early on that the gift of freedom he had found was too good to keep for himself.

Currently, he mentors students from all over the world. During the course of his 11+ year trading career, he has trained over 35,000 aspiring traders.

He is known for his unique and highly successful entry, risk and sizing strategies and is one of the few professional traders in the world that makes profitable trades daily while teaching his students live on screenshare.

It is often said, there is no way that a trader of any caliber can be "green everyday." But, through the experience of his students, and daily transparency with social media trade recaps, it's undisputably true not only for Pat, but also those that take his lessons to heart and give this craft *everything* they've got.



GET ACCESS: ONLINE TRADING COURSE BOOT CAMP

If you've liked what you've learned so far, then chances are that you naturally understand what the best traders in the world understand: trading is more of an art, than a skill.

But, like all artists, no amount of raw talent can replace the need for education, training & coaching. These are fundamentals of all great art. Through proper training, only then does raw talent have the ability to truly shine. [Use the link below to learn more about Boot Camp.](#)

START NOW

*Use Coupon Code "BootCamp"
for a special Online Course discount.
(You'll also find Recap answers here)*

