

MESINO TRADING

CLARITY

WORKBOOK

CLARITY - Clearing Out Trading Mind Blocks, Issues and Limiting Beliefs in Order to Unleash your True Trading Potential

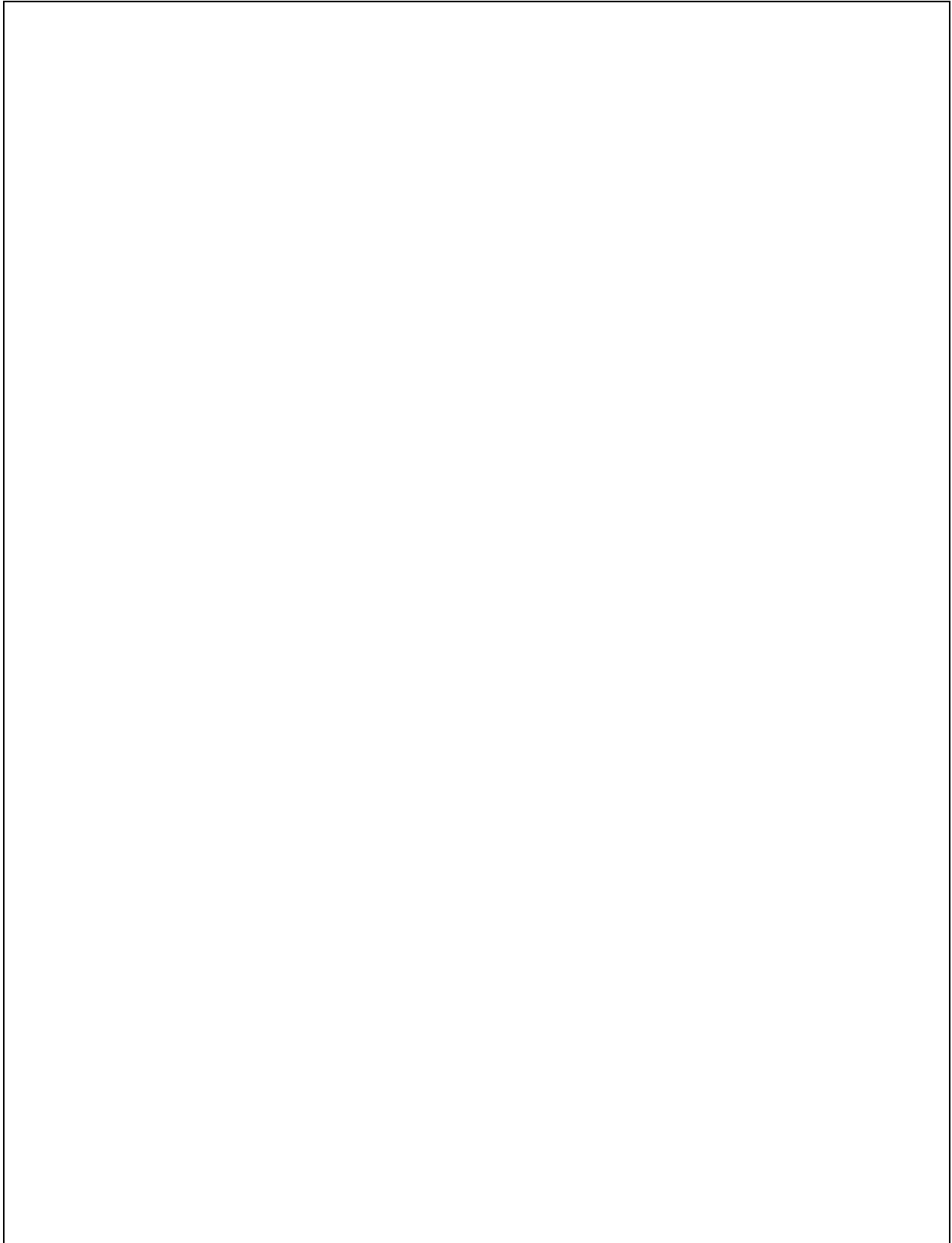
THROUGH THE LOOKING GLASS – How I See, Think, Plan & Execute Through the Trades

This workbook belongs to: _____

**“If I have seen further than others, it is by standing upon the shoulders of giants.”
- Isaac Newton**

This workshop is dedicated to all the people who have been with me throughout my trading journey – my mentors, students, and co-traders. You have made this adventure all the more fun, fulfilling, and possible. Thank you.

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EXERCISE: "REWIRE YOUR MIND"

- 1) What should you change about your perception/perspective towards trading in order to achieve better progress and results?

- 2) How do you think you can personally strike a balance between respecting money yet at the same time detaching/being indifferent towards it?

"3 C's – You must make the CHOICE, to take the CHANCE, if you want anything in life to CHANGE."

YOUR PERSONAL CONTRACT:

I, _____
declare that I must master my trading in every area. I will no longer settle for results that are less than what I know I deserve. I have had enough experience to know the other side, and now it's my time to realize my true potential.

I WILL commit myself to improve the quality of my trading from what it is now. I will persist under any circumstance to act upon the tasks of this workshop, as well as the action items I will be assigning to myself moving forward. As I know these tasks are going to empower me forever, I will not leave any task undone. I will relentlessly work to enrich my trading and my life, and push beyond my known limits.

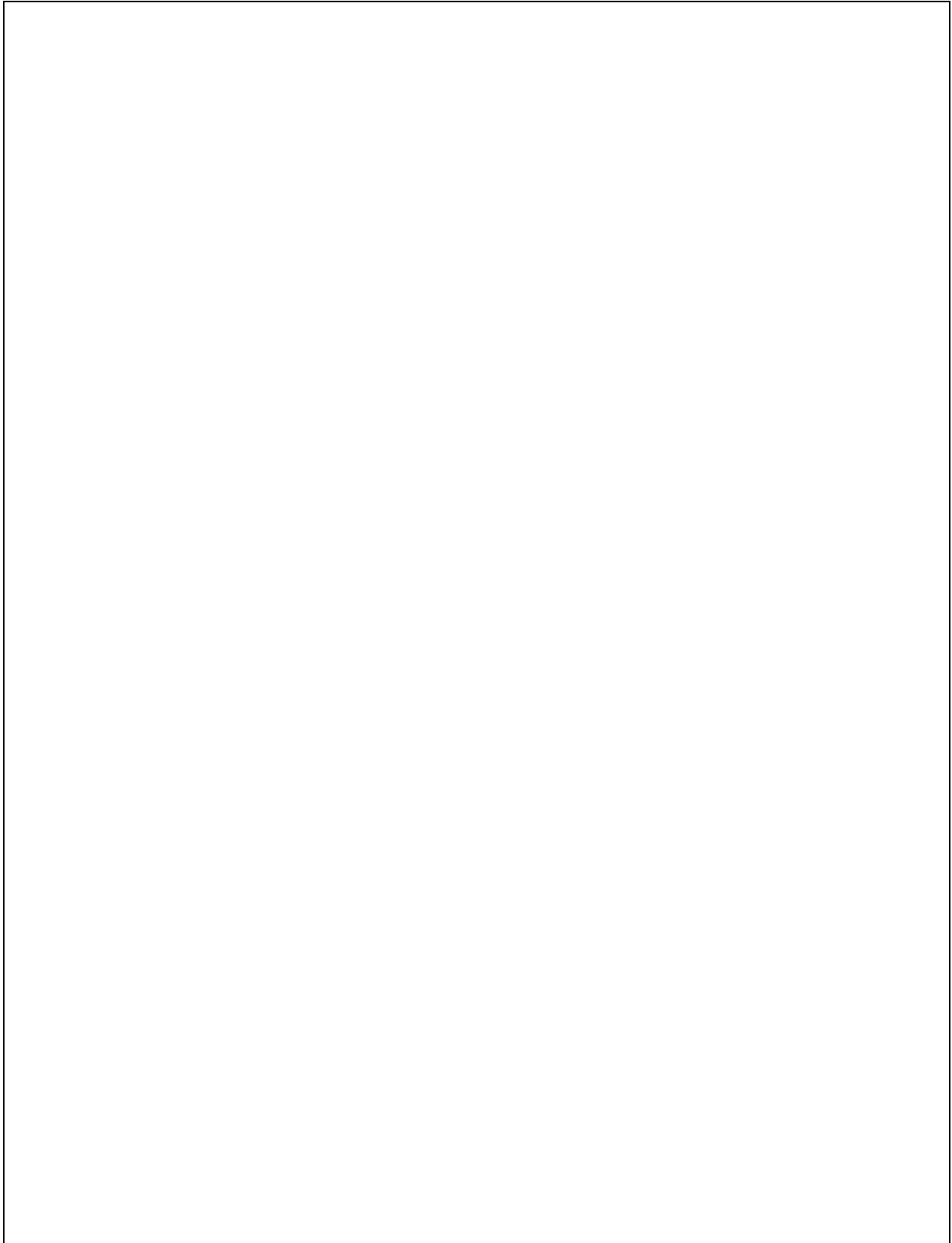
I AM responsible for shaping my destiny, and I trust my ability to see all that I want to achieve through and through. I understand that the only way to real success is by having a great state of mind, by being someone prepared to receive success, and I'm willing to work vigorously to create and enhance it. I am ready to live my life in the never-ending cycle of self-growth and use the unlimited potential and power within my being.

I AM ready to attain a burning desire and a passion for the journey and the process, as this will allow me to achieve a life that rises above all else.

Signed: _____

Date: _____

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EXERCISE: "WHO ARE YOU"

Time Availability	Risk Profile
Execution Profile	Trader Personality

EXERCISE: "DEFINE A PATH FOR PROGRESSION"

Who you are right now	Who you can be right now	Who you want to be in the future

"Your actions will be the bridge that will take you from place to place throughout your journey"

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PROCESS: "DELIBERATE PRACTICE"

- 1) Do you have a setup to study or practice? A theory you want to prove? A sub-process you want to create?

- 2) What is it that you want to achieve with this? What is your objective?

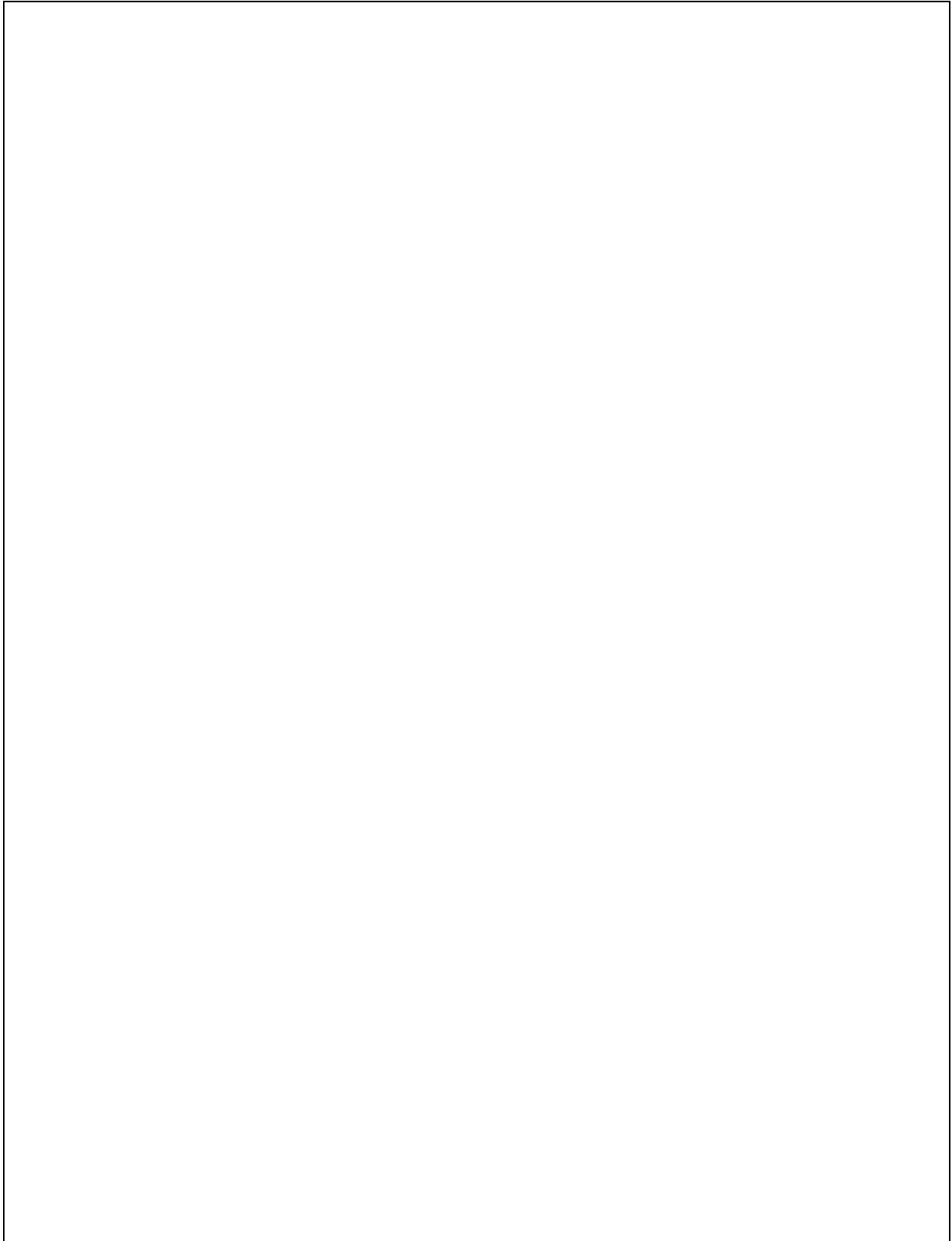
- 3) How do you plan to do it? What is your own personal methodology? Is it something you can stick to consistently until completion? How can you make it fun and not dragging?

- 4) Is the process you are doing as well as the data you are collecting supportive to your end goal/objective? What is your intended output?

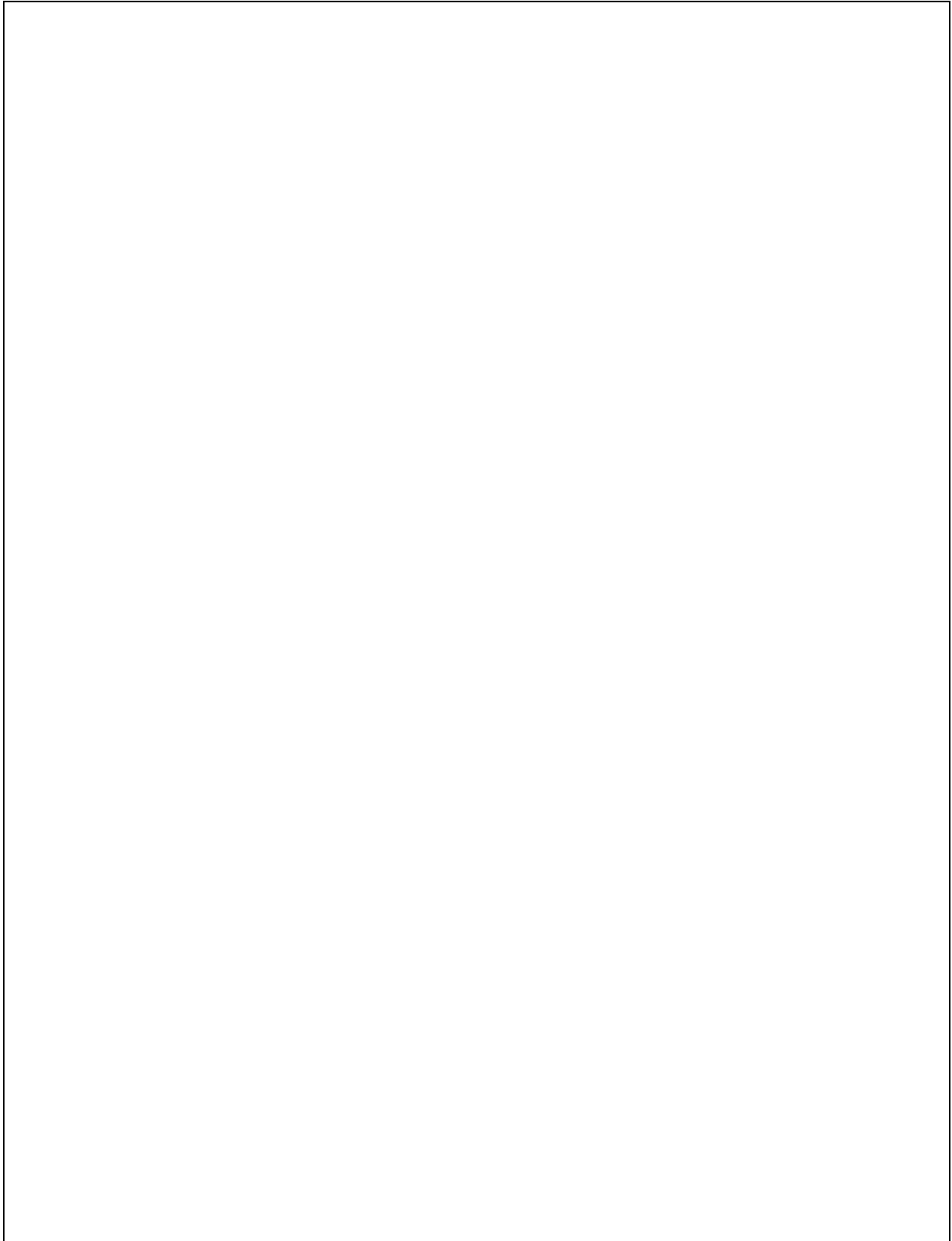
- 5) How will it contribute to you becoming a better professional trader?

"Don't be obsessed with perfection, instead be obsessed with progress. Version 1 to version 2, and so on. Assess the validity of your processes & methodologies if they are allowing you to meet your personal and trader development objectives. Are they getting you closer to your goals?"

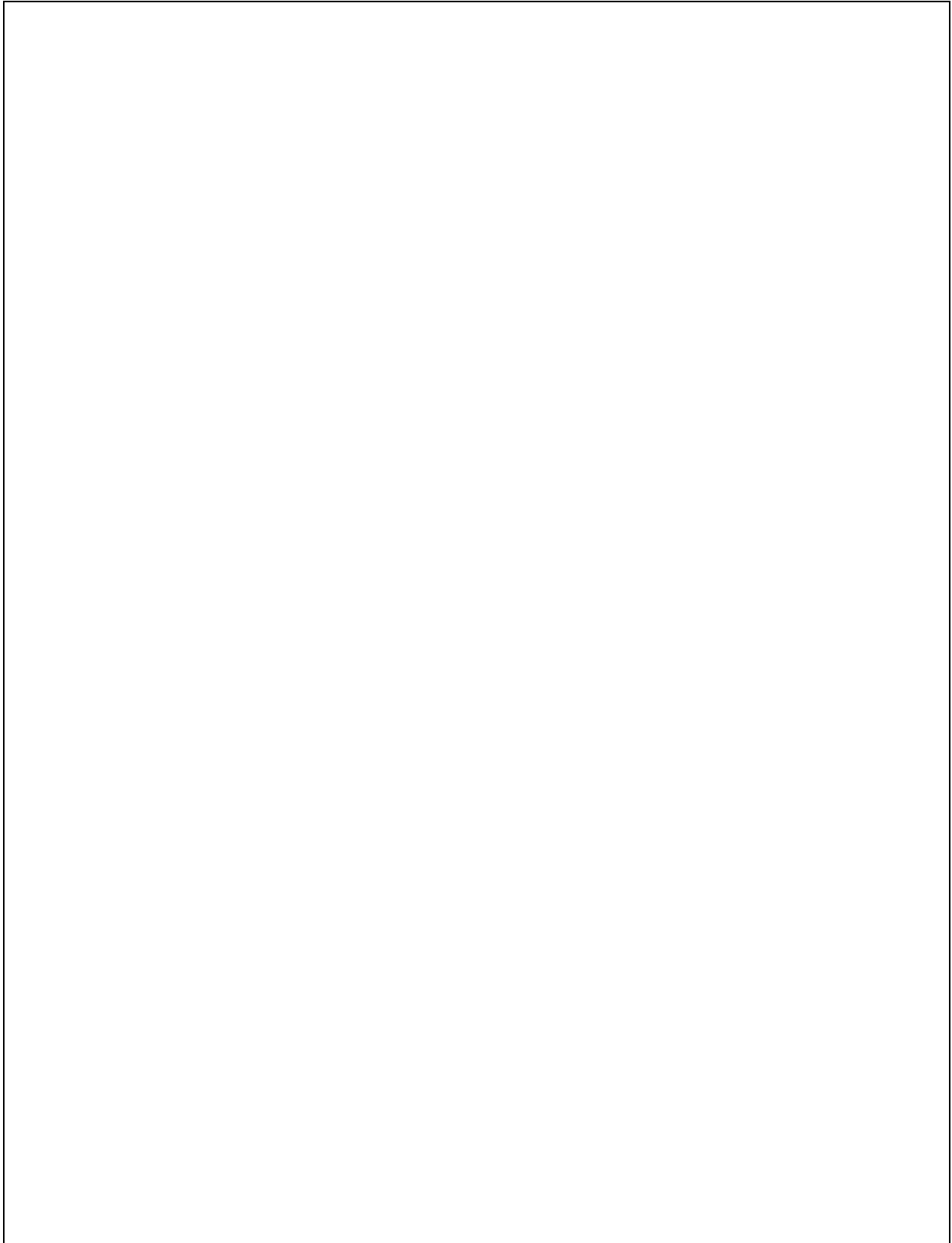
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PRICE ACTION NOTES:



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DARVAS BOXING: Charting is more like reading a story in order to understand the proper context – do it from **left to right** and **one area at a time** as you look at it as a whole. Break it down slowly into **areas of consolidation**, as well as the **breakout and breakdown** moves. Look for the **rebounds and pullbacks** before marking respective **areas of support and resistance**.









TREND ANALYSIS: Analyze the chart and mark the **highs and lows** as it creates the series (higher highs and higher lows in an uptrend, lower highs and lower lows in a downtrend). Observe the area where the trend shift may happen (either a reversal in trend, or a sideways move). Mark the **exact point with a horizontal line to show where you expect the shift to happen**, as well as mark the **high or low of that reversal area with a vertical line** to split it into two sections.

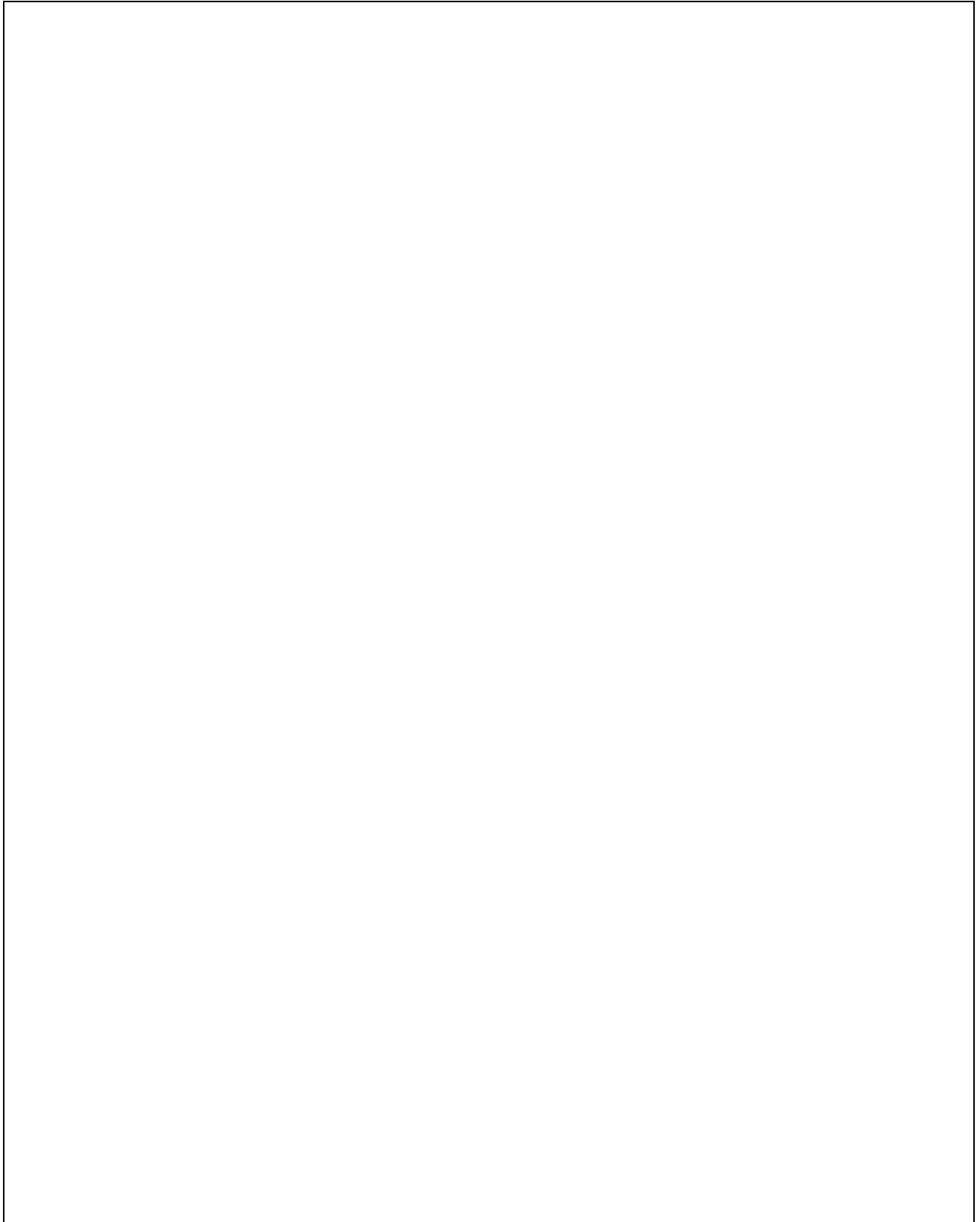








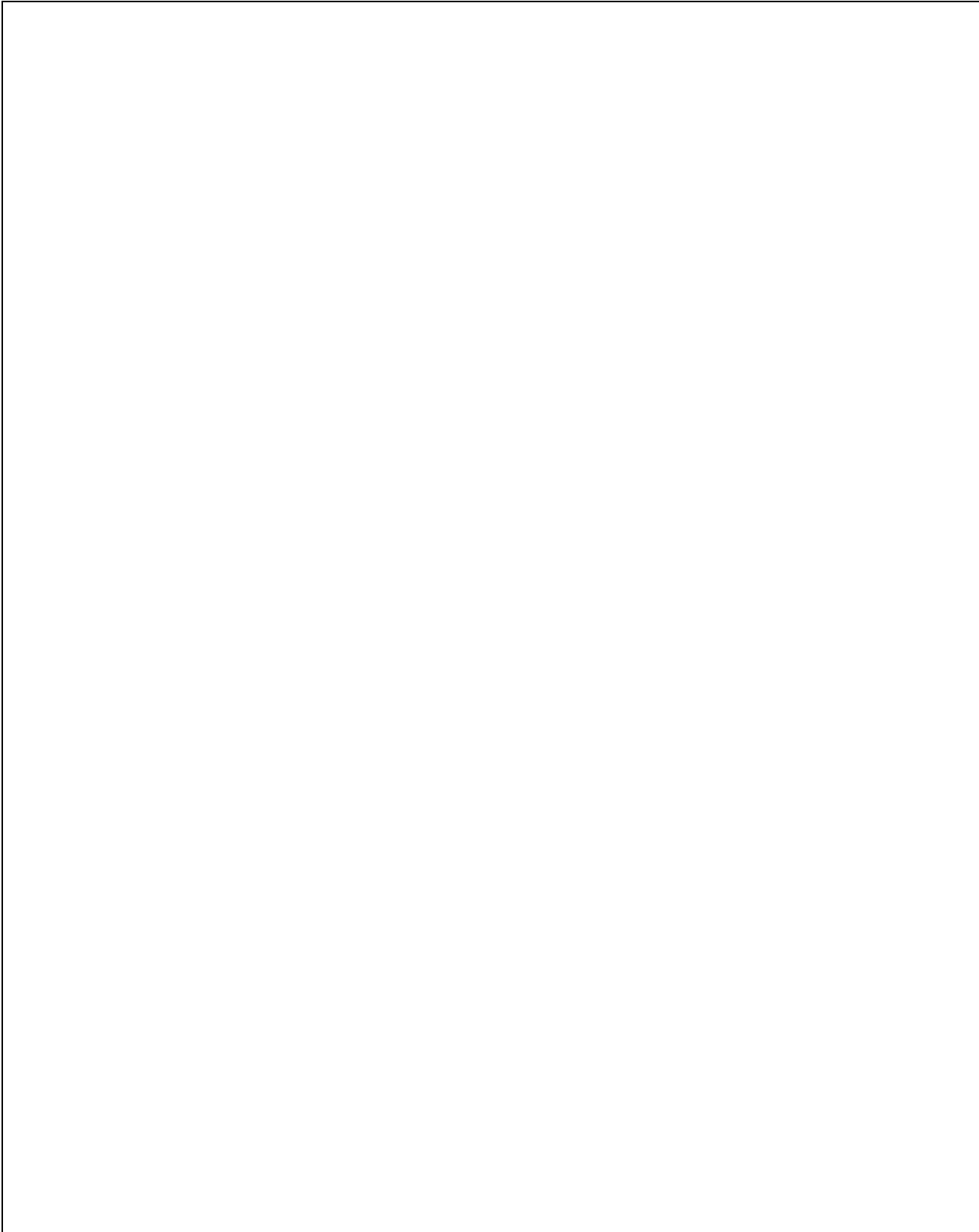
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		STOCK TREND ANALYSIS (MICRO)		
		UPTREND	SIDEWAYS	DOWNTREND
MARKET TREND ANALYSIS (MACRO)	UPTREND			
	SIDEWAYS			
	DOWNTREND			

		SHORT TERM TREND OF THE STOCK (MICRO)		
		UPTREND	SIDEWAYS	DOWNTREND
LONG TERM TREND OF THE STOCK (MACRO)	UPTREND			
	SIDEWAYS			
	DOWNTREND			

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PROCESS: "TRADE IDEA CREATION"

1) What is the current price action structure you are creating a trade idea on?

2) What price action structure is it building on top of?

3) What price action structure is it going against?

4) What is your trade idea and what are your expectations of it?

5) Do your expectations for this trade idea match that of your analysis of the price action of the stock and the market?

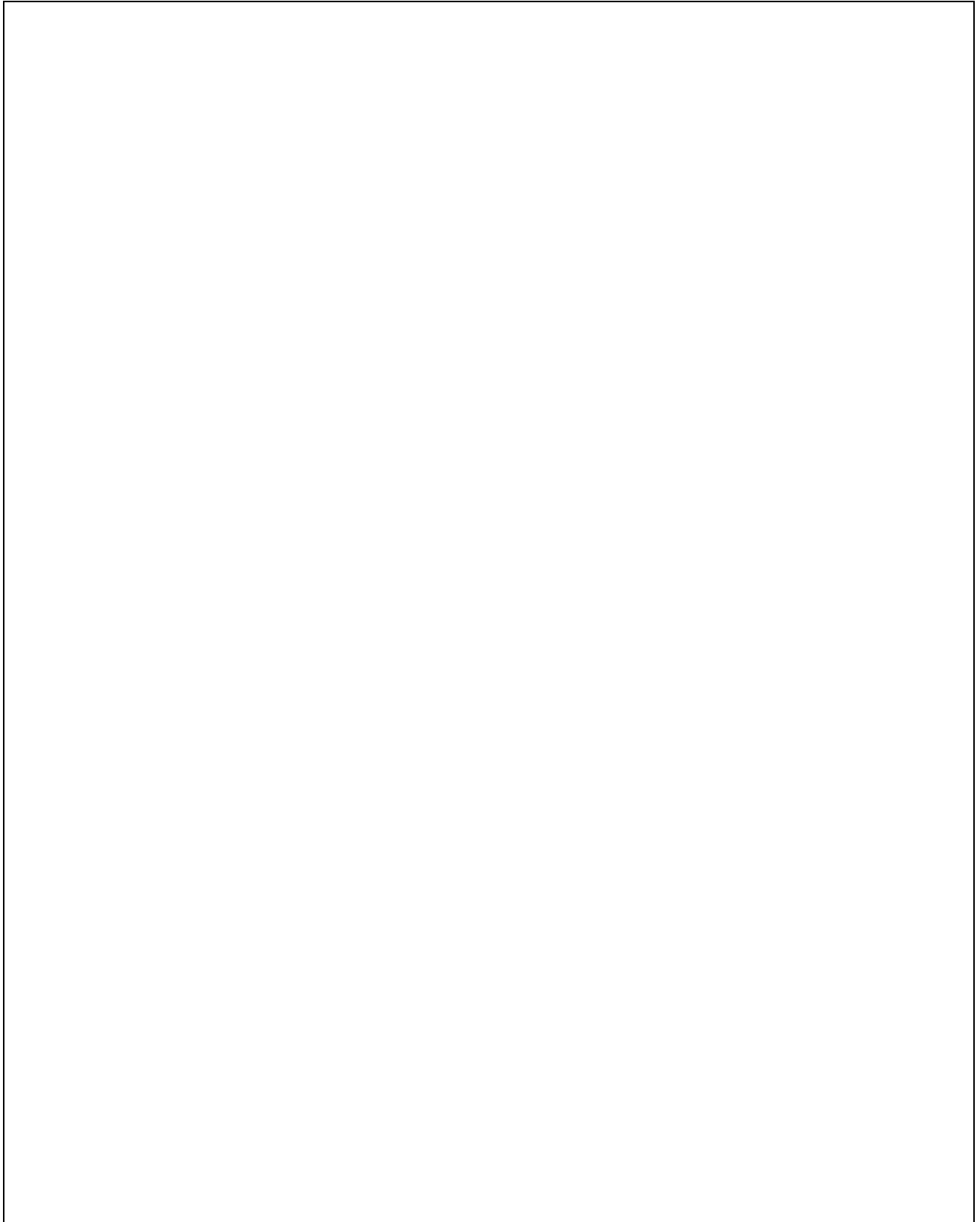
6) Does your execution plan match these expectations?

7) At what point in time or what move of the market will your trade idea be invalidated?

8) What variable changes will you be looking out for in order to shift/flow from one trade idea to the next? (given that your initial idea is still valid)

"Expectation setting is a skill that a trader needs to develop in order to plan for, execute, and manage a trade well. Mismatched expectations is usually one of the root causes of emotions in trading."

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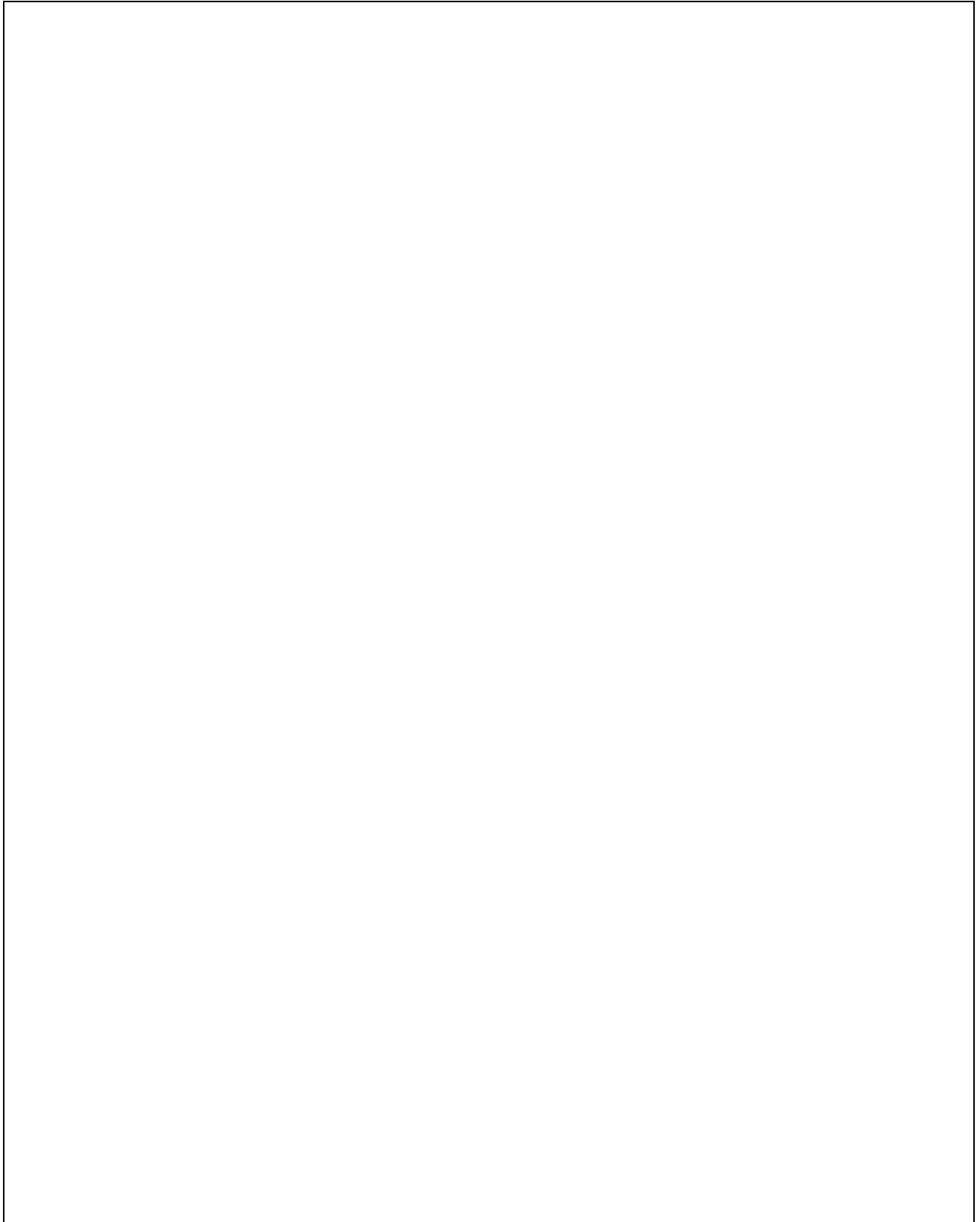
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PROCESS: "MULTIPLE SCENARIO PLANNING"

Upward Scenarios
Sideways Scenarios
Downward Scenarios

"The general who wins the battle makes many calculations in his temple before the battle is fought. The general who loses makes but a few" - Sun Tzu

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PROCESS: "RISK AND TRADE MANAGEMENT"

- 1) Is this even a planned trade in the first place? (Trading vs. Gambling)

- 2) What is the risk management in place for this trade (i.e. % cut of position, % Port VAR)? Are there technical confluences with your cutloss plan?

- 3) Is the position size you are taking in line with your skill level or expected result for this trade? (i.e. are you just trading this for data, for practice, for a normal routine trade, or is this one of your conviction setups?)

- 4) Is the risk you are taking worth the potential reward?

- 5) Does your execution strategy (intraday/EOD, timeframe) match your analysis? (be sure to check the DNA of the stock for its tendencies)

- 6) Have you plotted the resistance points and target prices up ahead as to avoid being blindsided? (be sure to check for confluences if any)

- 7) Is your buying range prepared beforehand, and is it in line with your planned risk?

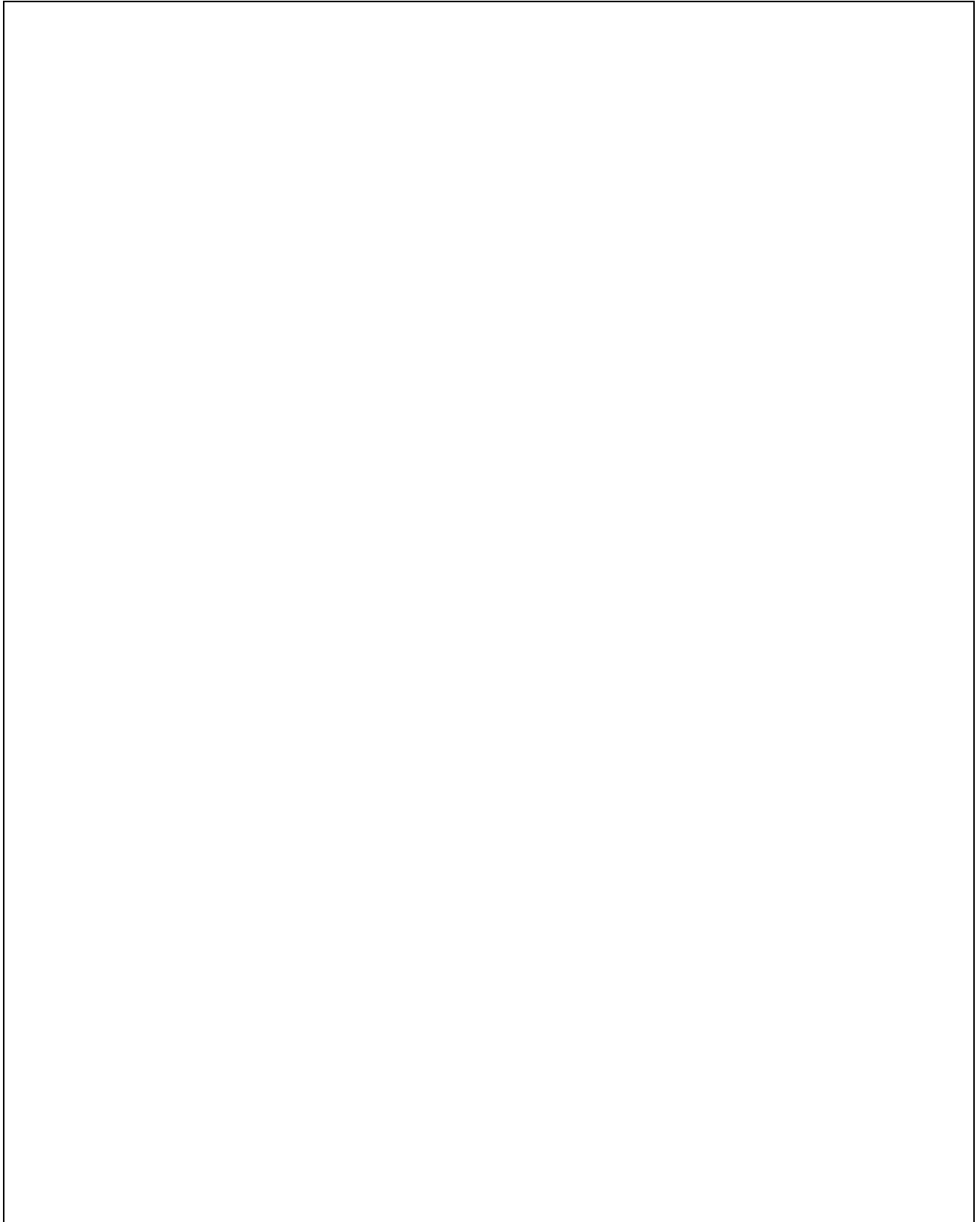
- 8) Until what retracement point are you still bullish about your trade idea? Do you have a buyback plan prepared?

- 9) Have you made up your mind already on your planned selling area?

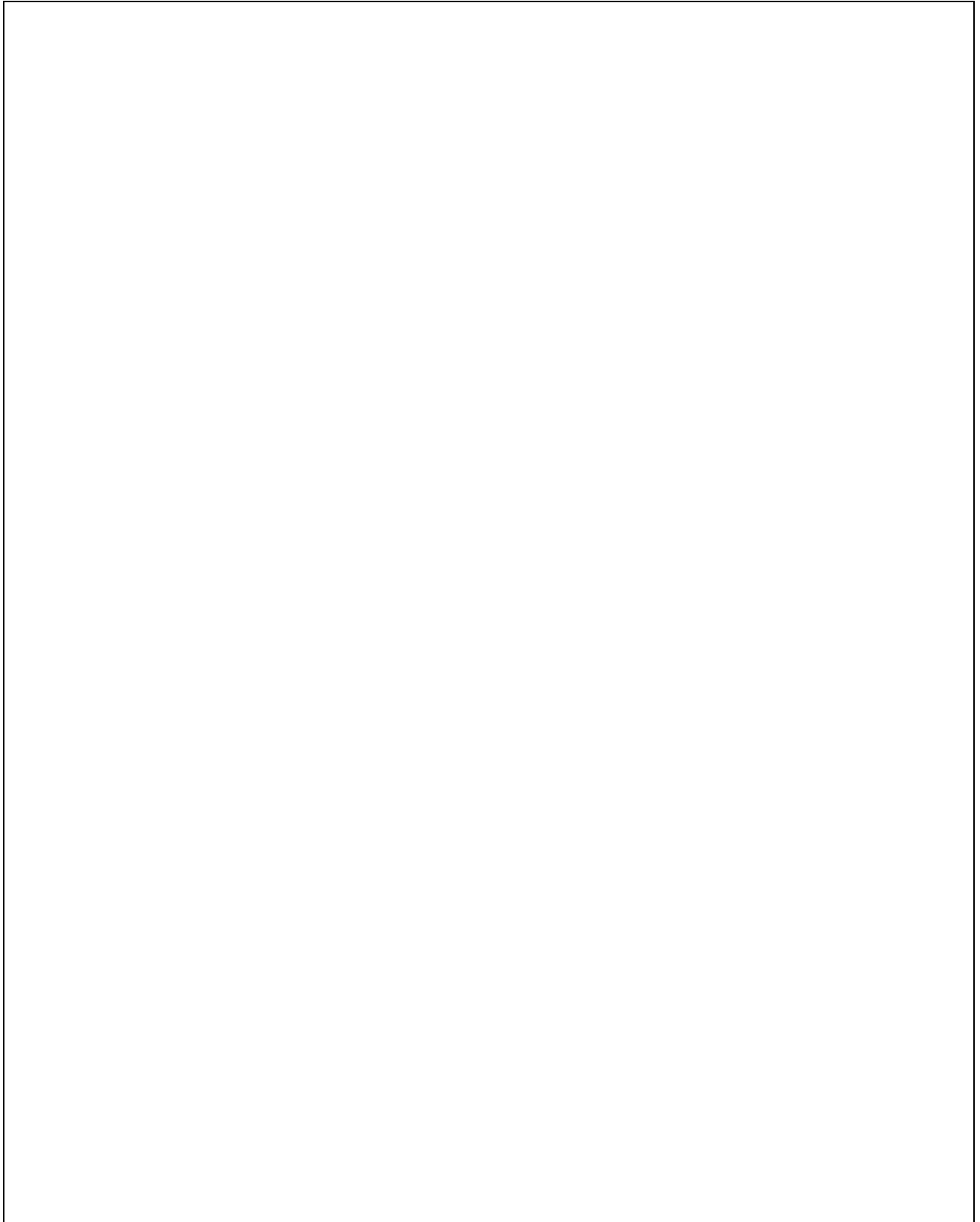
- 10) How do you plan to execute your profit management (dynamic risk-reward)?

"Risk comes from now knowing what you're doing" –Warren Buffet

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PROCESS: "YOU ARE YOUR ROUTINES AND HABITS"

1) Have you prepared comprehensively during the weekend? (before Monday open)

2) Have you logged your trades and journal entries? Were you able to reflect on your mistakes last week so as to make corrective actions? Were you able to reflect on what you did correctly/excellently as to repeat those same actions?

3) Have you done your daily trading routines (i.e. review of trading vows, rules, prayers, health and concentration rituals, etc.)?

4) Have you reviewed your trading plans? (before daily market open)

5) Have you committed to following them whatever happens? Have you prepared yourself to fully accept whatever results the market may bring against your plans?

6) Have you prepared/set-up all your trading tools (i.e. alerts system, watchlists, trade plans, brokers, charting software, etc) as applicable?

7) How are you feeling throughout the trading day (i.e. calm and confident)? Take note of your behaviors and emotions for your journal.

8) Have you logged your trades for the day? (as to avoid backlog piling up)

9) Have you updated your plans in preparation for the next trading day?

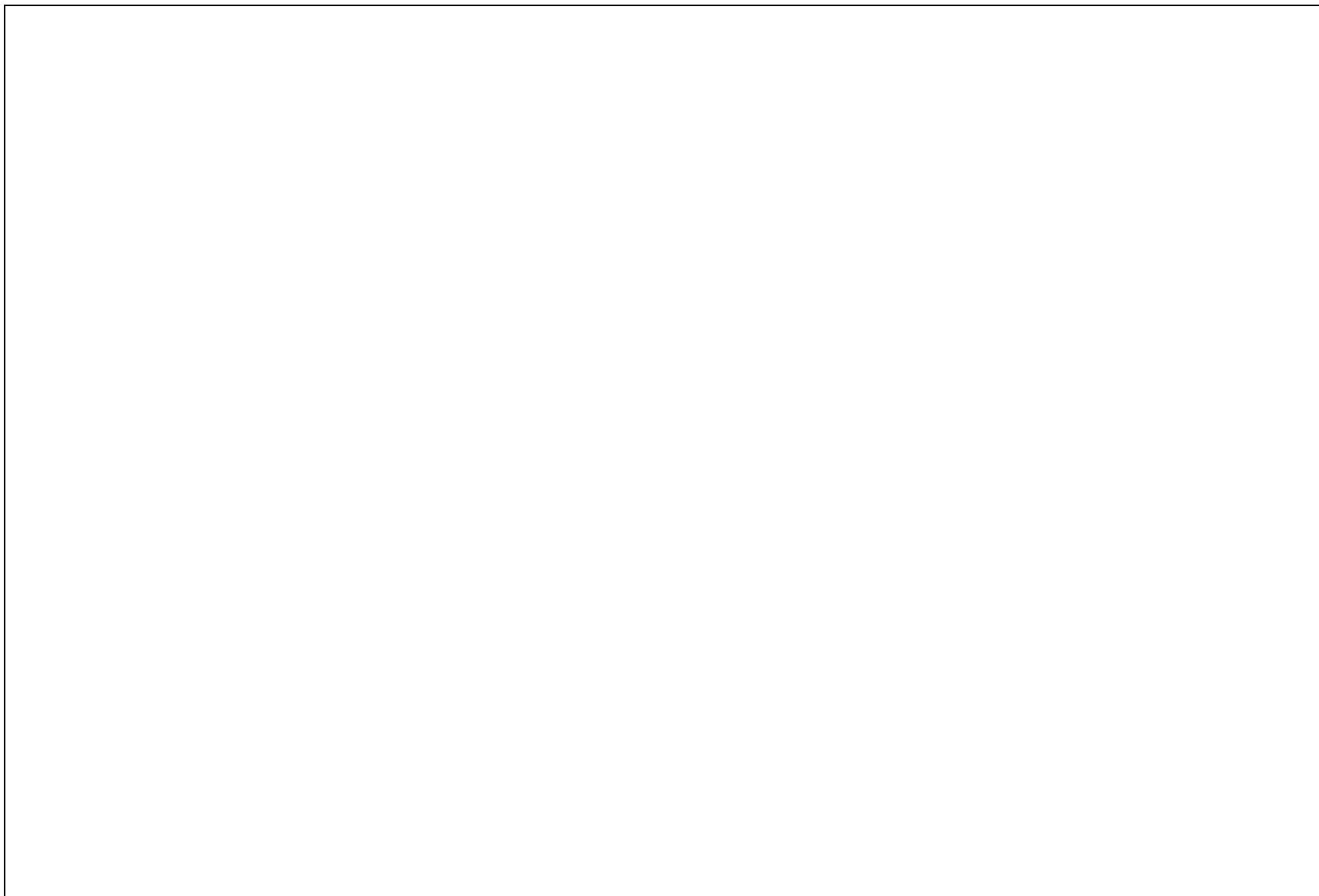
"We are what we repeatedly do. Excellence, then, is not an act, but a habit."

WALKTHROUGH: "SEE, THINK, PLAN AND EXECUTE"

1) ATN 2018



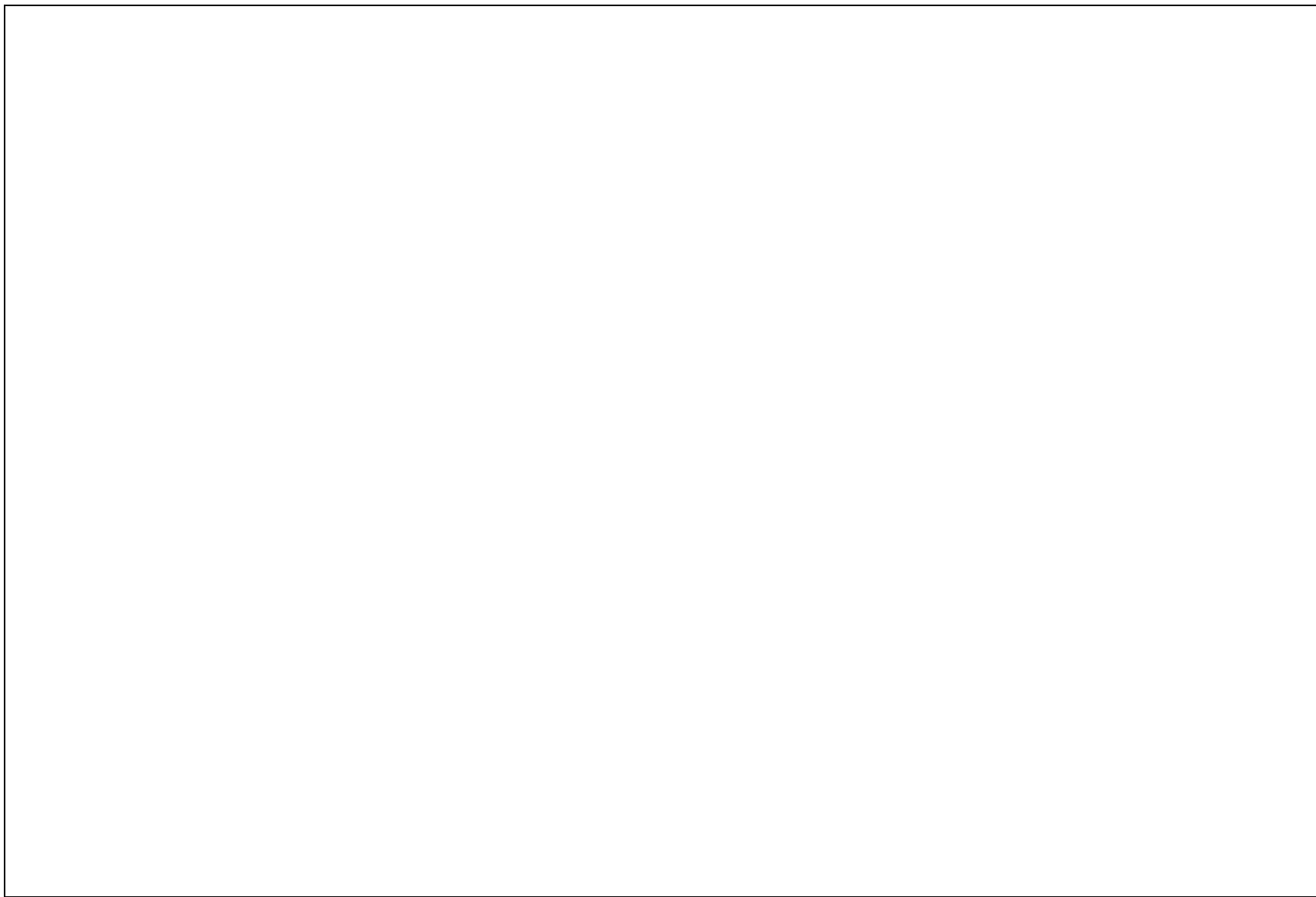
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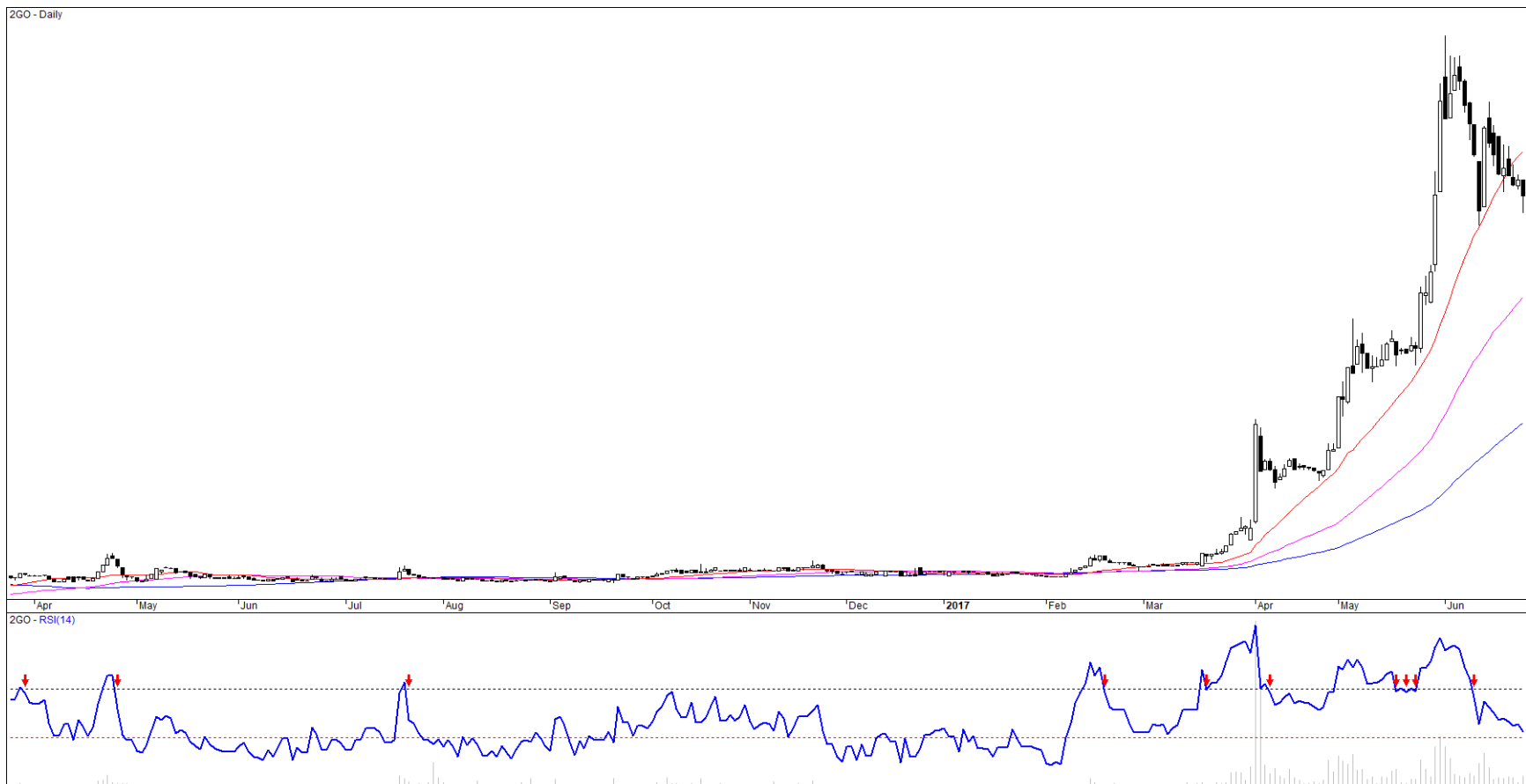
2) IRC 2018



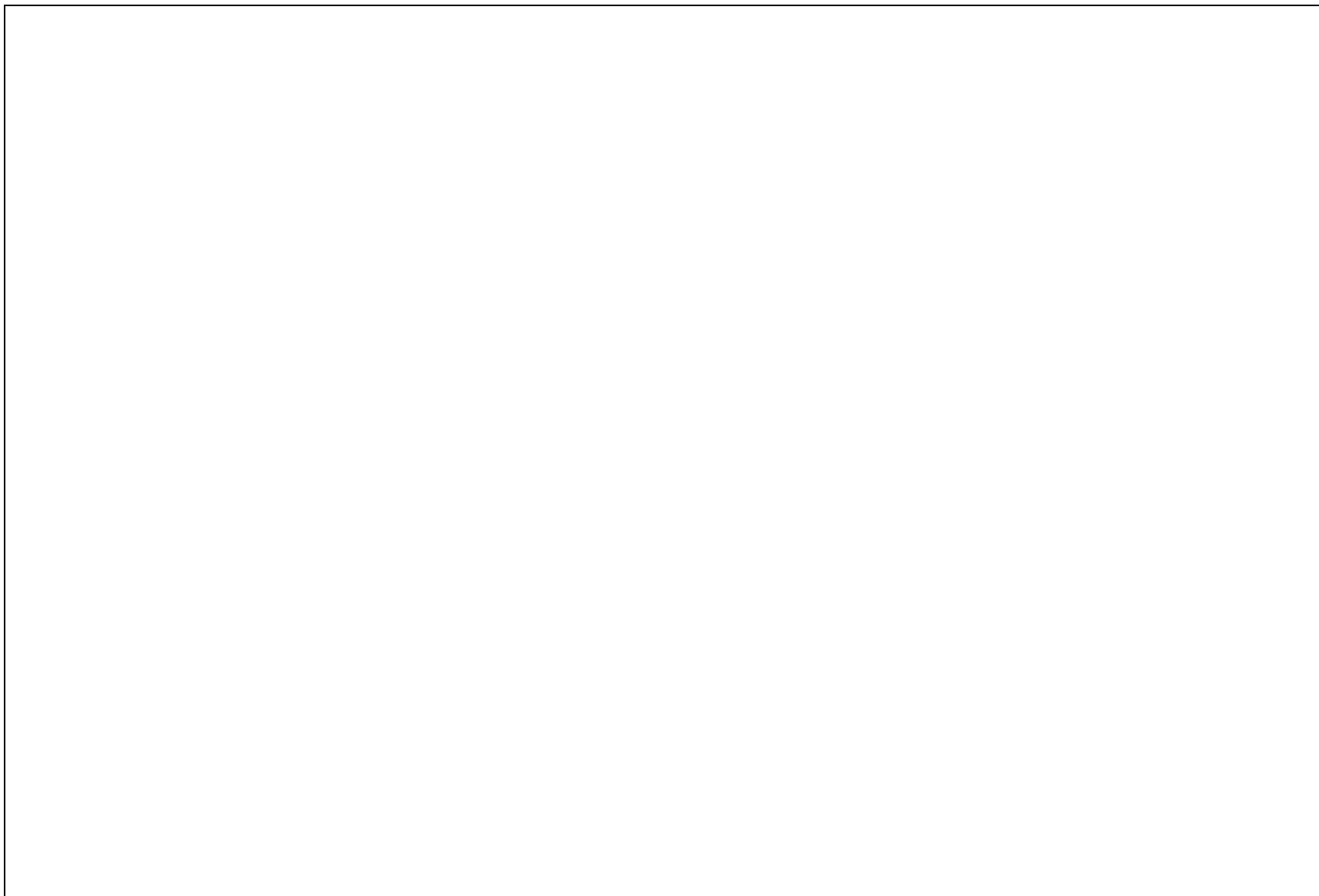
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3) 2GO 2016-2017



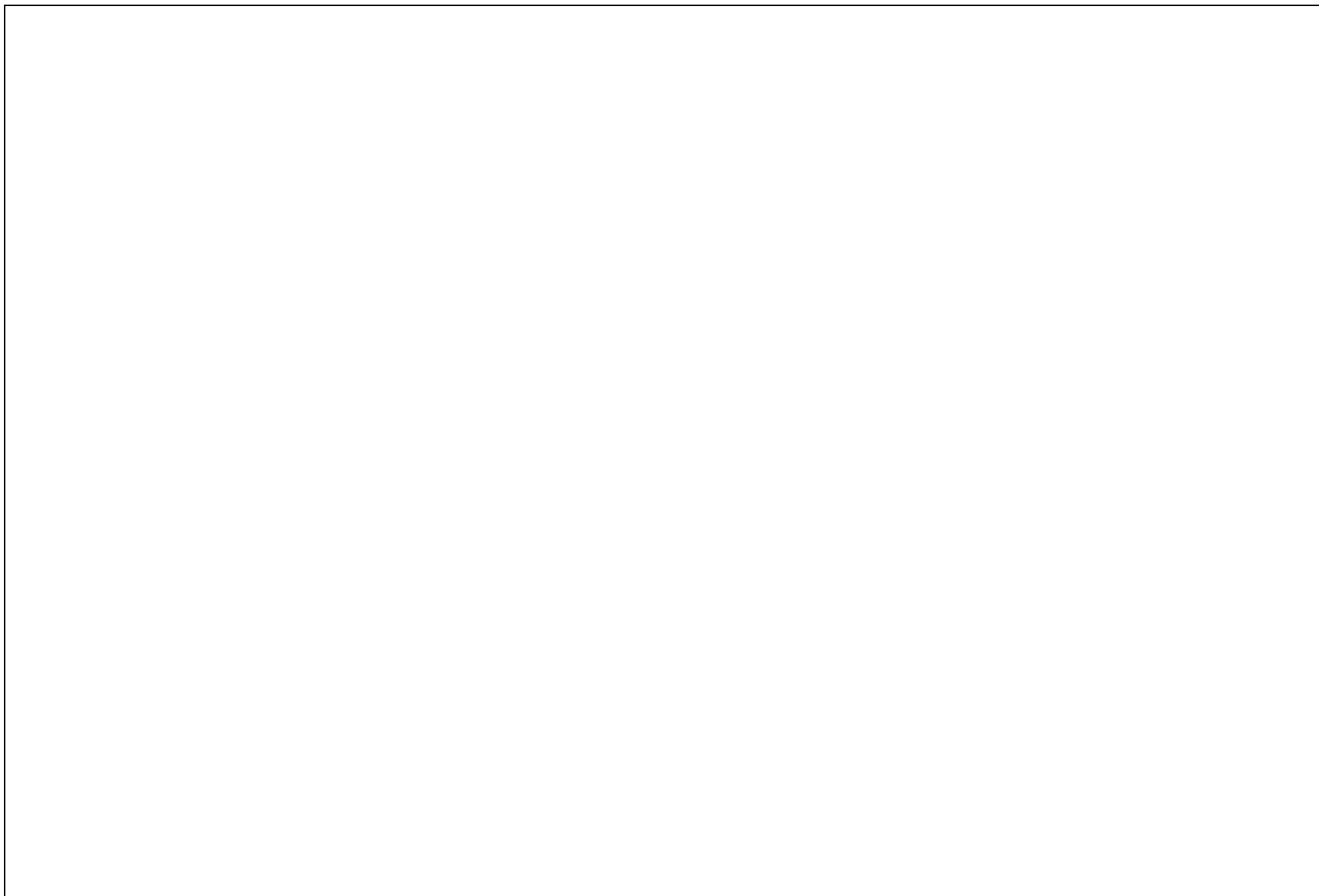
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4) ALCO 2016-2017



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5) ANI 2016-2017



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6) DD 2015-2016



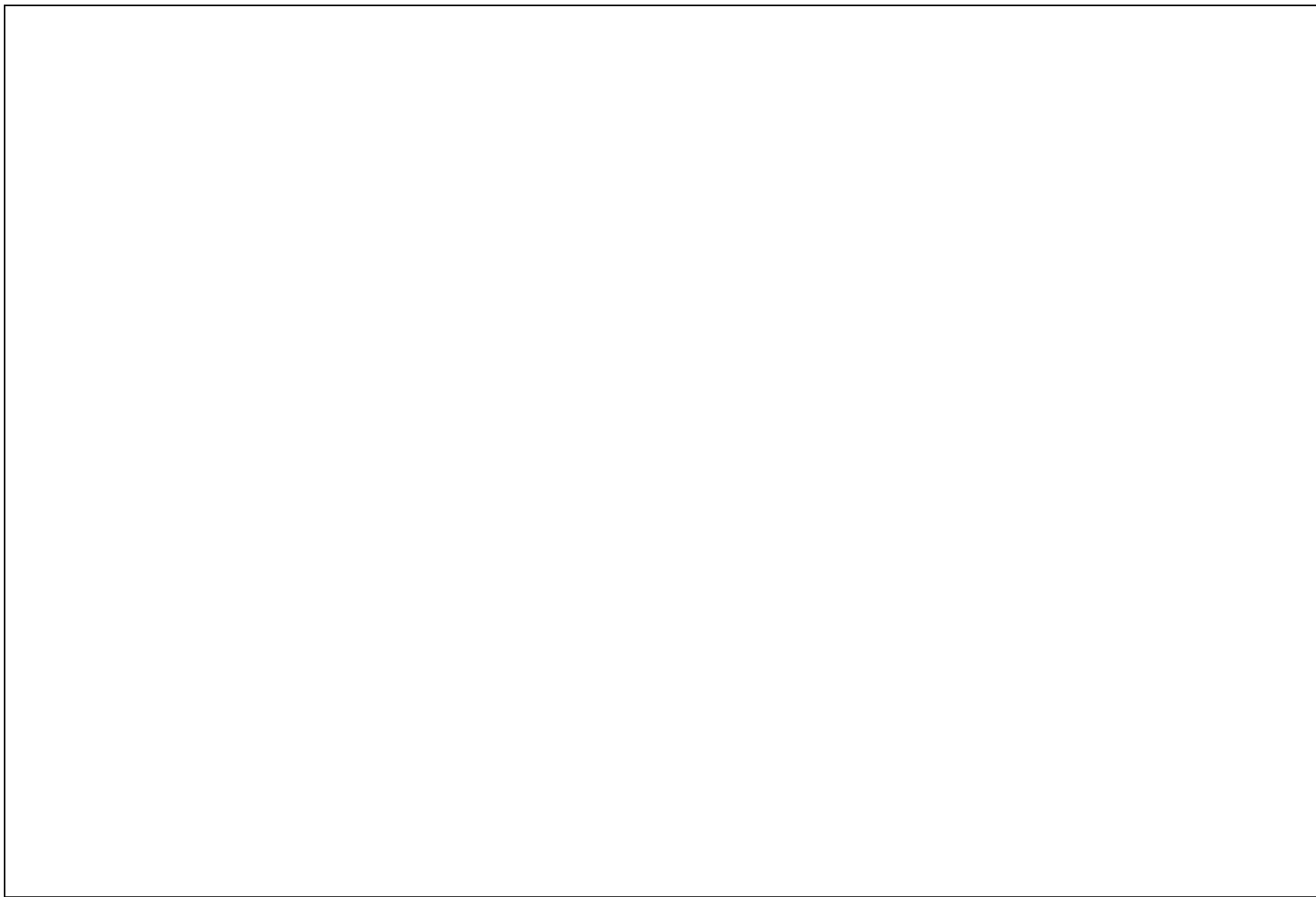
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7) DNL 2013-2015



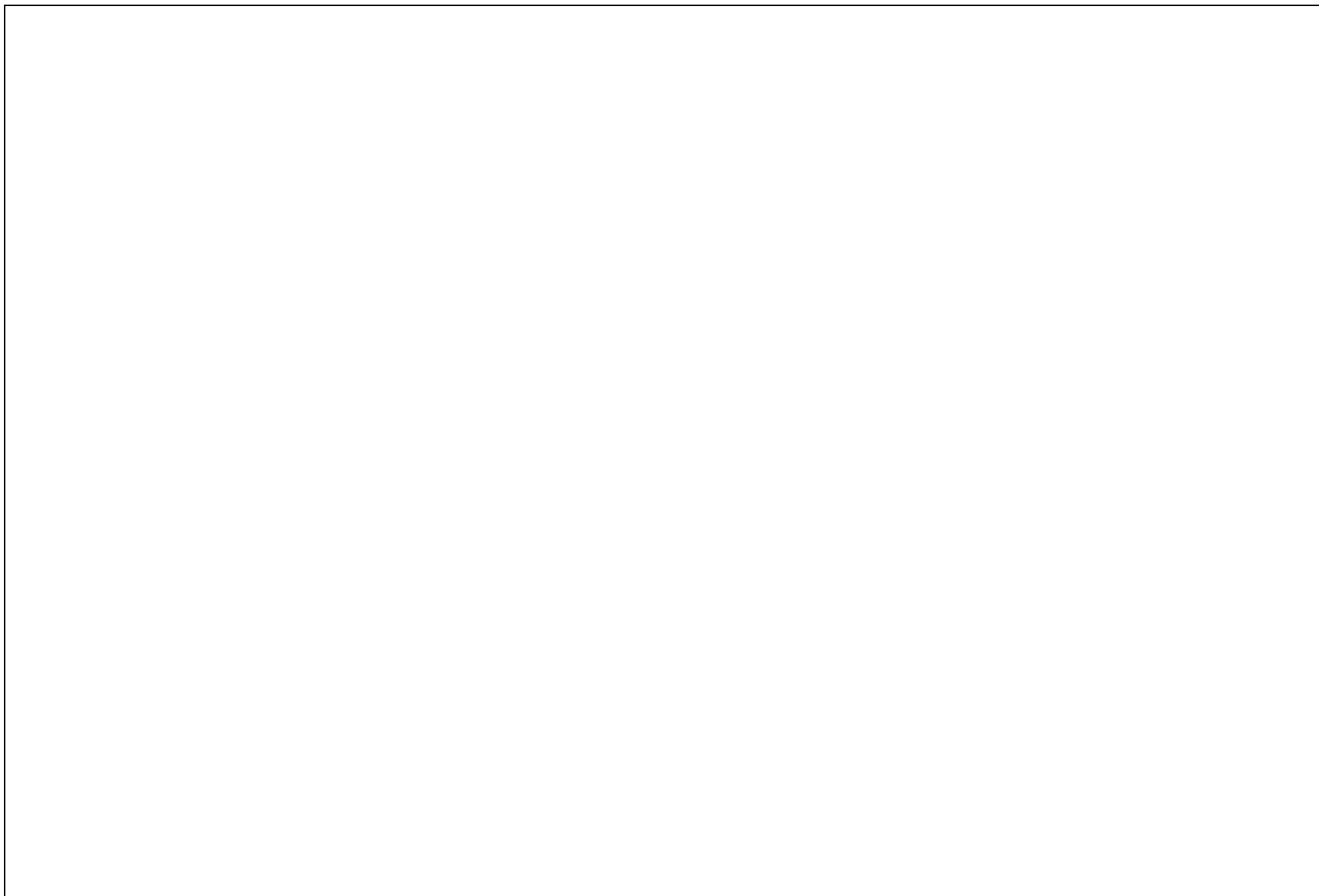
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8) MAC 2017



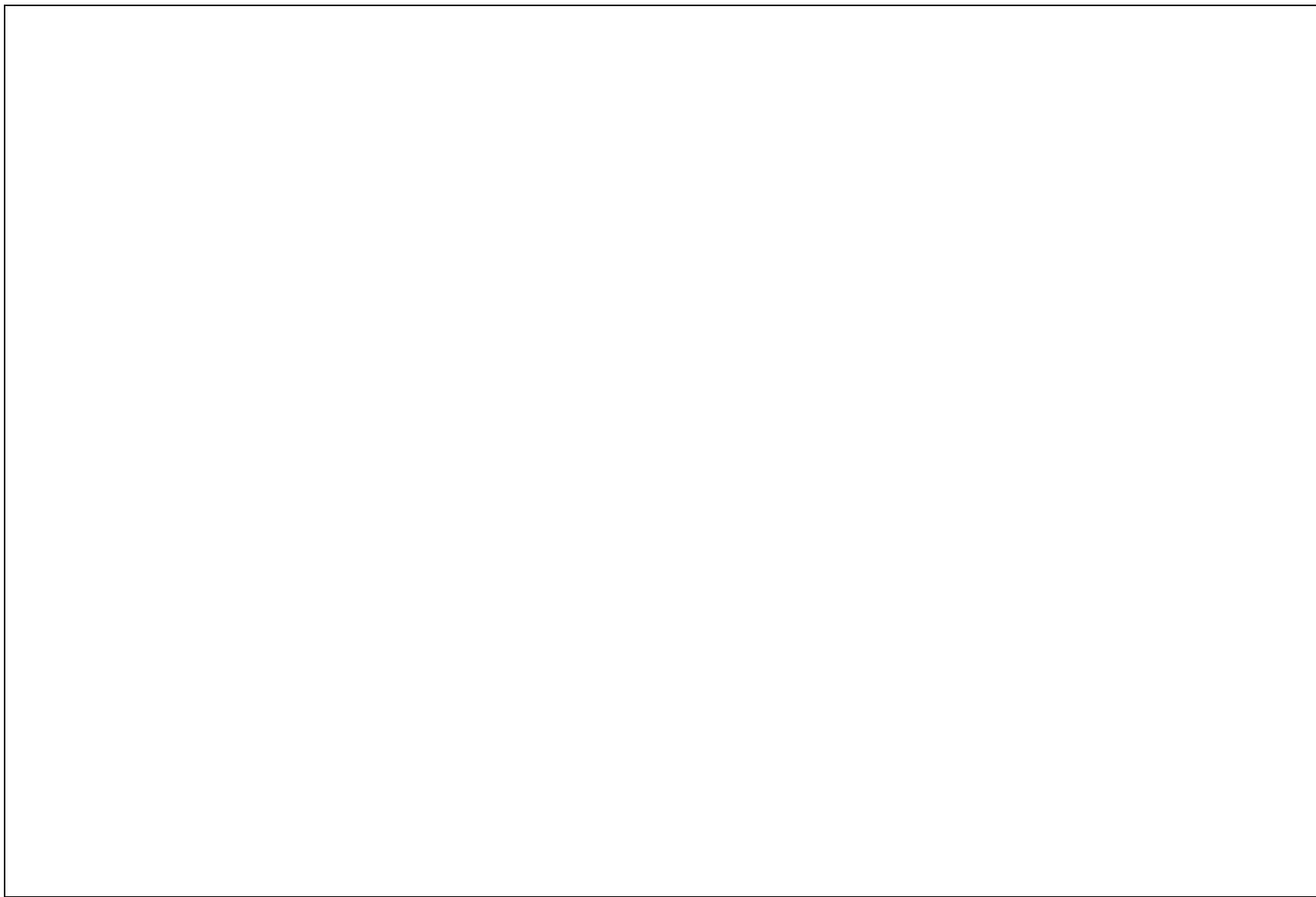
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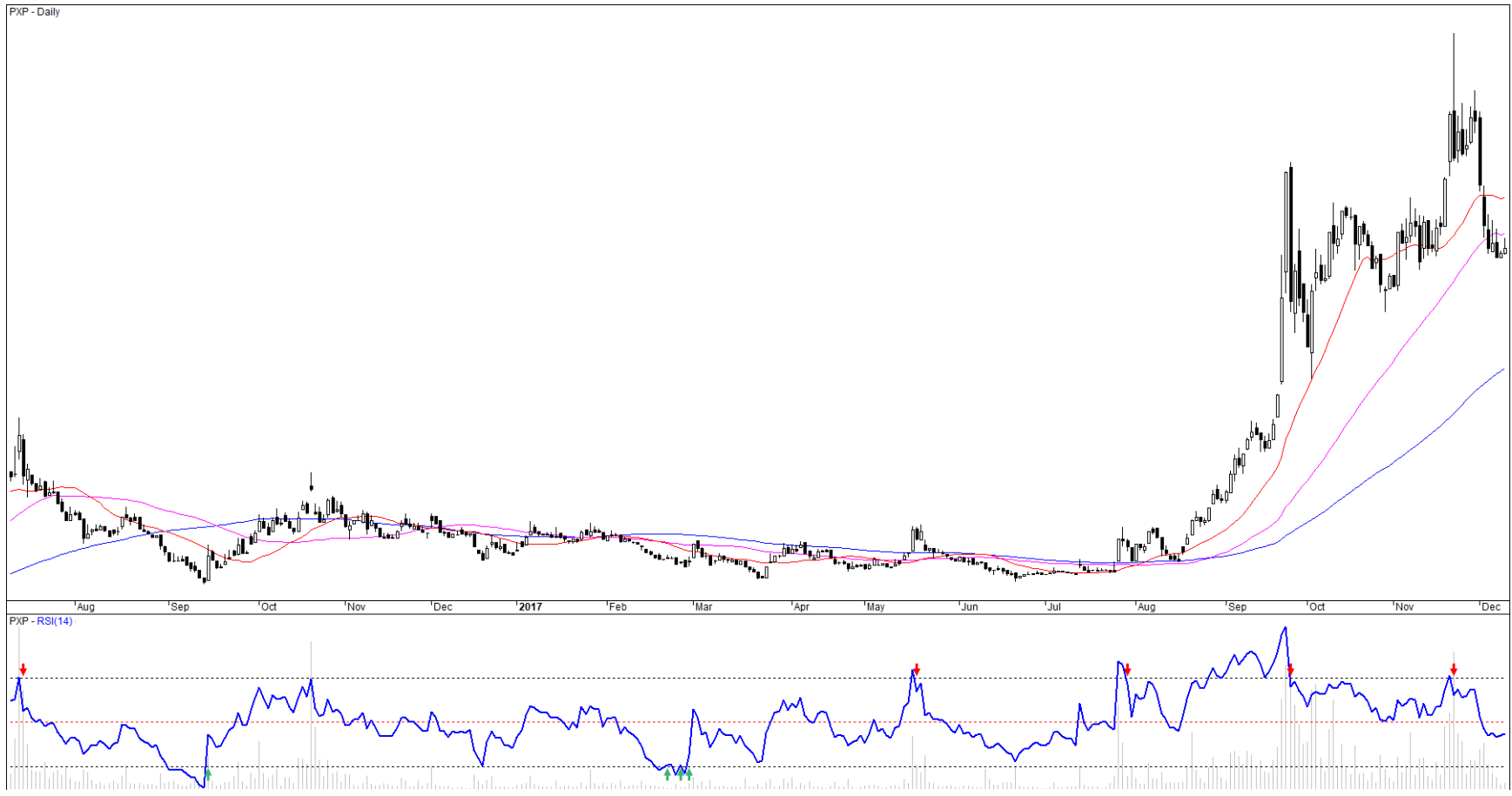
9) MRC 2017



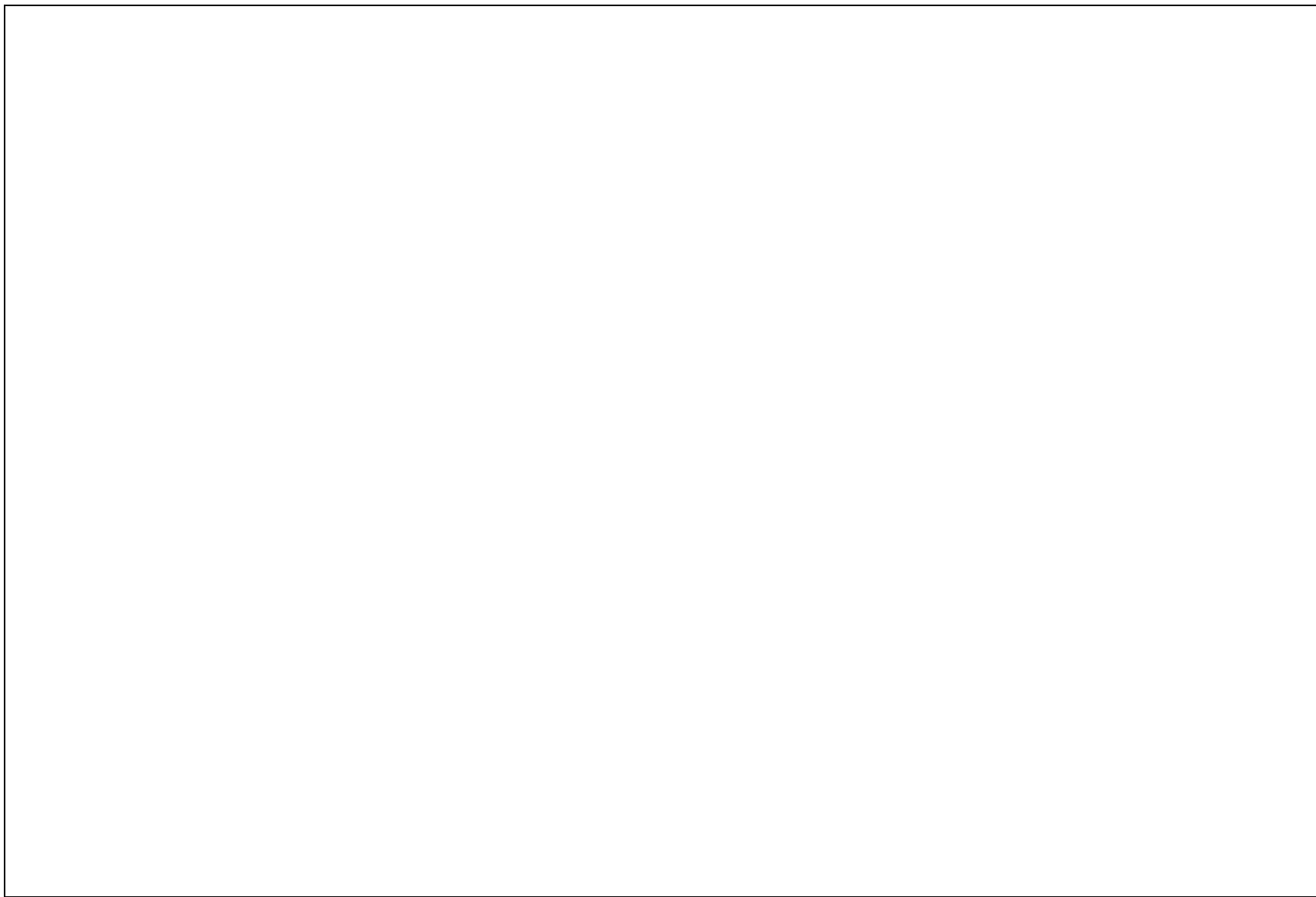
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10) PXP 2017



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PROCESS: "SELF-AWARENESS & PSYCHOLOGY CALIBRATION"

1) What good winners did you have today? How can you replicate them for consistency?

2) What bad winners did you have today? How can you turn them into good winners? What bad habit can you avoid building by being conscious of those bad wins?

3) What good losses did you have today? What did you learn from them? How can you calibrate your system further for those good losses?

4) What bad losses did you have today? What did you learn from them? How can you turn them into good losses or avoid them altogether?

5) What small win can you celebrate today/be proud of? (i.e. being able to follow your rules consistently, being able to exercise discipline and patience, being able to gather more helpful data to your studies, etc.)

6) Were you affected by emotions during trading hours? What kinds? What about after trading hours? Try to pinpoint the root cause immediately.

7) Objectively work on your Intangibles – now that you've pointed out something you need to work on with regards to your mindset/psychology, look up articles/videos that can help you enhance it (i.e. you get easily affected by your losses/drawdowns – read up on GRIT, then create a process out of it)

"Knowing yourself is the beginning of all wisdom"

PROCESS: "TRADER VS MARKET"

Aside from self-calibration, I personally believe that one way we can really feel our improvement as a trader would be to benchmark against the market itself, especially if the market is the one giving out the opportunities for us traders to take.

Take note to always **base it on the current version of your trading self** – this way you can view the related gaps as areas you can work on, as well as disregard those which are unrelated at that time to who you are or what you are trying to achieve.

- 1) Planned vs. executed – Given actual market circumstances, how close was your actual execution to the planned parameters?

- 2) Planned vs. market – How close were your plans to what actually happened for the stock you were trading/eyeing on?

- 3) Based on your **personal system/setups** – were you able to capture the opportunities the market gave for the week or month? (either watchlisted, planned or executed)

- 4) If no, why were you not able to watchlist/plan for those those within your system/setups?

- 5) For those that you were able to execute, how optimal was your execution? Take note, optimal doesn't necessarily mean buying at the bottom or selling at the top (this is a common misconception), but capturing the bulk of the move.

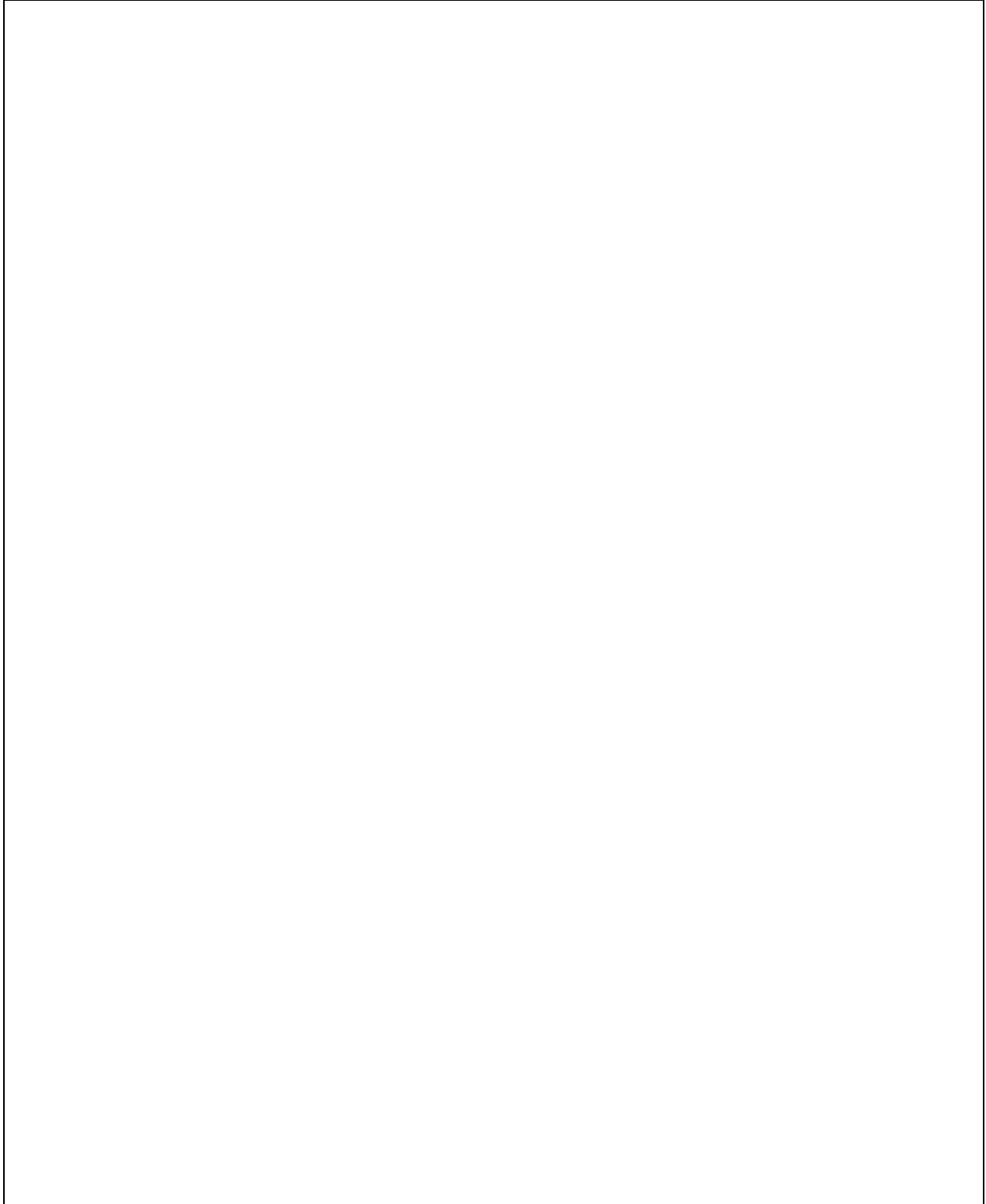
- 6) How in sync has your trading been with the market lately? (i.e. effectively applying bear market strategies and bias for a bearish market and vice versa for a bullish market).

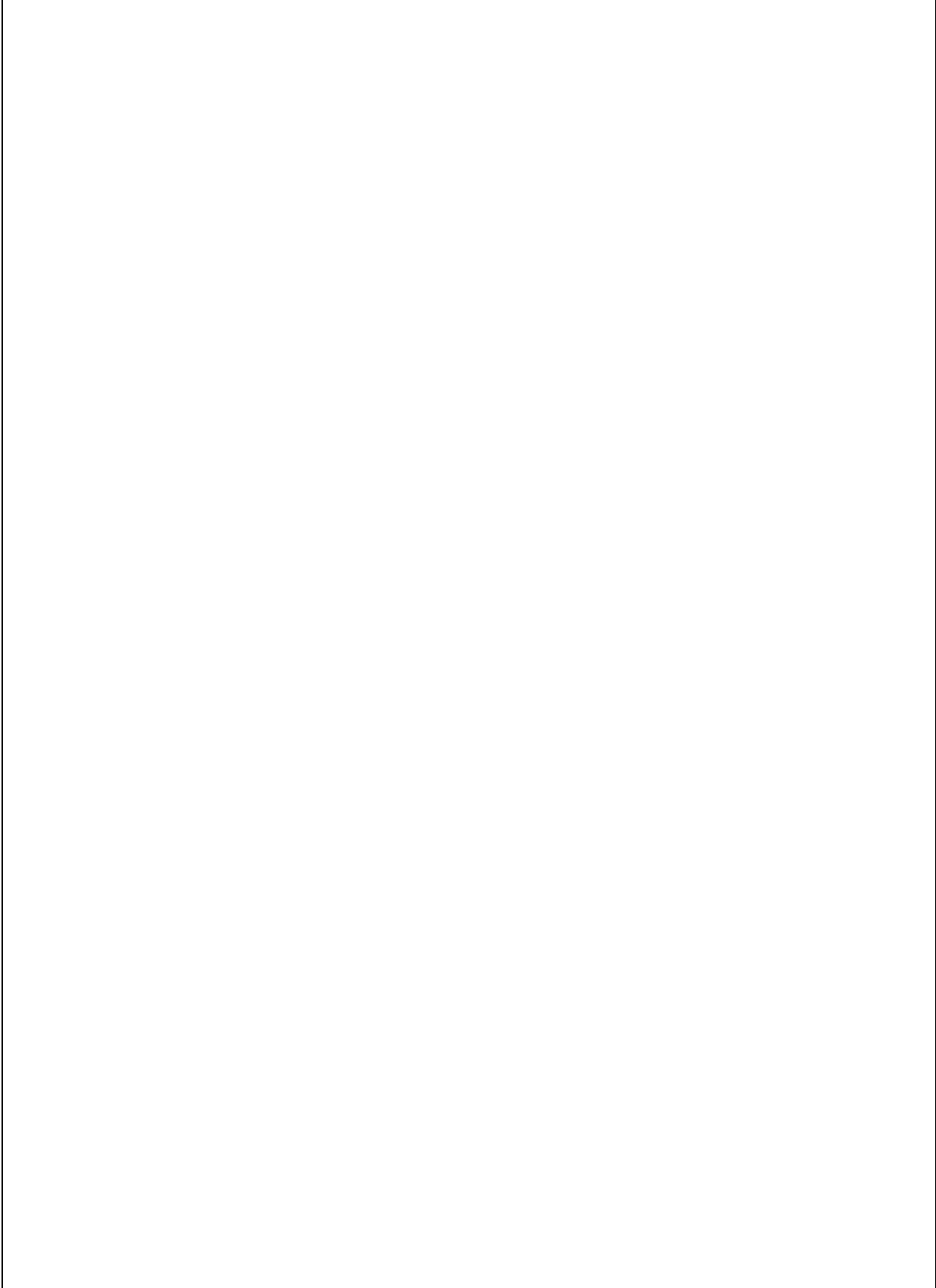
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“TRADERMAP” – YOUR PATH TO BEING CONSISTENTLY PROFITABLE

If planning for our personal/trader growth and development is very important, why would we delay it? Let's start immediately!

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**“Vision with Clarity is Direction.
Vision without Action is just a Dream.
Action without Vision is just Passing Time.
Vision with Action can Change the World.”**