



ROADMAP IMPLEMENTATION Work book

Operator Workbook

PART 1 — RESET & REFRAME

From Learner to Operator

Today is not about learning.

It is about building.

Before we begin:

Why do most traders stall?

Why does structure beat motivation?

What are we building today?

Commitment:

For the next 90 minutes, I will treat this as a working session, not a webinar.

Signature: _____

PART 2 — FREEDOM NUMBER LOCK-IN

Monthly Income Replacement Target:

\$ _____

Annual Income Replacement Target:

\$ _____

Timeline to Replace Income:

☐ 12 months

☐ 24 months

☐ 36 months

☐ Other: _____

What changes in my life when this number becomes reality?

Who benefits besides me?

Clarity must be written, not assumed.

PART 3 — CAPITAL DEPLOYMENT MODEL

Current Account Size:

\$ _____

Capital Profile:

☐ Builder (Growth Focused)

☐ Preserver (Capital Protection Focused)

Monthly Contribution (if any):

\$ _____

Per-Trade Risk (Recommended 2%):

\$ _____

Maximum Total Capital Deployed at Once:

_____ %

VIX Deployment Structure:

VIX under 20 → _____ % deployed

VIX 20–30 → _____ % deployed

VIX 30–40 → _____ % deployed

VIX above 40 → _____ % deployed

Scaling Rule (When account grows, I will...):

Deployment discipline prevents crash-and-burn behavior.

PART 4 — WEEKLY EXECUTION RHYTHM

Keep this simple.

This is structure — not prediction.

Monday — Income Foundation Strategy

Cash-Secured Put (CSP)

Structure:

- Sell a cash-secured put
- Target ~70% probability of success
- Only trade when price is above the 200-day moving average
- Follow the 2% risk rule

Purpose:

This trade builds steady weekly income using high-probability premium selling.

Consistency > Speed

Structure > Prediction

Discipline > Emotion

Example Trade Snapshot (Monday CSP)

Example Only — Do Not Copy Blindly

ETF: SPY

Current Price: \$500

200-Day Moving Average: \$480 (Price Above → Valid)

Strike Sold: \$485 Put

Probability of Success: ~70%

Premium Collected: \$2.00

Capital Required: \$48,500

Profit Target:

Close at 50% of premium

Risk Control:

If price breaks below 200 MA → reduce exposure or reassess

Your Monday Income Trade

Instrument : _____

Strike Selection (70% Probability Above 200 MA):

Premium Target: _____

Max Risk Per Trade (2% Rule):
\$ _____

Profit Target Rule: _____

Exit Rule: _____

Thursday — Acceleration Strategy

At-The-Money Debit Spread

Structure:

- Choose strongest ETF between: SPY, QQQ, DIA, IWM
- Enter an at-the-money call debit spread
- Defined risk
- Smaller capital allocation
- Clear profit target

Purpose:

This trade adds controlled acceleration.

Defined risk.

Short duration.

Structured upside.

Example Trade Snapshot (Thursday Debit Spread)

Example Only — Do Not Copy Blindly

Strongest ETF: QQQ

Current Price: \$430

Buy \$430 Call

Sell \$435 Call

Spread Width: \$5

Cost of Spread: \$2.00

Max Risk: \$200 per contract
Max Profit: \$300

Profit Target:
Close at 25% gain

Risk Control:
Never exceed 2% of total account per trade

Your Thursday Acceleration Trade

Strongest ETF This Week (Circle One):
SPY / QQQ / DIA / IWM

Spread Structure: _____

Cost of Spread: _____

Max Risk Per Trade: \$ _____

Profit Target: _____

Exit Rule: _____

Mid-Week 5–10 Minute Review (Day/Time):

If this rhythm does not fit your life, it will not last.

PART 5 — NEXT 7 DAYS (EXECUTION PLAN)

Week 1 Actions:

1. _____

2.

3.

Week 2 Adjustments:

1.

2.

If Fear Shows Up, I Will:

- ☐ Reduce size
- ☐ Follow risk rules exactly
- ☐ Re-read my plan
- ☐ Skip trades outside my structure

If I Take a Loss, I Will:

- ☐ Accept it as part of probability
 - ☐ Maintain 2% rule
 - ☐ Not increase size to “make it back”
 - ☐ Continue weekly rhythm
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30-DAY PROCESS COMMITMENT

For the next 30 days, I commit to:

- ☐ Following my weekly rhythm
- ☐ Respecting my risk rules
- ☐ Not changing strategies
- ☐ Logging every trade
- ☐ Judging success by behavior, not P&L

If progress feels slow, I will:

- ☐ Quit
- ☐ Return to the system and execute

(Choose honestly.)

Signature: _____

Date: _____

OPERATOR DECLARATION

I am not here to chase trades.

I am here to build income structure.

Consumers react.

Operators execute.

Today, I choose to operate.

Signature: _____