



RoadMap

5-Hour Action Plan Workbook (Attendee Version)

Purpose:

This worksheet turns today's training into a clear, personal execution plan.
Do not skip sections. Progress comes from clarity, not speed.

SECTION 1 — YOUR FREEDOM NUMBER (WHY THIS MATTERS)

My Weekly Income Target (Specific Number):

\$10,000 per week

Why This Number Matters (Be Honest):

What stress does this remove? What changes in your life?

Who Benefits Besides Me If I Stay Consistent?

(Family, time, health, freedom, choices)

If this section feels vague, stop here.

Weak "why" = broken system later.

SECTION 2 — YOUR CAPITAL PLAN (BUILDER OR PRESERVER)

Choose ONE:

- Builder** (Smaller account, adding capital)
- Preserver** (Larger account, protecting capital)

My Starting Capital:

\$100,000

Will I Add Capital?

- Yes → Monthly deposit: \$ 1000
- No → Focus is preservation & risk control

My Goal Is To:

- Accelerate time to freedom (Builder)
- Preserve and stabilize income (Preserver)

SECTION 3 — BROKER STATUS CHECK

- Brokerage account opened
- Options trading approved
- Approved for **defined-risk spreads**
- Funds deposited and settled
- I can open an options order ticket

If something is incomplete, what is my next broker action?

No broker approval = no progress.
This is friction removal, not skill.

SECTION 4 — MY WEEKLY OPERATING RHYTHM (NON-NEGOTIABLE)

My Weekly Trading Window (Choose Specific Times):

Preparation / Review Day & Time:

Day:

Execution Day & Time:

Day:

Quick Mid-Week Check (5–10 min):

Daily Check in:

If it doesn't fit your life, it won't last.

SECTION 5 — MY NON-NEGOTIABLE RULES

Risk Rules

Max Risk, We never allocate more than 50%

Vix levels:

Vix under 20 25%

Vix at 30 30%

Vix at 40 40%

Vix at 50 50%

Rules remove emotion before it shows up.

SECTION 6 — STEP 2 (LITERACY) PLAN

- I understand Step 2 is about **understanding the strategy**, not trading
 - I trade until I understand the decision process.

- I will not trade until I feel calm reading an options chain

Completion Standard (Check when true):

- I can define calls and puts
 - I can read an options chain
 - I can place an order without panic
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SECTION 7 — MY CURRENT STEP (BE HONEST)

Right now, I am **ACTIVELY LIVING** in:

- Step 1 — Clarity & Commitment
- Step 2 — Literacy
- Step 3 — Judgment – Decision making process
- Step 4 — Practice with Guardrails—Start Small with smalls Amounts-
- Step 5 — Weekly Consistency –If you a hundred a week you can grow it.
- Step 6 — Scaling Responsibly—Don't try to **take shortcuts**—They slow you down.

Understanding a step ≠ living a step.

SECTION 8 — MY NEXT 7 DAYS (THIS IS THE MOST IMPORTANT PART)

In the next **7 days**, I will complete the following actions:

1. I am going to continue to trade during my time slot.
2. I am going to stop taking shortcuts.
3. I am going to continue to add Money each week.

If I only do these three things, I am still on track.

I will hit my freedom number.

SECTION 9 — MY 30-DAY COMMITMENT (PROCESS, NOT PROFIT)

For the next 30 days, I commit to:

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

My Signature (Mental Contract):

Date:

FINAL CHECK

Answer honestly:

If progress feels slow, will I quit — or will I return to this plan?

- Quit
- Return to the system and execute

Freedom comes from consistency, not urgency.

NEXT STEP (WRITE THIS DOWN)

My immediate next step after this webinar is:

Find the trade next week and continue.

That's the Action Plan.

