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energized

My discourse community is me and my friends trading stocks. There are about 100 people in the friend group and we only talk strictly about stocks and daily news. Most of us meet up at a member's house and call out trades to each other. We arrive at their house around 8 am. Once we get there we set up and start reading daily news to see new information about companies. The problem we have is not being fully energized since the stock market opens at 9:30am. This leads to many problems like miscommunication not reading everything on articles. The reason not being energized is a huge problem is because trading stocks is more than just buying a stock and selling it you need to do your information on the company see how they have been performing in each quarter and how it will affect the price. For instance whenever a company has bad earnings or took a loss on their new project the stock will drop a good amount. A strategy we use for a stock falling is risk management this makes us decide quickly and not second guess our self and lost a good amount of money. The way you use this technique is by putting a stop loss on each call. For example, you buy a stock and once it drops 50 cents or any amount you want the broker will pull out your share at that amount.

Not being fully awake and trading does not go together especially if your trading with big money. With in a minute you can lose everything you put in. So if you plan on trading make sure you have a fixed schedule and follow the routine everyday so it doesn't mess with an

activity you do throughout the day. and trading is not an easy way to make money no one can predict the charts none can know whether the stock is going up or down. your need to study about it you need to be able to read the charts you need to be able to have a fixed schedule you need to be focused the whole time and you can't take your eyes off of your portfolio until the market is closed. The market opens at 9 am until 4 pm these are the times you can trade but originally the market opens at 4 am and closes at 6 pm but at this time the stock prices move and depending on your broker you can't trade at that time. There are 3 ways of trading, one is called day trading. Day trading means you can buy a stock and sell it the same day. The second way is swing trading, where you buy a stock and sell it a week after. Long term trading is buying a stock and selling it in a year or so. So if you are a day trader or a swing trader you will know how being energized is a huge deal. If you are a long term trader waking up everyday just to look at the charts really doesn't matter because the stock price is going to keep moving and you hold on to your shares for months so it's not important to look at your portfolio everyday. A way you can be fully energized is by sleeping on time where you are comfortable of waking up early in the morning. Another way can be is drinking coffee and energy drinks. these are the 2 main things you can do to where you are wide awake and ready to trade. Not being fully energized cause to many issues 1 is you lose money 2 can be you lose friends third one can be being tired all the time. The way you can lose friends is by you not being energized and give a bad call to them for example you are reading a article but since your tired you get the wrong information and then you tell your friends to buy that stock and it drops all of you lose money and they will be mad you gave a bad call out. being tired all the time can happen by you waking up being tired then staying awake until the market closes and being tired throughout the whole day. trading stocks takes time to be fixed in your lifestyle it takes years. some people take a loss one time and quit

trading but others take that loss learn from it and try to avoid that loss happening again. but once you acquire this skill not only you can turn rich you can also work from home your entire life and be financially free.

If you want to get into trading remember these key points it can help you a lot whether its about making money, having a fixed schedule and learning about companies. There is more than just having energy there is way more issues but this one is one of the biggest ones in my discourse community mostly my whole group has been sleepy at least once because everyone has more than just trading stocks people have to attend college or work take care of their family so this is to everyone not only my friend group something can always come up. And if this ever happens just try to pull out of what ever stock you in and try to buy another day since you know that you wont be there to look at your portfolio and no one else take your money as serious as you would take it