

Forex Trading for Busy Professionals

5 Steps to Build a Confident Strategy



Matthew Stephenson Head Trader | Coach



The Problem

Why Most Traders Struggle with Forex



Too much conflicting advice



No clear strategy or routine



Risking money without proper guidance



You don't need more noise — you need a framework.



DEFINE YOUR TRADING GOALS: START WITH CLARITY



Define Your Trading Goals

When you begin trading, defining your core motivation — whether it's income, growth, or skill-building — is the compass that shapes every decision.

Are you trading for	Focus on
\$ Income	Consistency and risk control
Growth	Long-term compounding
Skill-building	Mastery and discipline

When you begin trading, defining your core motivation — whether it's income, growth, or skill-building — is the compass that shapes every decision.

If you're trading for *income*, you're likely focused on consistency, risk control, and strategies that deliver reliable returns to supplement or replace your job.

Those trading for *growth* tend to prioritize long-term compounding, taking calculated risks and riding trends that may take months to mature.

And if your goal is *skill-building*, then the emphasis is on mastery: learning to analyze markets, execute trades with discipline, and cultivate a resilient trader's mindset.

Each path has its own rhythm, risk tolerance, and commitment level
— and being clear about which you're pursuing helps you avoid the
trap of aimless strategy-hopping that burns time and capital.

LEARN TO READ THE MARKET

MASTER MARKET STRUCTURE

Focus on price action and key levels

Avoid overcomplicating with too many indicators

Simplicity often wins in trading — and that's why focusing on price action and key levels is one of the most reliable ways to read the market. Price action reflects the raw movement of the market without relying on lagging indicators, giving you clearer insight into momentum and trader sentiment. Key levels — like support, resistance, and psychological price zones — act as strategic touchpoints where decisions are made. When traders flood their charts with indicators, they often drown in noise and conflicting signals. By streamlining your approach, you train yourself to see what truly matters: where price is reacting and why — not what dozens of indicators are suggesting after the fact.

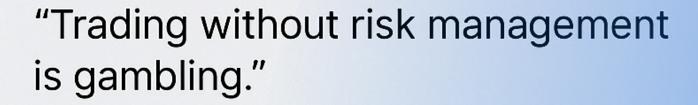
Capital protection isn't just a best practice — it's the foundation of lasting success in forex. Smart traders treat risk like a business expense: calculated, controlled, and never emotional.

By managing your exposure with stop-losses and tight position sizing, you turn market uncertainty into measured opportunity.

Protect Your Capital



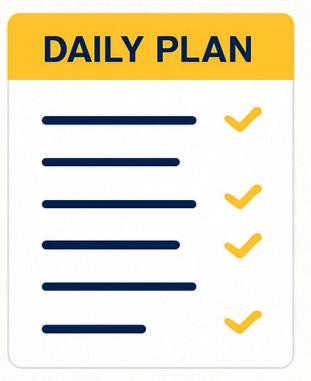
Preserving your trading capital is the foundation of success. It's not just about profits — it's about surviving to trade another day.



Build a Repeatable Routine



- Creat a dally or weekly trading plan
- Identify market conditions and key levels
- Review potential trade setups
- Log and review the outcome



"Trading without risk management is gambling."

CHECKLIST

- Choose a consistent time window for analysis
- Scan your watchlist for high-probability setups
- Log each trade idea before execution
- Review trades weekly for patterns and adjustments
- The Stick to your routine even on non-trading days



Consistency beats intensity. The best traders show up — even when the market doesn't.



The fastest way to evolve as a trader is to learn from someone who's already walked the path. Coaching helps you bypass years of trial-and-error, refine your technique, and stay accountable. Whether you're stuck or scaling, outside perspective is the edge most traders overlook.

DM ME "STRATEGY" TO SEE HOW MY COACHING HELPS PROFESSIONALS TRADE WITH CLARITY AND CONFIDENCE. LET'S BUILD YOUR EDGE TOGETHER.

Get Coaching & Feedback

Learning to trade alone can be overwhelming and castly. A mmentor provides feedback, prevents avoigable mistakes, and helps you maintain focus.



DM me "strategy" to see how my coaching can help.



You don't have to trade full-time to take control of your financial future. I help professionals build forex strategies that respect their lifestyle, protect their capital, and deliver results. If you're serious about turning curiosity into consistent performance — I've got you.

> Strategy

DM ME "STRATEGY" OR DROP A COMMENT — LET'S BUILD YOUR EDGE TOGETHER.

The Problem

- Uncertainity about tola begin
- · Extupondes with a tasacing
- Endless strategy cambogues





Without a clear system.

Step 1: **Define Your Trading Goals**

Persoming your soalegy-cintial is to sns represadling and inced, it, leg the provided indications, evalvands avaidable scudents and ration your and work



Condistancy and thenoed not



Longuming crinspricading



Skill-building Mustany and dotcipana

Step 2. Learn to Read the Market



Persoming your heding systems the houpidation or asstantic.



Andial one/complisating with many indicalods.

Matthewe I

Matthew

Step 4. Build a Repeatable Routine



DAILY PLAN

Want to **Master Forex Trading?**

Leanning to insbicaions can be sentslalooding and a easy

