

First Trade Confidence Plan

This bonus strategy transforms your trading psychology by removing prediction anxiety. Built for active day traders working with ₹1,00,000 capital, this systematic approach replaces guesswork with disciplined execution. Your goal is crystal clear: secure a +5% to +10% profit, or limit losses to a maximum of -5% on your first trade of the day.

The brilliance lies in its foundation—**certainty over prediction**. Instead of betting on market direction, you position yourself to profit regardless of which way the market moves. This isn't about being right; it's about being prepared, disciplined, and confident in your execution framework.

Market Observation Phase

🕒 9:07 – 9:14 AM

Between 9:07 AM and 9:14 AM, your only job is to observe—not to act. This critical seven-minute window allows you to read market sentiment without the pressure of open positions. Watch how NIFTY and BANKNIFTY behave during pre-market and opening moments.

Your Demat terminal becomes your information dashboard. Look for early strength signals—are stocks gapping up with volume? Notice weakness patterns—is selling pressure dominating? You're not using complex indicators or oscillators. Pure price action and opening behavior tell you everything you need.

Key focus areas: Index movement direction, gap behavior (up/down/flat), and the character of early trades. This observation phase builds your contextual awareness without forcing premature decisions.

Index Direction

NIFTY/BANKNIFTY trend reading

Opening Behavior

Gap analysis and momentum

Terminal Signals

Early strength/weakness visible



No indicators required—only market direction awareness. Let price action speak.

Capital Deployment Strategy

The genius of this strategy emerges in capital allocation. Your ₹1,00,000 capital isn't concentrated in one directional bet—it's **intentionally divided** to eliminate prediction pressure. By splitting funds equally between CALL and PUT options, you remove the burden of being "right" about market direction.

Leg Structure

Two independent positions running simultaneously

CALL Options (CE)

₹50,000 allocated for upward movement capture

PUT Options (PE)

₹50,000 allocated for downward movement capture

Leg	Capital	Option Type
Bullish Position	₹50,000	CALL (CE)
Bearish Position	₹50,000	PUT (PE)

This bilateral positioning ensures you're **positioned for both directions**. When the market chooses its path, one leg activates while the other gets stopped out with minimal damage. Your confidence comes from knowing you cannot miss the move—you're already there, waiting on both sides.

Trade Execution Protocol

 9:15 AM SHARP



BUY ITM PUT FOR 50000.00

Select 1 strike **above** the current spot price for immediate delta advantage



BUY ITM CALL FOR 50000.00

Select 1 strike **below** the current spot price for faster response to movement

At precisely 9:15 AM—not 9:14, not 9:16—execute both trades simultaneously. Timing discipline matters because liquidity peaks at market open, giving you optimal entry pricing and instant fills.

Why ITM (In-The-Money) options? They respond faster to underlying movement because they already possess intrinsic value. Unlike OTM options that need significant moves to activate, ITM strikes move almost tick-for-tick with the index. Additionally, time decay (theta) impacts ITM options less aggressively during intraday windows, preserving your capital while the market decides direction.

 ITM options are chosen for **faster response and lower decay risk**. They give you immediate participation in the winning direction.

Risk & Reward Rules

NON-NEGOTIABLE DISCIPLINE

Emotion destroys more trading accounts than bad analysis ever could. This strategy eliminates emotional interference by **predefining every decision** before you enter the trade. Each leg—CALL and PUT—follows identical, mechanical rules that you execute without hesitation.



Profit Target

+10% gain on each leg

Exit immediately when achieved—don't wait for more



Stop Loss

-5% maximum loss on each leg

Cut the losing side without hesitation or hope



Trailing Stop

5% trailing mechanism

Lock in profits as the winning leg advances



The Discipline Framework

When your CALL hits +10%, you exit. When your PUT drops to -5%, you exit. No second-guessing. No "just one more minute" thinking. The market will test your discipline—it always does—but your predetermined rules protect you from yourself.

The trailing stop loss is your profit protector. Once a leg moves +5% in your favor, begin trailing your stop by 5%. If it reaches +10%, take the full target. If it reverses by 5% from any peak, you're automatically stopped out with locked gains.

👉 **These rules are non-negotiable.** Write them down. Set alerts. Program them into your platform if possible. Your first trade confidence comes from knowing exactly what you'll do in every scenario—before it happens.

📄 With ₹1,00,000 capital split equally, your maximum daily risk is controlled. Even in worst-case scenarios where both legs hit stops, you're looking at a -5% total loss (₹5,000), while successful execution can yield +5% to +10% (₹5,000 to ₹10,000) with asymmetric risk-reward in your favor.