

LONGEVITY

MINDSET

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**• THE 10% RULE \ RISK OF ACCOUNT PER TRADE
MAXIMUM**

- Gives you room for 10 losses before account destruction.
- Protects you from going on tilt - emotional trading killer.
- More important than any risk-to-reward ratio.
- Focus on probabilities, not hypothetical rewards.

**"YOUR POSITION SIZE SHOULD ALWAYS COME FROM
THE CHART, NOT FROM YOUR P&L"**

- **POSITION SIZING FRAMEWORK**

WIDER STOP = SMALLER SIZE
TIGHTER STOP = LARGER SIZE

- Chart dictates risk - not emotion, greed, or hope.
- Only your stop loss is tied to your P&L.
- Distance to stop determines your position size.
- Let price action guide every decision.

- **Never let emotions determine your risk**

• RISK MANAGEMENT PSYCHOLOGY

- Greed = Lack of trust in your model.
- If you're being greedy, you're saying your model only works "this one time".
- Never put your entire career into one trade.
- Your model is built on repeating phenomena.
- Miss one trade? Fine. Better than forcing something that wasn't there.

"Pushing for more means you're putting the weight of your whole trading career into that one day. That's reckless".

• IMPLEMENTATION

- Backtest with worst-case scenarios - if it holds up, you have gold.
- Journal every trade outcome and analyze why it worked/failed.
- Use prop firms like Apex to practice with controlled risk.
- Build accounts slowly over time - avoid lottery mindset.
- Consistency > home runs.

REMEMBER: Your model is repeatable. Trust the process.

- **PROCESS VS OUTCOME MINDSET**

- **WRONG FOCUS**

- Making money today.
- Catching every market move.
- Getting rich quick.

- **RIGHT FOCUS**

- Building good habits daily.
- Following your edge only.
- Mastering strategy.

"Building good habits needs to be your satisfaction. This is the key to becoming profitable"

- **HAVE AN OBSERVER MINDSET**

- **KEY PRINCIPLES**

- Don't care what the market does if your strategy isn't present.
- Get out of the "opportunity mindset".
- Only take what you know works for you.
- React to the market, don't predict.
- Miss one trade? Fine. Better than forcing something that wasn't there.

- **THE BANKER ANALOGY: Only invest in what you have experience and confidence with - not potential.**

"You should not give a damn what the market does if your strategy and your edge is not present"

- LOSING MONEY
- UNSUCCESSFUL



- SUCCESSFUL
- DISCIPLINED



• Explanation

The green figure represents a trader who is disciplined, focusing on a consistent process, which leads to success. The red figure represents a trader who is unsuccessful, likely due to a lack of discipline, chasing quick profits, and losing money as a result. The contrast highlights the importance of discipline in trading for long-term

- **DECISION MAKING FRAMEWORK**

- **BEFORE EVERY TRADE ASK**

- Do I have conviction in this setup?
- Have I seen this work repeatedly?
- Am I trading my edge or chasing opportunity?
- Is this building good habits or breaking them?

- **REMEMBER**

- Making money \neq doing something right.
- Losing money \neq doing something wrong.
- Focus on the process, not the outcome.

- **HANDLING WINNING STREAKS**

- **THE DANGER ZONE**

- "I'm finally profitable!" thinking.
- Getting overconfident and breaking rules.
- Increasing size without building foundation.
- Focusing on money instead of process.

- **THE REALITY CHECK**

- That money is "fairy dust" if you broke your rules.
- The market will take it back if you haven't built proper habits.
- One week can wipe out a year of gains.

"If you are making money by doing the exact opposite of what you should be doing, that money is not yours."

- **HANDLING LOSING STREAKS**

- **THE RIGHT MINDSET**

- "The best loser wins" in trading.
- Every loss on your edge is just "another day at the office".
- Trade with size so small that losses don't affect you.
- If you're not prepared to lose, this is the wrong industry.

- **KEY QUESTIONS**

- Did I follow my rules?
- Was this my A+ setup?
- Did I maintain proper risk management?
- Am I building good habits?

- **EMOTIONAL CONTROL FRAMEWORK**

TRADE SIZE RULE: Trade with size so minimal that any single loss doesn't affect you.

- **WHEN EMOTIONS ARISE**

- You're trading too big.
- You're focused on money, not process.
- You lack confidence in your setup.
- You're not following your edge.

THE SOLUTION: Build conviction through experience - test ideas without size first.

• WHY YOU LOSE MONEY

• THE PROBLEM

- You're trading with an "I'm right" mindset.
- You're fighting to make your predictions work.
- You're not reacting to what the market is doing.
- You're trading for excitement, not execution.

• THE FIX

- Only trade when your edge is present.
- Be a sniper, not a machine gunner.
- Stop predicting - start reacting.
- Execute with discipline, not emotion.

"If you want excitement, go ride a rollercoaster. Trading is about execution"

"The Longevity Mindset," a set of principles focused on building sustainable habits for long-term success, particularly in trading or decision-making.

It includes:

- **Daily Practice**

- Journal every trade and decision.
- Ask "why" for every outcome.
- Focus on habit-building over profit.
- Test new ideas without risk first.

- **Warning Signs**

- Focusing on missed opportunities.
- Breaking rules after wins/losses.
- Trading larger when emotional.
- Chasing every market move.

- **The Goal: Reprogram your brain to find satisfaction in good habits, not money.**

This emphasizes discipline and emotional control over chasing short-term gains.

***SYSTEM INTEGRATION &
IMPLEMENTATION***

*From Learning to Living Your
Trading System*

***BUILDING THE ROUTINE
THAT BUILDS THE TRADER***

Daily Trading Routine" for traders, structured into three phases:

• Pre-Market (30 minutes)

- Review journal from previous day.
- Identify what setups to watch for.
- Set risk parameters for the day.
- Mental preparation: focus on process, not profit.

• During Market Hours

- Only trade your A+ setups.
- Stick to predetermined risk levels.
- Stay disciplined: no FOMO trading.
- Don't fall into Scarcity thinking; there will always be another trading day.

• Post-Market (15-30 minutes)

- Journal every trade taken (and not taken).
- Review what you did right/wrong.
- Plan improvements for tomorrow.

• Long-Term Development Path – 2+ Years" for traders aiming for mastery

• Characteristics of Mastery

- Unshakeable confidence in your system, even through drawdown periods.
- Emotional detachment from individual trades.
- Advanced recognition of market conditions.
- Money becomes a byproduct, not the focus.

• Continuous Improvement

- Refine edge for changing market conditions.
- Optimize risk management systems.
- Scale capital systematically.
- Share knowledge with developing traders.

Reminder: Even after years, continue focusing on building good habits daily.

It emphasizes long-term growth, emotional discipline, and consistent habit-building in trading.

• Implementation Success Metrics" for traders to track their progress.

• Daily Metrics

- Did I follow my routine? (YES/NO)
- Did I stick to my edge? (YES/NO)
- Did I journal properly? (YES/NO)
- Rate emotional control (1-10)

• Weekly Metrics

- Rule-following percentage.
- Setup recognition accuracy.
- Risk management compliance.
- Habit-building satisfaction score.

• Monthly Metrics

- Consistency of execution.
- Growth in conviction levels.
- Evolution of decision-making quality.
- Process improvement over profit focus.

**"Every single day, we are focused on building confidence and conviction with our strategy."
The metrics emphasize consistency, discipline, and process over profits.**