

5 Keys to The Consistent Trader Blueprint



FinGroww Assets

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Introduction - The Truth About Consistency in Trading

- 90% of traders fail not because of lack of knowledge-but because of inconsistency.
- This eBook reveals 5 proven keys used by consistently profitable traders.
- Whether you're a beginner or struggling intermediate, this blueprint will ground your journey.
- It's not about the best strategy-it's about the best system + discipline.

5 Keys to The Consistent Trader Blueprint

Key #1 - Trade a Proven Strategy

- Avoid random trades. Use backtested setups.
- Look for high-probability patterns (e.g., breakout-pullback, VWAP bounce).
- Example: Use 20EMA + volume confirmation for pullbacks.
- Backtest it across 100+ trades. Journal the outcome.
- Stick to 1-2 strategies. Mastery beats variety.

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Key #2 - Risk Management is Non-Negotiable

- Never risk more than 1-2% per trade.
- Position sizing is your survival toolkit.
- Place your stop-loss first-before you think of profit.
- Compounding starts with capital protection.
- 1 big loss = weeks of recovery. Avoid it with proper sizing.

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Key #3 - Build the Right Trading Psychology

- Control fear, greed, and FOMO.
- Detach from money; focus on process.
- Losses are part of the game. Don't personalize them.
- Journal emotions after each session.
- Take breaks if you're emotionally triggered.

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Key #4 - Create and Follow a Daily Routine

- Morning: News scan, chart review, level marking.
- During market: Execute only pre-qualified setups.
- Post-market: Journal wins/losses, review execution.
- Evening: Backtest or study trade psychology.
- Consistency in routine = consistency in results.

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Key #5 - Track and Review Every Trade

- Use a simple journal (Excel/Google Sheet/Notion).
- Log setup, RR ratio, emotions, rule-following.
- Identify your edge from data-what setups give max return?
- Review weekly + monthly for growth.
- If you don't track, you can't improve.

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Bonus - The Winning Trader's Mindset

- Think like a business owner, not a gambler.
- Every trade is a calculated decision, not a hope.
- Be patient-profits compound.
- Winning is not about being right, it's about sticking to your plan.
- Confidence comes from repetition + review.

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Your Action Plan for Consistency

- Step 1: Pick 1 strategy -> backtest -> commit for 50 trades.
- Step 2: Set daily routine and journal template.
- Step 3: Track every trade. Weekly review.
- Step 4: Watch emotional triggers and adjust rules.
- Step 5: Stay accountable. Get mentored if possible.

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Want 1-on-1 Help to Build Consistent Income?

- At FinGroww Assets, we help traders build a full-time income roadmap.
- Learn proven hedge fund techniques adapted for retail traders.
- Get access to:
 - 5-week mentorship
 - Strategy playbooks
 - Daily support & community
- Visit: <https://fingrowwassets.com>

12 REAL TRADERS. 12 REAL WINS.

HOW OUR STUDENTS TRANSFORMED
THEIR TRADING WITH MASTERMIND STRATEGIES



Case Study 1: The 2% Daily Compounder

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Name: Rajesh M.

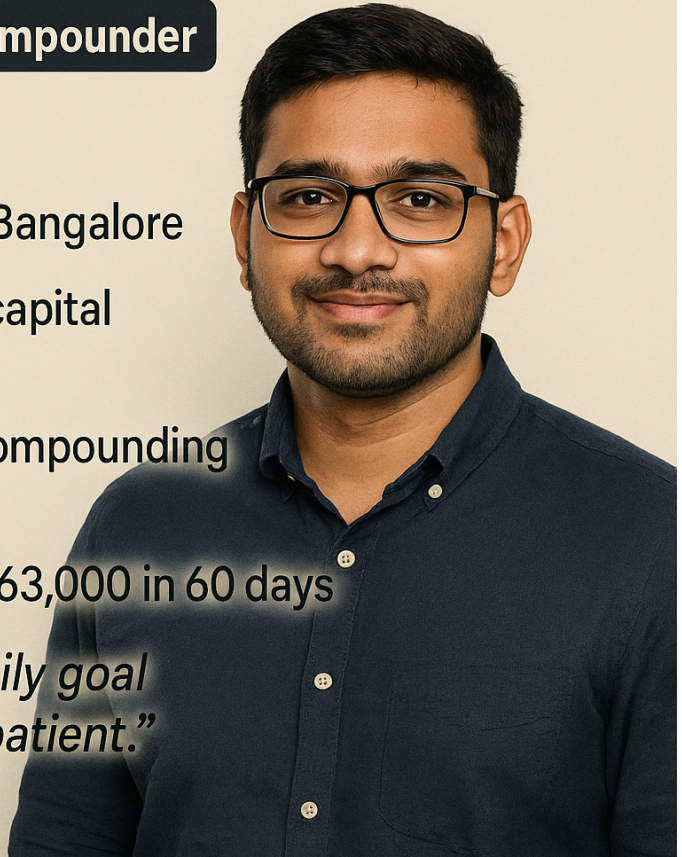
Background: IT Engineer, 32, Bangalore

Problem: Random entries, no capital growth

Solution Applied: Followed Compounding + 2% Strategy from Module 4

Result: Turned ₹25,000 into ₹63,000 in 60 days

"I finally felt in control. The daily goal helped me stay focused and patient."



Rajesh M. | IT Engineer, 32, Bangalore

Problem: Random entries, no capital growth

Solution: Followed Compounding + 2% Strategy from Module 4

Result: Turned ₹25,000 into ₹63,000 in 60 days

Quote: "I finally felt in control. The daily goal helped me stay focused and patient."

Case Study 2: The Liquidity Trap Spotter

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Name: Kavya S.

Background: Commerce Graduate,
Beginner

Problem: Kept buying tops and selling
bottoms

Solution Applied: Learned how institutions
trap retailers (Module 2)

Result: Increased win rate from 30% to 70% in 3 weeks

*“The liquidity trap concept alone changed
how I view charts forever.”*



Kavya S. | Commerce Graduate, Beginner

Problem: Kept buying tops and selling bottoms

Solution: Learned how institutions trap retailers (Module 2)

Result: Increased win rate from 30% to 70% in 3 weeks

Quote: “The liquidity trap concept alone changed how I view charts forever.”

Case Study 3: The Risk Manager Who Never Bleeds

The Risk Manager Who Never Bleeds

Name: Deepak R.

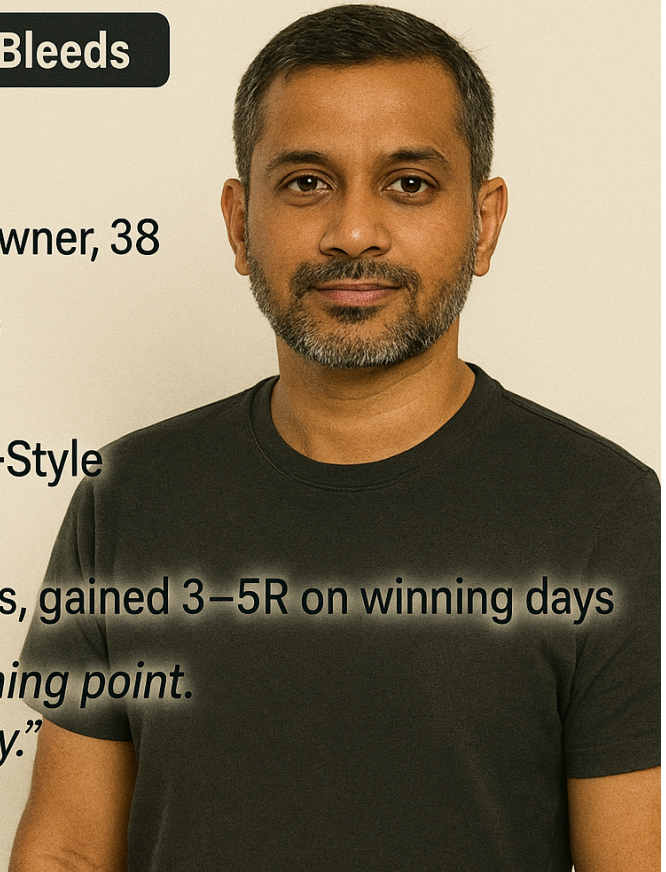
Background: Small Business Owner, 38

Problem: Blew accounts due to overleveraging

Solution Applied: Hedge Fund-Style Risk Management (Module 3)

Result: Lost only 1R on bad days, gained 3–5R on winning days

“Risk management was my turning point. I finally stopped bleeding money.”



Deepak R. | Small Business Owner, 38

Problem: Blew accounts due to overleveraging

Solution: Hedge Fund-Style Risk Management (Module 3)

Result: Lost only 1R on bad days, gained 3–5R on winning days

Quote: “Risk management was my turning point. I finally stopped bleeding money.”

Case Study 5: The Side Hustler Turned Full-Time Trader

The Side Hustler Turned Full-Time Trader

Name: Neeraj T.

Background:
Marketing Executive,
29

Problem: No time to
analyze charts
properly



Solution Applied: Applied pre-market
zone marking and alerts (Module 1 & 4)

Result: Replaced ₹50K/month salary
within 3 months

Quote: “What was a side hustle became my
career—thanks to structure and system.”

Neeraj T. | Marketing Executive, 29

Problem: No time to analyze charts properly

Solution: Applied pre-market zone marking and alerts (Module 1 & 4)

Result: Replaced ₹50K/month salary within 3 months

Quote: “What was a side hustle became my career—thanks to structure and system.”

Case Study 6: The Teen with 10x Growth

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Name: Aryan S.

Background:
Student, 19

Problem: Random
trades, FOMO–
based entries

Solution Applied:
Fakeout strategy
(Module 2) + strict trade plan

Result: ₹5K turned into ₹55K
in 3 months

Quote: “I learned more here than any
finance class could ever teach.”



Aryan S. | Student, 19

Problem: Random trades, FOMO-based entries

Solution: Fakeout strategy (Module 2) + strict trade plan

Result: ₹5K turned into ₹55K in 3 months

Quote: “I learned more here than any finance class could ever teach.”

CASE STUDY 7: THE DAILY RR 1:2 HUNTER



Name: Shweta J.

Background: CA Finalist

Problem: Took profits too early, losses too late

Solution Applied: RR-based entry and exit model (Module 4)

Result: Averaged 1:2.5 risk-reward on 75% of trades

Quote: “Learning to let the winners run changed everything.”

Shweta J. | CA Finalist

Problem: Took profits too early, losses too late

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Quote: “Learning to let the winners run changed everything.”

Case Study 9: The Backtesting Beast

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Name: Nishant P.


Background: Data Analyst, 27

Problem: Couldn't trust strategies fully

Solution Applied: Backtested 3 core strategies over 6 months (Module 6)

Result: Confidence grew, hit 80% win-rate in live trades

"Backtesting gave me the conviction to go big when it matters."

A portrait of a man with dark hair and glasses, wearing a dark t-shirt. The background is a light brown color with faint, semi-transparent financial charts, including a candlestick chart and a line graph, overlaid on the image.

Nishant P. | Data Analyst, 27

Problem: Couldn't trust strategies fully

Solution: Backtested 3 core strategies over 6 months (Module 6)

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Case Study 10: The Office-Goer with Night Market Wins

CASE STUDY 10 THE OFFICE-GOER WITH NIGHT MARKET WINS

Name: Mohit K.

Background: Sales Executive, 33

Problem: No time during market hours

Solution Applied: Used key level setups + alerts for positional entries

Result: Captured 1:3 swing trades with minimal screen time

Quote: “Now I sleep peacefully with planned trades and clear exits.”



Mohit K.

Sales Executive, 33

Mohit K. | Sales Executive, 33

Problem: No time during market hours

Solution: Used key level setups + alerts for positional entries

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Quote: “Now I sleep peacefully with planned trades and clear exits.”

Case Study 11: 5K to 1L: The Fast-Track Journey

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Name: Tarun V.

Background: Recent Graduate, 22

**Problem: Blamed markets for losses,
no process**

**Solution Applied: Applied Journaling
+ Weekly Planner (Module 5 & 6)**

**Result: Grew ₹5,000 to ₹1,02,000
in 90 days**

**Quote: “It wasn’t luck—it was
tracking, tweaking, and trusting
the process.”**

Background: Recent Graduate, 22

Tarun V. | Recent Graduate, 22

Problem: Blamed markets for losses, no process

Solution: Applied Journaling + Weekly Planner (Module 5 & 6)

Result: Grew ₹5,000 to ₹1,02,000 in 90 days

Quote: “It wasn’t luck—it was tracking, tweaking, and trusting the process.”

Case Study 12: The Disciplined Trader's 90-Day Win

Name: Priya N.

Background: Bank Clerk,
31

Problem: Impulsive
trading and overtrading

Solution Applied: Applied
Trading Rules Checklist
+ Weekly Planner

Result: 9 out of 12 weeks
closed in profit



Quote: “I stopped chasing trades. Now trades
come to me.”

Priya N. | Bank Clerk, 31

Problem: Impulsive trading and overtrading

Solution: Applied Trading Rules Checklist + Weekly Planner

Result: 9 out of 12 weeks closed in profit

Quote: “I stopped chasing trades. Now trades come to me.”