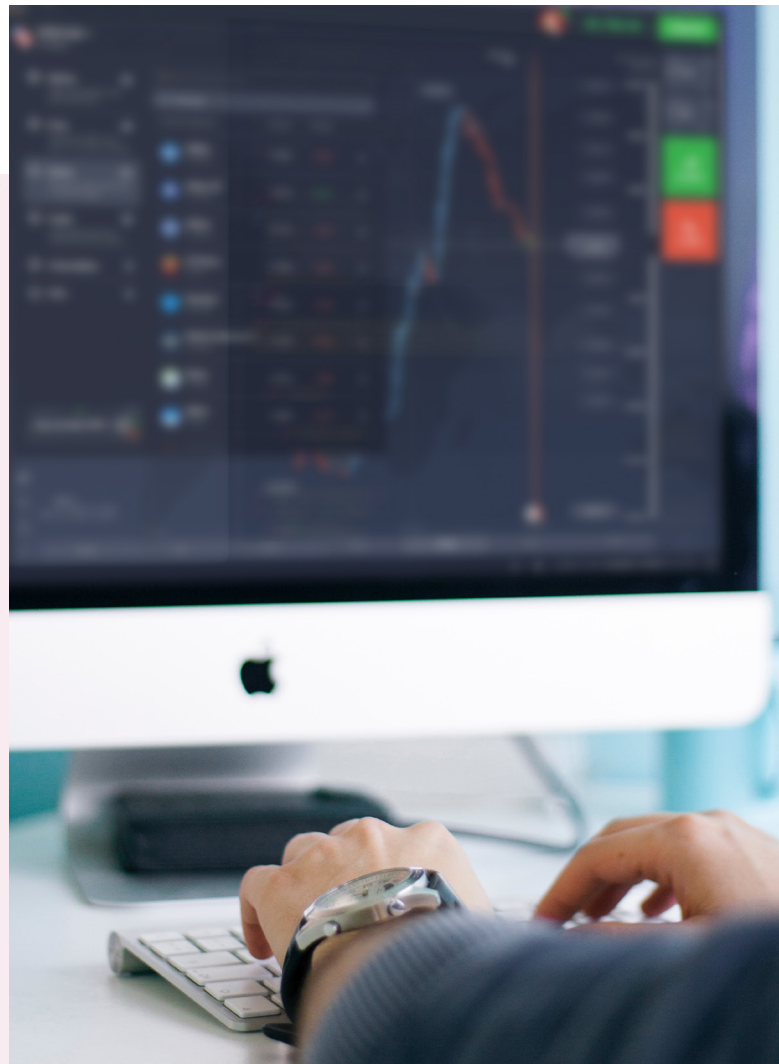


Binary Options Course



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What will you learn with this Course?

Introduction

In Binary Options, although it is an easy to understand and put into practice market, it is not that simple to have consistent results. The road to becoming a successful and independent trader is long and full of obstacles.

So, we welcome you to this dynamic and exciting world with this Binary Options Course that will help you take your first steps in the right direction. Focused on to those who are just starting out, or who, for various reasons, have not yet managed to conquer their space, we are sure that the knowledge we will pass on with this e-book will help you improve your results.

We start with a golden set of rules for Binary Options Trading that you should always keep in mind. These rules explain key points such as emotional control, discipline, how to protect your account and when to stop trading.

In addition, trading in the Economic News is a mystery to many, but we will teach you how and when to do it, as well as how to protect yourself from its influence.

We will also teach you one of our main strategies for Binary Options, step-by-step, so that you can start putting your first trades properly. It's a simple and easy to understand strategy, adapted to beginners to put it into practice. I hope you're as excited as I am!

To finish the course in the finest way you will also have totally free access to a Telegram channel with Binary Options Signals.

Let's dive in!



What are Binary Options?

If you've taken an interest in this electronic book, I assume you've heard of Binary Options.

However, if you've never heard of this type of financial investment before, it's important to explain what Binary Options are, how do they work and why do they attract so many traders.

- **What are Binary Options?**

Binary Options are a financial instrument that allows traders to make predictions about the price of a certain asset, and it is not mandatory to own the asset itself. It can be a bet on international stocks, currency pairs, stock indices, commodities, etc.

We simply bet in 2 directions, up or down (up if we think the price goes up and down if we think the price goes down), within a defined period of time.

The idea is to get it right if the asset price will rise or fall within that period of time. And there are also only two options of the outcome that is: right or wrong. Hence, Binary Options are also known as Binary Bets or Binary Transactions.

This simplicity, the simple two-way choice, is one of the main reasons why Binary Options have been so successful since their beginning.

Binary Options exist since 2008 and in 2012 it became regulated. It is currently regulated internationally, in several countries and by several regulators.

Unlike other investments, such as [FOREX](#) or the Stock Exchange, in Binary Options the minimum investment amount is quite low, since it is possible to register with brokers with values as low as 20 American dollars (USD). This is another advantage that attracts many participants because it is a very affordable value, and everyone wants to try it.

Also in comparison with other markets, that require a lot of technical knowledge and complex analysis, the way you operate in Binary Options ends up being very simple.



What are Binary Options?

- **What are Brokers?**

The brokers I mentioned in the previous paragraph are the companies that allow you to place bets in the market. They are companies (some are regulated and others are not) that connect the different markets through a platform of Binary Options. You should always choose a regulated broker, for your protection.

Opening an account with these brokers is free and very simple. Then you should learn how to trade and look for a good training. In the blog there is more information about good courses.

Then you have to deposit the amount you want (minimum is 20 USD) in your account and start trading. You can always try the demo account before using the real money. On these platforms you will find all the assets (such as Forex pairs, Stocks and Commodities, etc) that you are able to trade.

As long as the broker is reliable and regulated, the prices on the platform are

the official market prices.

Your first step will always be to register on one of these platforms. There are several brokers in the market. If you want to know the most used and the trader's favorites click on the link: [Binary Options Brokers](#).

- **How to put a trade?**

First, you choose the asset, let's use the EURUSD pair as an example.

You choose whether the price will go up or down, usually you use the term CALL to go up and the term PUT to go down.

Then you choose when you want your bet to end. This is called the expiration time. The expiration time of a binary bet can be 1 minute, 5 minutes, 15 minutes, 30 minutes, 1 hour, 1 day, etc.

In order to continue this example, let's choose 1 minute.

Another value you have to set is how much you want to bet. The minimum per bet is 1 American dollar, so let's use that amount.



What are Binary Options?

So, the bet will be a CALL (up), on the asset EURUSD and with a 1-minute expiry time. And you will invest 1USD in this operation.

Click to start the trade and wait 1 minute for it to finish.

When the time is up (in this example 1 minute) you will know immediately if you have won or lost. If your forecast is correct you win and you receive the amount corresponding to the payout percentage existing at the time. This amount that you have earned, along with the 1 USD you have invested are added to your account balance at the broker. If your forecast is wrong you lose the amount you invested, in this case it was 1 USD. This amount is then taken from your account balance at the broker.

- **What are Binary Option Strategies?**

Naturally, you will not make these bets based only on your guess or feeling. The choice of how and when to place a binary operation depends on the use of binary option strategies. As the name implies, strategies are a set of rules we will use to analyze any financial asset in order to find a possible bet.

Binary options strategies aim to find patterns in the market to facilitate your decision at the time of placing the trade.

In the continuation of this e-book we will talk more about the strategies and later on we even have one to explain to you how it works.

- **How much can I gain and lose with Binary Options?**

It is natural that you are asking yourself how much you can earn with this market. That is indeed a very common question.

Very important is to always keep your feet on the ground, with the clear notion that you can also lose money.

So how much can I make with Binary Options?

The answer to how much you can earn depends on your knowledge, your experience, how many hours a day you dedicate and what the value of your account is, that is, the amount you have deposited in your broker's account.

You may have seen or read comments from people who claim to earn thousands a day. Usually this is not true, they are pure marketing actions, often with half-hearted purposes.

You should not enter the Binary Options market thinking that in 2 months you will be rich, it's gonna go wrong.

What are Binary Options?

From our experience, it is normal to make 20% of your account's value, per month. This means that if you have a 500USD account you will make 100 USD per month.

If you think it's not much then think again, because that means you would make 240% a year! To put it into perspective, your bank deposits doesn't even reach 7% a year, maximum. And depending on your country you might get no more than 1%.

So it's easy to say that the earning potential is very good!

But as I said before, one can also lose money. And it will be inevitable to lose, because nobody always wins. The most you can lose is the total balance of your account, that is, the amount you deposited in the broker.

- **What types of Binary Options exist in the various brokers?**

1. Cash-or-nothing:

It's one of the most common formats. It consists of betting on the increase or decrease of the asset's value. Here it does not matter what the final value will be, but it does matter if it is above or below the value at the time of expiration, compared to the price it was at when you placed the transaction. If you hit the right direction that the price took, at the time of expiration, you will earn on average 70% to 85% of the value bet.

2. Assets-or-nothing:

Unlike the previous format, here the payout is determined by the price of the asset itself.

It is a good choice, but here you must have a deeper knowledge of the financial markets, or at least be well inside the asset prices and their latest fluctuations. Previously, it was a widely used type of Binary Options, but because it was more complicated it was progressively eliminated from the platforms.

Nowadays, many brokers do not even offer this type anymore.

3. One-touch/No touch:

These two types of options have also been gradually removed from the market and there are already few brokers offering them, so I won't dwell on them.

4. 60 Seconds:

One-minute or 60-second Binary Bets were the ones that appeared later.

Initially, there was not so much offer in expiration times, and the shortest bet that existed was 15 minutes.

However, with growing interest and many new traders entering the market, new brokers also appear. And these new brokers, to stand out from the crowd, and to show innovation, created new expiry times.

What are Binary Options?

Thus, arose the Binary Options for 60 seconds or 1 minute, also known as Turbo Options.

Within the Turbo Options, the expiration times of 30 seconds, 2, 3 and 5 minutes are also considered.

However, the most frequent and the one that is used the most is still 60 seconds or 1 minute.

Unlike some types of trades that have been slowly removed from the brokers platforms, the 60 second- or 1-minute type has been very successful and is, by far, the most widely used Binary Options setting globally today.

Some brokers even became known for and their growth was mainly due to the offer they had for this type of operation.

The reason for this success is due to their short waiting time, we put a bet and 1 minute later we already know the result.

For those who do not want to wait 15 minutes, 30 minutes or 1 hour, this is much more fascinating.

On the other hand, you have a disadvantage that you can't run from. Due to the fact that it is so fast, sometimes we end up losing the operation because all it takes is one small market movement to lose (or win).

Making a correct analysis of the market and a accurate prediction becomes much more difficult to do in such a short period of time and we are more dependent on the luck factor.

This introduction is brief and summarized, as there are many more details that need to be known. If you want to read more in-depth content, click to learn exactly [what are Binary Options](#).





CHAPTER 01

Rules and Discipline

In this initial chapter we'll talk about Rules, Discipline and Emotional Control. The solid foundation for any trader, in any market, starts here.

This chapter has 20 issues, where each one talks about a different rule.

Nourishment

The intense activity of a trader requires a lot of attention, concentration, capacity of analysis and quick thinking.

Science explains that, of all the energy we produce, 25% is consumed by the brain.

For this reason, we should never operate hungry, or without enough food in our organism.

If you intend to start operating in the morning, it is important to have a good breakfast before operating.

If you prefer trading between meals or later at night, it is important to eat something first. Even if it is something light: a fruit, a cereal bar, a yogurt.

It is fundamental that when we are operating, we have our body with enough food.

Firstly, we need to make sure that we have the efficiency to operate with concentration and with all our capacities at the maximum level.

On the other hand, it is important to avoid that at the moment when we may be having an operation, the fact that we are hungry may lead us to make some mistake because we are, for example, thinking about food.

Never forget, a Trader never operates on an empty stomach.



A Trader never operates on an empty stomach.

Clear Head

On the days when we are not fit, we should not negotiate. Either because the day went wrong at work or at school, or because we had an argument with someone, or simply because we are worried.

It's important to have a high morale and confidence to get good results.

Usually when the day starts going wrong, the whole day goes wrong, just as when it starts going well, everything goes well. In trading it's the same, the positive mentality will attract positive things and if the emotional and psychological part is down, on this day probably it will attract negative things.

To give a more practical background, I will give the example of a student who took a training about 2 years ago.

This concrete case shows why it is important to have a clear head, without any bigger problems or concerns.

He took the course and started negotiating, having excellent results in the first weeks.

In 15 days, he increased the amount of his account by 40%.
But in 2 days, he lost everything!

How did that happen?

Simply by breaking this rule.

On a particular weekend, he had an argument and separated from his girlfriend and the following Monday he went back to the operations to try to forget her.

Not only hasn't he forgotten his girlfriend, but he's also ended up losing all the profit he had obtained.

The reason for the loss is simple to understand. He was emotionally unstable, and that's half the way to loss. This example serves to demonstrate two things:

First, we must respect all the rules. Sometimes we think there are more important rules and others are less important. But in fact, all 20 of these rules that I am addressing are equally important and cannot and should never be broken. Second, if there is something that affects our emotions and our psychological, it will probably affect our operations.

The separation of this student and his girlfriend ultimately demonstrates that. If you're not emotionally balanced, you don't operate. Come back tomorrow or when you're better.

Eliminate the Noise

The time and place chosen to negotiate is important. You should not negotiate in noisy or confusing places.

You should trade in a quiet place. That being said, I should not trade when I am busy doing other things.

Avoid negotiating when you are with friends, family, animals, watching TV, on social networks or playing a game. We should also avoid operating at work, because we have to share our attention with colleagues, clients, emails, telephones, etc.

I'll give you one more example. This time I'll refer to a student from last year. This example shows, once again, how breaking a rule can be terrible.

She took the course and started negotiating with extraordinary results. In fact, even I didn't initially believe in her results.

She started with a 300-euro account and in just 12 days she reached 1970 euros. In just 12 days she had multiplied her bank by 6.

The problem was that obtaining such fantastic results led her to break some rules in an attempt to increase her profits increasingly.

The greed to earn more and more led her to start operating during work. One day, when she placed an operation, she got the operation value wrong and instead of writing 10 euros, she wrote 1000 euros. In other words, she put in a 1-minute operation, more than half of her account!

Unfortunately, she lost that operation.

Then, already frustrated and angry with her mistake, she tried to recover quickly, putting bets of 100 euros, when she was used to bet 10 euros.

Of course, being already emotionally unstable, she ended up losing more and only stopped when she reached the 300 Euros, she had started initially.

This mistake not only cost her 1670 euros in a few minutes, but destroyed her confidence.

This example proves once again that sometimes rules that don't seem important to us, can have terrible results, not only at that moment, but in the future of our trading.

Tiredness

Trading activity is very tiring. Not in physical terms, but in emotional and mental terms.

Besides requiring great level of concentration, analysis and quick thinking, trading involves all the emotions of those who deals with money.

Either because of the gambling component (of losing and winning), or because we deal with the loss and gain of money, the trading activity becomes very burdened from an emotional point of view, and that is not always easy to deal with.

And besides, while operations are open, our adrenaline is at its peak.

All this, all together, causes a wear and tear that if not managed correctly, we can reach a level where we don't have the

capacity and the discernment to make the right decisions in our daily trading sessions.

That's why we should operate only 2 hours at most, per day.

Exceptionally, we can trade more than 2 hours on certain days, that is, whether it's a holiday, or a day off from work, etc.

But even on these days - which are the exceptions - we should always operate a maximum of 2 hours in a row and then take a 1-hour break. In this interval we should leave the computer, if possible, get some fresh air and before returning to the activity we should eat something.

Do not forget: a maximum of two hours a day, to avoid too much fatigue which then ends up preventing good results and tranquility in the long run.



Trader's Profile

Our personality, characteristics, tastes and ambitions influence our choices and our results.

In the binary options there are different strategies, indicators, types of operations, expirations, etc.

Since we are not robots or machines, our profile ends up influencing the choices of strategies, types of actions or different expirations and it is important to make the choices that best suit our profile.

There is no automatic way to find out what our profile is. No online test to know what is our profile.

To understand what our profile is, we have to test various strategies, types of options and expirations.

When you find what you believe that is the best road for you, you go ahead and try to specialize.

Many people want to follow a strategy because their friend uses that same strategy and makes money. But sometimes it adapts to the friend's profile, and so he gets results, but it doesn't adapt to our profile and so we can't get results.

A person in that situation may begin to doubt their capabilities, but in reality, it may be the strategy that doesn't fit them, although it fits the friend.

So, I'll use a soccer player to show the importance of the trader's profile. Imagine Neymar Jr. He's one of the best Forward players in the world.

Now let's imagine that I am now his coach and tell him to play as a defender.

Do you think he'd still be one of the best in the world?

Certainly not, because his profile is to play in the position where he plays, although he trains with the defenders and knows the rules to defend, he has the profile and the characteristics to play as Forward.

Then it's all a matter of training and improving, and in his case this training and improving as a Forward has made him one of the best in the world.

But it all started with placing him in the position that was most suitable for him, according to his profile.

Respect The Strategy

The first situation that needs to be mentioned with regard to strategies is that there are no foolproof strategies.

Videos and websites that talk about strategies that have a 100%, 95% or even 90% hit rate are lying. There is simply no such thing!

And I will explain why.

Any strategy can do 100% in a day, but not in the long run.

In the long run a good strategy makes 70% or 75%, the best ones will eventually make 80%.

Of course, whoever publishes the video with the strategies, shoots several days and only publishes the days where they did 100% or close to it, claiming that it is an infallible strategy.

The second situation is that, since there are thousands of different strategies you have to test them to understand the ones you like best, the ones that fit your profile best.

And then you have to take two precautions:

1. Where did you get the strategy?

This is the first attention. It's important to get a strategy from those who know it well, ideally from those who developed it. If I don't receive the strategy correctly, I won't be able to use it well and of course it won't work.

It's critical that you try to find the person who developed that strategy so that you will be able to apply it correctly.

1. Second precaution: Respect the strategy, all day, every day.

That's the only way it works and how you get results. I have to apply the strategy the way I learned, respecting all the rules and all the details of this strategy in order for it to work well, so that I can get all the potential out of it and the right results that it might offer me.

Otherwise, you won't be able to have positive results with the strategy.



Strategies that claim 100 or 90% success rate do not exist, that is a lie!

Evolve as a Trader

This rule talks about the importance of continuing to study, learning and evolving in order to become a better trader and get better and better results.

Many times, people take a course or have a good strategy and think it will work forever.

They think they don't need to continue learning, to evolve.

Nothing could be more wrong!

The market is always evolving, every year it behaves differently.

A good strategy today, in 6 months or a year, may not work anymore.

That's why it's important that we evolve in the same way that the market has and continue to learn to be better and better. Ability to adapt is also necessary for this constant evolution.

Improving and perfecting your knowledge is fundamental to have the ability to, throughout time, keep achieving better and better results.

Always try not lose your "evolution train", such as the very evolution that the market shows.



Analyzing the Operations

When we're starting, it's normal to make mistakes. There is no learning process without mistakes.

That's why it's crucial that we analyze our operations, especially those we've lost.

We must go back and review our entry, review everything we did while placing that lost operation.

This is because we may have lost only because the market was against our entry and the strategy did not work, but we may have lost because we did something wrong.

And then it's necessary to check, to identify and correct our mistake immediately.

If we don't do two things quickly, two things will happen:

1. The next operation you will probably make the same mistake again, and of course you will lose. And you will continue to lose money until you correct that mistake.
2. Then, because if you keep doing something over and over again, you tend to mechanize a process. And this mechanization, since it's a wrong process, means you're learning to do something wrong.

After you mechanize something, it's harder to change, harder to correct.

It's like when you learn to drive a car. If you do it all the time speeding and breaking the rules, then later you'll always be speeding and breaking the rules, because that's how you've learn, because that's how you've got used to doing it.

“Analyzing the lost operations is to avoid mechanizing wrong process.”

Risk Management

This is one of the most important rules. Risk management is key to managing loss accounts.

Many people calculate their operations from a gain based point of view.

In fact, risk management must be calculated and thought of from the point of view of losses, simply because the value of a loss is greater than the value of a gain.

For example: If we bet \$10 we can win around \$7, but we can lose the \$10. Since the loss is greater than the gain, that's where risk management should be focused.

For proper risk management, your operations should use between 1% and 2% of the account balance.

Once you have a good experience and consistent results then you can increase that percentage a little more to, for example, 3%.

However, values far above this 3% are already a high risk.

I will give you two examples to explain Risk Management, where I will use a \$250 account, using a strategy with Martingale and getting 3 consecutive losses at most.

We will trade with an initial transaction that corresponds to 2% of the account. And that will give you a first trade of 5, another trade of 10 and another trade of 20, all lost operations. This total loss of \$35 corresponds to 14% of our balance.

If on the next day we have the same losses again, i.e. another \$35 we would lose a total of \$70, which subtracting from our initial \$250 we would have on our third day a total of 180\$ to trade.

This means that on that third day we would still have a good margin, in our account that would allow us to continue to operate in a calm way and obviously recover from those losses.



Risk Management should be thought from a loss based point of view, not based in the gains.

Rules, Discipline and Emotional Control

Let's now look at the second example, where instead of the 2%, we would operate with an initial percentage of 4%. And in this sense, we were going to have an operation starting with 10, then 20 and then 50, again all lost operations. The total of this loss would be \$80. And we're already talking about a loss on our account of 32%.

Let's imagine, as in the previous example, that the next day we would have the same loss again. In the total sum, that's \$160 lost, which subtracted from our initial deposit of \$250 we'd only have a total of \$90.

What is the difference in the two scenarios presented?

As the image below explains, in this second example, when I started my third day of operations, knowing that my balance is only \$90, I would have additional pressure because on this day I realize that I no longer have any margin of loss.

From a mathematical point of view, I have no margin of maneuver, I am going to be obliged to win on this day.

Because if I lose again, I would run out of money in the account and then I would only have two possibilities. Either deposit more, or give up, obviously. The secret and importance of risk management is for you to learn how to manage your bankroll in a correct way, to prevent the value of the balance from reaching this level of loss in such short time, and to put it under enormous pressure, eventually leading to the ultimate and total loss.

This way, for a risk management that is correct, you should not lose more than about 15% of your bankroll daily, this is for small accounts, and if we have to talk about bigger accounts (over 1000\$ for example) our maximum loss should not exceed about 10%.

EXAMPLE WITH 2%

5\$	5\$
10\$	10\$
20\$	20\$
<hr/>	
35\$	35\$
<hr/>	
70\$	

EXAMPLE WITH 4%

10\$	10\$
20\$	20\$
50\$	50\$
<hr/>	
80\$	80\$
<hr/>	
160\$	

Knowing How to Lose and How to Win

In a trader's life there will always be good moments and bad moments. There will always be days when everything goes well and days when everything goes wrong. There's no way to avoid that. No trader always wins, as no trader always loses.

It's fundamental to accept a good day, as it is to accept a bad day and in the following rules I'll approach more how to behave in both situations.

But always bear in mind that the ability to accept and understand the victories and defeats is very important.

As an old saying goes: "He who doesn't know how to lose doesn't know how to win either."

Many of the traders facing a bad day blame the broker, the market, the strategy or the (lack of) luck.

Often it's their lack of discipline or lack of emotional control that causes the losses.

More important than blaming something or someone is to look at what happened and learn from it. Analyzing and improving is the key.

Also in gains it is necessary to know how to manage emotions, keep calm, focus and maintain your feet on the ground.

Whether it's a good day or a bad day, with wins or losses, it was just another day, tomorrow will be a new day, with new opportunities to make money.

We must always maintain balance and discipline on either a good or a bad day. If we achieve this, the losses will always be recoverable and the profits will always be greater in the long run.



He who doesn't know how to lose doesn't know how to win either.

Author Unknown

When to stop on a bad day

This is also a very important rule, which if not followed, will result in the total or almost total loss of the account.

It is necessary to have the discipline to know how to stop at the right moment. And the right moment is: when we have already lost 15% of our account or when we have lost 3 operations in a row.

Why 3 operations in a row? There are 3 reasons why we should stop after 3 lost operations in a row:

1. The first is Risk Management: as I explained earlier, we can't lose more than a maximum daily amount. Continuing a 4th, or 5th trade losing, you are exceeding this daily value, breaking an essential rule and putting your account balance at risk.
2. The second is the Emotional side: when we lose, we get upset, worried, frustrated and sometimes angry. As we lose and lose again, these feelings tend to get worse.

And if we don't stop, we come to a moment where we end up losing our temper, and we freak out. This is when we usually do things that we regret.

By stopping at the third lost we still have the ability to distinguish right from wrong, to make decisions based on reason and not emotion.

3. The third reason is the market: there are days when the market is not in our favor, not in favor of our strategy. As I explained in one of the previous rules, a strategy can do around 70%. This means that on a normal day, in 10 we get 7 wins. But on a bad day we can get only 3 wins out of 10.

In this situation where the market is unfavorable because you will risk losing 7?

Better to stop at the third, assuming the loss of 3 is better than continuing to risk when you have understood that things are not favorable for me.

I have to operate when the market is in my favor and not playing for high stakes, when everything is against me.

For these 3 reasons it is very important to know how to stop at the right moment. If you don't comply with this rule, you will stop only when you have no more money in your account.

When to stop on a good day

Just as we should know how to stop on a bad day, we should know how to stop on a good day. Yeah, you read right, stop even when you're winning.

Some days we lose three in a row, but other days we win three or four operations in a row.

When to stop then?

It's crucial to have a rule about when to stop on a good day.

Otherwise, the greed of wanting to win more and more, or the tiredness will prevail and you will start to lose.

Or simply because the market has changed in the meantime and your strategy has stopped working at some point.

The rule then is to have a daily goal - and I'll talk about goals in the next rule - and on a good day we should double the daily goal.

Example: Imagine you have a daily goal of \$20.

On a good day, you should double it by making \$40 and stop. Why double the daily goal?

Because the extra value of having doubled will serve to compensate losses that will occur in a few days.

What is a good day? How do we consider a good day?

It is a day where everything works well, where your percentage of hits is over 80% or you get 3 or more operations in a row to win.

The reason you stop when you double the goal is because if you continue, the market may change or you get tired of continuing to trade and start making mistakes. And you quickly start to lose.

And by losing 3 in a row, you lose all the profit you've made.

Then you end the day down, with no money, no confidence and frustrated for having made a good profit and lost all this profit.

If you stop at the right moment, with your goal doubled, you will end the day with a good profit, with confidence on the rise that will help you in the following days.

Objectives

In the previous rule I already addressed the need to have goals. Now I will explain in more detail why and how to create them.

Goals are primarily for us to work in an organized way. They work as a path, as a map.

By having a defined objective I already know how many operations I have to do to get the profits I intend to have at the end of the month, I just have to follow what is defined.

The daily objectives should correspond to a value between 2% and 4% of our balance and vary according to the value of the amount we deposit and our experience. This goal is the same every day of the month.

Example: If this month we determine that our daily goal is \$20, it will be \$20 every day. It won't be \$20 today, \$15 tomorrow and \$25 the next day. It is set during this month.

At the end of the month we analyze the results and decide to keep, raise or lower the goal for the following month.

There are two things to be careful about with our goals: they have to be ambitious, to make us chase them, to work hard and to have motivation.

Only then will we have results, because only then will we really work to achieve them.

But the goals also have to be realistic and appropriate, because if we have a goal that is impossible to achieve we will surely be breaking rules to try to get it.

If an objective is too high we will have to operate with higher values, breaking the risk management, or operating many hours per day, breaking the rule of tiredness.

In the end, breaking rules and an inaccessible goal will only result in the loss of your capital and motivation.



Confidence

With confidence everything we do comes out better. This is something we all know already.

A trader has to have confidence in him, in his knowledge, in his tools, strategies, in his Broker and the platforms.

The lack of confidence prevents good results and increases losses.

Especially in Binary Options, the lack of confidence has very negative results, because everything is very fast, especially when we operate in turbo mode or 60 seconds, an out of time entry, even for a few seconds, leads to a loss.

The lack of confidence leads to losses in two ways:

The first way is to get in too early: The lack of confidence leads to greater pressure. This pressure at the moment of waiting for the best moment to put the operation is so great that the trader can't stand waiting and enters early to free himself from the pressure.

He knows that from the moment the trade starts to run, the result no longer depends on him and that's why he wants to enter right away to free himself from this tension and later put on the market the responsibility of the loss, in case it happens.

The second way is to go in too late: the lack of confidence makes him doubt at the moment of entry. He's not sure if he's doing well, if that's the right moment, and therefore ends up delaying the entry, due to the constant doubt whether he's doing everything right. The questions: "am I doing good?"; "is this the right moment?" delay the entry by a few seconds, but might be enough to lose.

In both cases the trader ends up losing because he doesn't enter at the ideal moment. It's fundamental for you to be a confident person, in order to enter at the right moment.



Lack of confidence will cause you doubts at the entry moment.

Humility

Just as lack of confidence is a problem, overconfidence or lack of humility is an equally important problem.

Good times sometimes lead traders to lack humility. They start to think that they are the best, that it's easy, that they can beat the market, that their strategy or method is foolproof.

Usually this leads them to lose discipline and break rules.

And that, of course, leads to them losing money by going into a negative phase.

The problem with these negative phases is that since they come from a very positive phase, they end up not realizing where the error is and often the losses are very big, even leading to a complete loss.

A trader should always work in a balanced way, be it in the good moments or in the bad moments.

Neither when you lose, you're the worst trader in the world, nor when you win you're the best trader in the world.

One must be humble and always respect the market and the rules.



Being Strict

One of the flaws that many people have is wanting things done our own way.

We have some difficulty in following rules, in being strict.

A trader can't be like that. It doesn't fit the "more or less" attitude.

The rules have to be followed 100% and not 90%.

The difference between 100% and 90% sometimes is the difference between a successful trader and an unstable trader who loses more money than he makes.

Tools such as strategies have to be used in the right way, respecting how they work.

And we have to do that every day, at all times.

If we're not rigorous it's impossible to obtain results in the long term, because we'll be making mistakes that will prevent us from obtaining consistent profits.

This lack of rigor usually manifests itself in the 'roller coaster' of results, where the balance goes up and down, but never manages to draw a consistent line where the rises outweigh the falls.

Be strict with your rules, with your discipline and with yourself.

times. If we're not rigorous we won't be able to obtain results in the long term, because we'll be making mistakes that will harm us and prevent us from obtaining consistent profits.

This lack of rigour usually manifests itself in the "up and down" of results, where the bank balance goes up and down, but never manages to draw a consistent line where the rises outweigh the falls.

Be strict with your rules, with your discipline and with yourself.



Persistence

In life we have to be persistent to overcome difficulties. And the trader's life is full of difficulties, especially in the initial phase.

We all go through moments when things don't go our way.
Persistence is necessary to continue.

As I said in the previous lines, learning from mistakes, improving and trying again is essential.

The reason why it is said that 95% of people lose money on investments is exactly because they lose the first deposit and give up.
When in fact, it is normal to lose the first account. That's what I call the cost of learning.

We all make mistakes initially that usually lead us to lose the initial account.
The secret is to learn from these mistakes and improve with them.

Throughout my long experience I've known a lot of traders, and all of them, but all of them without exception, ended up losing their accounts initially.

The reason they are still traders today and making money is because they persisted and continued to believe in themselves and to work.

I, in the first years of trading, lost a lot of money, but I always believed that I would be able to have results, I just had to improve, to continue learning and to have more discipline.

Most people, give up quickly blaming the market or the brokers for their failure or simply not believing in them and their ability.

Any one of us can be a trader, but we'll all have losses at an early stage. Persistence is what will divide those who one day reach successful traders from those who have failed.



It's normal to lose your first account, it's the so-called learning cost .

Patience

This is one of the characteristics that all traders should have.

Patience is what distinguishes traders from players.

A player aims to place trades and have fun. When a player is trading he has to find trades, whether good or not. He can't and doesn't want to wait an hour for a good opportunity.

A trader has to know how to wait for the best opportunities to enter the market. A trader trades to make money and not to have fun, because it's not a game for him, it's not a fun. Of course it's ok that we traders like to trade, after all, liking what you do is very important. But fun isn't, and can't be, the main goal. There are days or moments when the market is simply not good for trading. So you might as well not trade and come back another time or just be patient and wait.

A player does not do that, he wants to have fun and will always "create" operations, even if they are not good, even if they make him lose money, because the goal of the player is adrenaline, it is to get a "kick" out of trading.

On the contrary, a trader doesn't look for fun, he looks for money, and for that he has to wait for the best opportunities, the ones that really make him earn money.

So, a trader knows that he has to be patient and wait for the right moment.

If you are patient: excellent!

If not, you must find a way not to get "played" by your impatience, for example when you find that you don't have any entries soon, simply close your platform and come back later.



Experience

No matter how many courses you take, no matter how many books you read, there is always knowledge that only with practice and experience you will be able to achieve.

Even if someone explains everything to you in detail, much of the essential learning will only be obtained when you get your "hands dirty", when you start practicing, when you start negotiating.

In the same way that a doctor with 2 years of experience is very possibly a better doctor than on the first day of work, a trader with 2 years of experience is also better than when he finished his course, than when he started trading for the first time.

The experience in this function, as in all the others, is fundamental. There are lots of details about trading that we will learn over time. Even if we take the best courses available, we will never be able to learn everything and much of the learning is also done through practice.

The theoretical knowledge we acquire in courses, books, guides, etc., are very

important, but the knowledge we acquire in our daily life is also fundamental to improve and perfect what we learn.

Therefore, in the initial phase, after finishing this book or some other course, it is essential to operate as much as possible! On the one hand to put the acquired knowledge into practice and on the other hand to improve this same knowledge, because every day we end up learning something new.

The international scientific community for Psychology has no doubts when it says that "deliberate practice involves attention, essay and repetition and leads to new knowledge or skills that can later be developed into more complex knowledge and skills". And they say that "practice is necessary, if not sufficient, to acquire specialist knowledge". ¹

Of course, it is essential not to forget the rules. At this stage when we have gained experience through practice, it is very important to work with discipline so that good principles are rooted in our way of acting.

1 Campitelli & Gobet, 2011

Consistency

Consistency is a trader's ultimate goal. No wonder I left it to the end, because it is the ultimate target.

To be consistent is to be able to have positive results on a regular basis, to be able to obtain an extra income or even to achieve the much desired financial freedom in the long term.

How do we get there? How can we be consistent?

Through the trading triangle.
But what is the Trading Triangle?

It is the sum of the 3 sides of a triangle (please see image in the next page) that is composed by:

1. Market
2. Tools
3. The Trader

The market is the operation of binary options, brokers, platforms. It is knowing the inherent risks, the profit potential, the types of operations that exist.

The Tools are all that help us to trade. They are the indicators, the strategies, the economic news. I remind you once again of the importance of respecting the tools and using them properly. The incorrect use of tools prevents consistent results.

The Trader, who is you, is the basis of this triangle. It is you who ultimately plays the most important role, no doubt.

The Trader has to know how to manage emotions, frustrations, yearnings and euphoria. The Trader has to learn to use and respect the rules and have discipline, and do that, every day.



Consistency is achieved through of the Trading Triangle.

Rule Nr.20

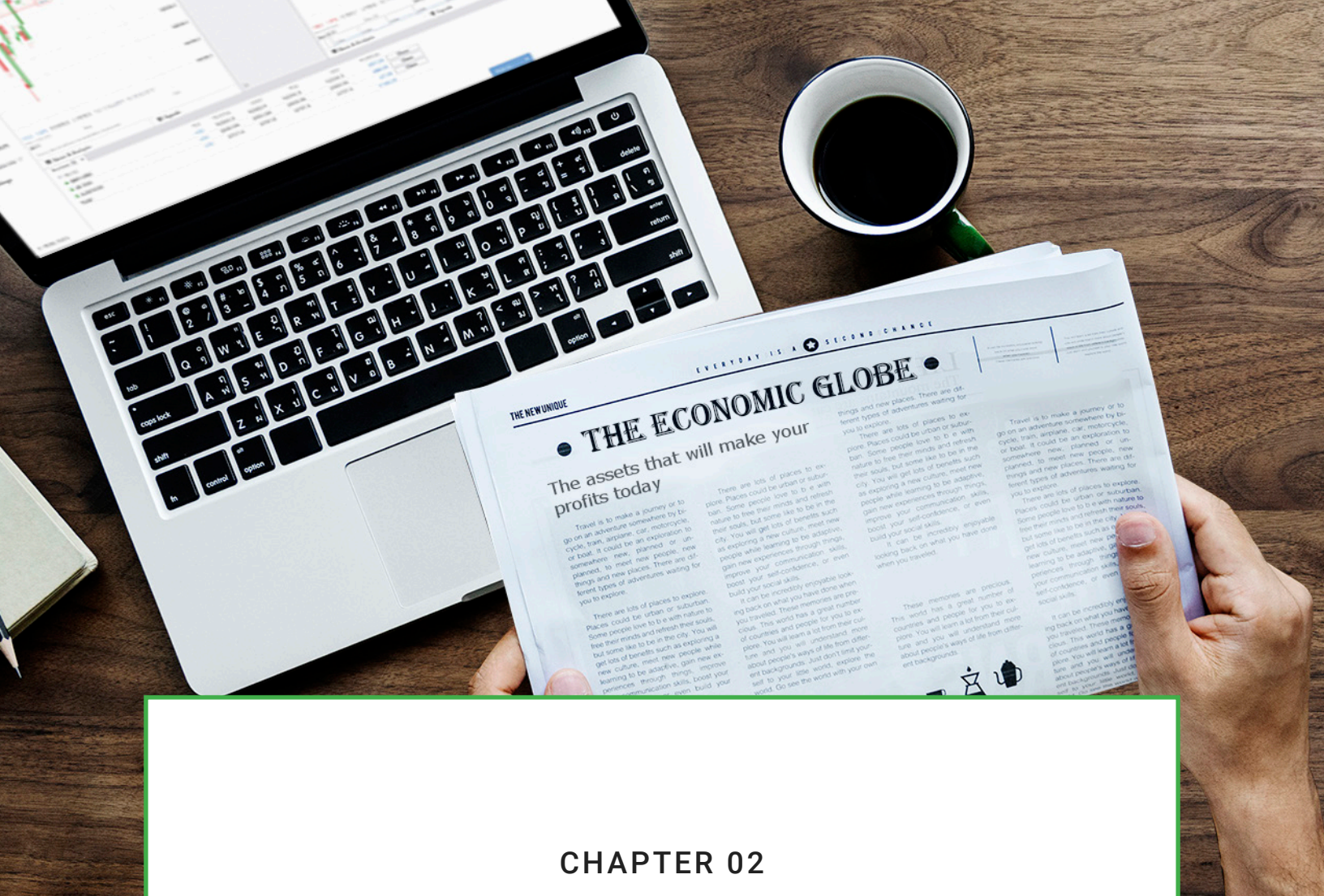
But we don't stop there, because nobody said that this world of online trading was easy.

Then it's necessary to add persistence, patience and of course, experience. And the sum of all this, of all this knowledge, is what allows us to obtain consistency.

With this rule we finish the course module that refers to rules, discipline and emotional control.

I hope you enjoyed it and that above all you understood the importance of these rules in your success as a trader. Follow all these rules daily and I guarantee that a good part of the work is done.





CHAPTER 02

Trade the Economic News

In this chapter we will discuss the importance of Economic News, how to protect from its influence on the market and how to operate successfully on the basis of that same News.

Importance of News

I start this chapter by talking about the importance of the News. If the main point of this part is indeed the news, it is important to make a small context to explain why the news is important.

It is good to never forget that behind those bars that go up and down all day long, there is a reason (or several, better said) why they go up or down. It's not random. And without doubt, the important economic news will affect the market.

In the early days of trading, traders used the news (also known as fundamental strategies) as a way to find the information that would help them make the decisions on how to trade the financial markets.

Over time, analytical or technical strategies have gained ground to fundamentals, and today most traders use analytical strategies.

However, we continue to have news every day, and this news continues to influence the markets and the ups and downs of assets.

Therefore, we cannot simply forget the news and focus only on our analytical strategies, as we run the risk of losing trades at times when the news comes out and the influence that these news have on the market will cause our technical strategies not to work at that moment, making us lose money.

Whether you are interested in learning how to trade in the news or not, you need to know what are the important news to the markets and how to act correctly when these news come out.



How to Protect Yourself from the Important News

To take a more defensive attitude, we are now going to learn to protect ourselves in times of important news, because these news cause volatility in the market. The problem is that the markets do not always react to the news as one would expect, sometimes going in the opposite direction.

Later on, it will be explained why the market often reacts in a contrary way to the expected outcome of the news.

Because of the importance of the news, the first thing a trader should do every day before starting his trading session is to look at his economic calendar and observe what important economic news is predicted for that day.

There are several economic calendars. I use the one from forexfactory.com, because it's simple to use and has only the most important news.

If you want to access it now and follow the steps for a simple but important configuration that you need to do.

You will have to set the news schedule to your time zone.

By entering the forexfactory.com calendar site you go to the top right corner, where you have the clock icon.

Click on it. Then you have two ways to set it.

The simplest way is to click where it says: "Match Automatically". It sets it to your computer's schedule.

Now you just have to click on "Save Settings".

The other way to set it is to go to the same page that I indicated in the previous step and look for your time zone in the list.

Please note that the DST is the acronym for daily saving time, so when it is summer time it should be ON and when it is in winter time it should be OFF.

After choosing the time zone and the DST you must click on "Save Settings".






Trade the Economic News

How to Protect Yourself from the Important News

Then click on "Calendar", which is also at the top of the page, in the center, to return to the calendar.

This calendar has the days of the week, from Sunday to Saturday with all the news for the current week.

There are 4 types of news which are represented by the colored icons as the image shows:

EUR		Italian Bank Holiday
USD		Final Services PMI
USD		ISM Non-Manufacturing PMI
CAD		BOC Business Outlook Survey
NZD		NZIER Business Confidence

Each type of news has a different color.

Grey, yellow, orange and red, with grey being the least important, to red being the most important.

The only ones we're interested in are the red ones.

So what should we do?

We have to check the moment we are going to start negotiating whether there are any important news, those reds, during the time we will be negotiating.










Trade the Economic News

How to Protect Yourself from the Important News

Let's pretend that today is Wednesday the 11th and now it's 6:00p.m.

We can observe that at 7:00p.m., in 1 hour, there will be important news.

We have to look at which asset this news will influence. We can see that it is the USD.

Wed Oct 11	0:30	AUD		Westpac Consumer Sentiment	
	0:50	JPY		Core Machinery Orders m/m	
	1:00	USD		FOMC Member Kaplan Speaks	
	4:45	JPY		30-y Bond Auction	
	7:00	JPY		Prelim Machine Tool Orders y/y	
	15:00	USD		JOLTS Job Openings	
	18:01	USD		10-y Bond Auction	
	19:00	USD		FOMC Meeting Minutes	
	22:45	NZD		FPI m/m	

So, what we'll do is take a break on the trading session in all asset that have the USD. For example, EURUSD, etc.

We can continue to trade on other non-USD assets, such as EURJPY. That means that 15 minutes before the important news occur, we will stop trading. In this example, being the news at 7:00pm, at 6:45pm we would stop trading in the assets relative to the news, in this example, in the USD.

This is a 45 minutes break, which means that between the 15 minutes before the news came out and the 30 minutes after it came out, we would not trade in these assets of the news, which means this break would be between 6:45pm and 7:30pm, and the news would come out at 7:00pm.

Thus, if the market is influenced by the outcome of the news, it does not harm our strategy.

The pause of 15 minutes before is because in certain news the markets get a little nervous before the news comes out, becoming sometimes irregular and with random movements. And that could mean that we would lose operations, even with correct predictions and analysis.

The pause of 30 minutes after the news exists allows the market to stabilize, so that our indicators and strategies can follow the new trend of the market after the news.

How to Trade in the News

In the previous point we have learned not to operate on the schedule of important news, because sometimes they create instability in the markets and their effect ends up not having the expected outcome. Often it happens that some news is good for an asset, but its price goes down rather than up.

There are several reasons why the markets reactions go against the news results.

For example, **market sentiment**: this feeling is sometimes so negative that even good news doesn't stop the price from falling, just as sometimes it's so positive that bad news doesn't stop it from continuing to rise.

A second example is **Supports and Resistances**.

Sometimes the price is close to a resistance or a support so strong that even with the news the price cannot go down or up from that value.

Also the **Tops and Bottoms**; which is the factor of the price being simply too low or too high, finding itself close to historical highs or lows, therefore losing its strength and not being able even with the help of the news to continue in its direction.

These 3 examples and others that exist also explain why many traders in the past stopped trading on the news.

However, there are still some news items that are good for trading as the reactions from the market to these news are usually easy to predict.

So let's learn how to trade on the most important news.

1. Interest Rate Changes.

The key interest rates for each country are reviewed periodically and vary from 1 to 6 months depending on the country or region. We should be aware of when there are changes.

Each country uses a different name to designate its interest rate, for example, in the United States it is called the "Federal Funds Rate". Europe calls this rate "Minimum Bid Rate". Australia calls it the "Cash Rate". You should be aware of changes in rates in different countries.

In general, we can say that, when the rate of the country in question rises, the currency appreciates (the value raises) and when the rate falls the currency depreciates (the value falls).

How to Trade in the News

For example, if the American rate goes up, the dollar values. In light of this example, the EURUSD would go down - because the USD is on the right; but the USDCHF would go up - because the USD is on the left.

How to trade in this news:

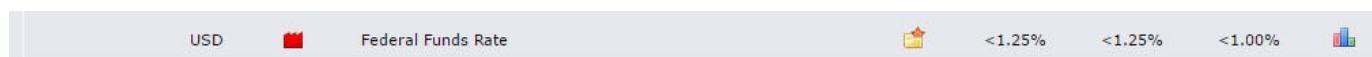
Be on the lookout for the news and trade right away, following the logic explained. If the rate goes up the currency goes up, if the rate goes down the currency goes down. Place an operation with an expiration time between 4 to 12 hours. Ideally the expiration should be for the end of the day.

To be simpler, and following the London time, it should end between 9:00pm and 11:59pm London.

If your broker does not have operations for this time, it may be earlier, as long as the operation has an expiration time of more than 4 hours.

The image below shows an example with a rise in US rates where the 3 columns represent:

- on the left is the current value of the increase of 1.25%.
- The center is the value that was predicted to be 1.25%.
- The one on the right is the old value before the change which was 1%.



2 - FOMC (Federal Open Market Committee).

The second news is the FOMC (Federal Open Market Committee).

This important American committee is responsible for relevant decisions at the level of the American economy, so whenever there is news of it, it is possible that the USD will be influenced.

Usually it's news that comes out on Wednesdays (1 or 2 times a month), around 7:00pm or 7:30pm London time.

The image below shows news about the FOMC.

How to operate in this news:

Wait for the news to come out and see how the market reacts.

If there is a strong reaction, with a sharp rise or fall, we enter the trend with an expiration time for the end of the American market (for example 1 hour after it closes, which means it trades for 4 hours of expiration). The US market closes at 10pm London time. If you do not have an expiration that ends at this time you can choose an expiration for the dawn or even until the next morning.

19:00	USD		FOMC Economic Projections	
	USD		FOMC Statement	

3 - Non-Farm Employment Change

The third important piece of news concerns the creation of new jobs in the United States of America, from the non-farm sheet. It comes out on the 1st Friday of every month between 1:00 p.m. and 1:30 p.m., London time. The data refers to the creation of new jobs in the non-agricultural sectors.

How to operate in this news:

Wait for the news to come out and when there's a big difference between the predicted and the actual (usually over 20k to 30k) trade immediately.

If it gets below the forecast (with the numbers in red) enter with the drop of the dollar. If the news is above the forecast (with the numbers in green) it enters the dollar increases its value. Choose an operation to expire when the US market closes.

The US market closes at 10pm London time, and if you don't have any operation ending at this time you can always choose to end either during the dawn or the following morning.

In the image below we can see that the Non-Farm have 3 columns. The values represent the creation of new jobs. The left column is the value that just came out and represents the real figure, in this example 138,000. The middle column is the value that was foreseen, 181,000 in this example. The right column is the value from the previous month, in this example 174,000. The greater the difference between the left and middle column, the greater the volatility.

In this example, job creation was much lower than expected, 138,000 instead of 181,000. These 43,000 fewer jobs were created, that caused the dollar to depreciate on this day.

Fri Jun 2	0:50	JPY	Monetary Base y/y	19.4%	19.6%	19.8%
	2:00	AUD	HIA New Home Sales m/m	0.8%		-1.1%
	6:00	JPY	Consumer Confidence	43.6	43.6	43.2
	8:00	EUR	Spanish Unemployment Change	-111.9K	-110.2K	-129.3K
	All Day	EUR	Italian Bank Holiday			
	9:30	GBP	Construction PMI	56.0	52.7	53.1
	10:00	EUR	PPI m/m	-0.3%	0.0%	-0.3%
	13:30	CAD	Trade Balance	-0.4B	0.0B	-0.9B
		CAD	Labor Productivity q/q	1.4%	0.3%	0.4%
		USD	Average Hourly Earnings m/m	0.2%	0.2%	0.2%
		USD	Non-Farm Employment Change	138K	181K	174K

Reality|Expected

4 - World leaders press conferences.

The fourth and last type of news that is important to keep an eye on happens when some of the world leaders like Trump, Christine Lagarde - President of the European Central Bank - and other important leaders give press conferences, eventually influencing the markets.

How to operate in this news:

Wait for the conference to start and see how the market reacts.

Ideally we should wait about 5 to 10 minutes to be sure of the direction of the market. Enter the trend, if there is a clear trend with volatility.

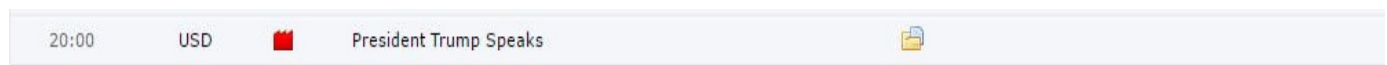
Place the trade with 4 to 12 hours of expiration time, ideally when the US market ends.

The US market, as we already know, closes at 10pm London time and if you do not have a trade ending at this time you can place it to close overnight or the next morning.

The picture below shows an example of a news story about a speech by President Trump.

These are the 4 news stories that I normally operate and have results, but of course there are times when the market does not react or react differently to what I explained.

Don't forget that in the other red news you should act as I explained in the previous chapter on How to protect yourself from Important News.





CHAPTER 03

ITM - The strategy

The part where you're going to practice has arrived. And what better way to start than with our step-by-step explanation of a simple strategy to understand and put into practice? Meet In The Money Strategy, which is shortened to ITM.

Explanation and Platform Configuration

I will not deny, ITM is one of my favorite strategies. And I think you'll like it too!

Some of the features that this strategy has and that made me choose it to explain to you are:

1. It can be used at any time of the day (as long as there is no high volatility).
2. It works with any asset (we use it with Forex pairs, such as EURUSD).
3. The expiration time: 120 seconds (it is turbo, but as it is for 120 and not for 60 seconds, it is less dependent on luck factor).
4. Can be used with [Martingale](#) or not. Before using Martingale, be aware of your risks. Read more about Martingale [here](#).
5. It is easy to use and simple to understand.
6. The success rate is really good if all rules regarding ITM are respected.

To explain and to put this strategy into action we use the IQ Option platform, as one of the required indicators is not available on the majority of the other Binary Options platforms.

If you want to try this strategy and you don't use or know IQ Option, just follow the link, to know our honest opinion about the broker [IQ Option](#).

Then on this same page you can register a free demo account at the brokerage house through the existing links or buttons.

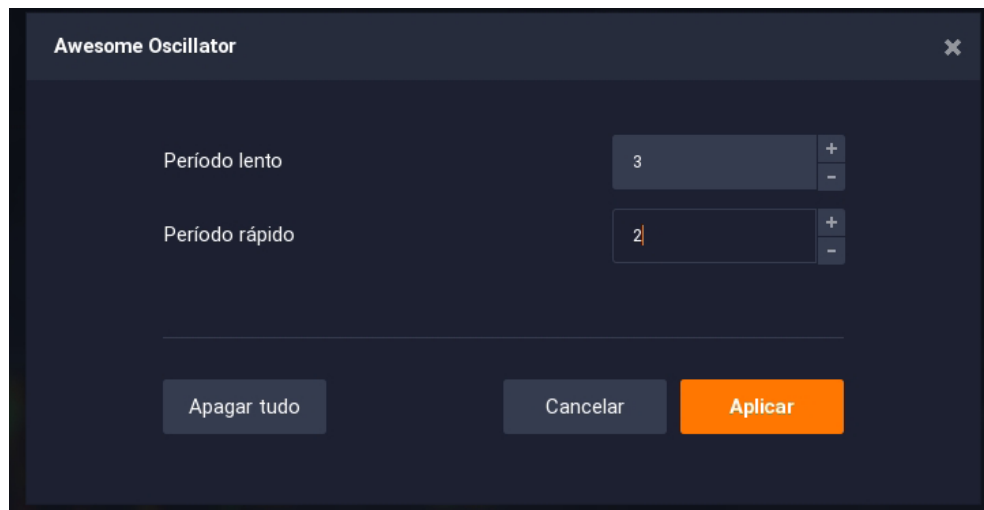
Explanation and Platform Configuration

If on the previous page you took the opportunity to open an account in IQ Option and you are now opening the platform for the first time, it's normal to feel a little "lost", with many doubts. To learn more about the [IQ Option Platform](#) and make the initial configurations that are important, read the article and watch the video there.



Let's move on with the ITM Strategy.
You can see below the images as I configure the 3 Indicators to use the [ITM Strategy](#):

Awesome Oscillator:



Explanation and Platform Configuration

Stochastic Oscillator:

Oscilador estocástico

APLICAÇÃO AJUSTES AVANÇADOS

Configurações básicas Cores e exibição





Período K	13	+	-
Mais suave	3	+	-
Período D	3	+	-
Sobrecompra	92	+	-
Sobre venda	8	+	-

Apagar tudo Cancelar Aplicar

Oscilador estocástico

APLICAÇÃO AJUSTES AVANÇADOS

Configurações básicas Cores e exibição

Linha K (dK)		—
Linha D (dD)		—
Sobrecompra		—
Sobre venda		—

Apagar tudo Cancelar Aplicar

Explanation and Platform Configuration

Bollinger Bands:

The screenshot shows the 'Bollinger Bands' configuration window with the 'AJUSTES AVANÇADOS' tab selected. The 'Configurações básicas' sub-tab is active, showing two settings: 'Período' (Period) set to 21 and 'Desvio' (Deviation) set to 2. Each setting has a numeric input field and '+'/'-' buttons. At the bottom are three buttons: 'Apagar tudo' (Clear all), 'Cancelar' (Cancel), and 'Aplicar' (Apply).

The screenshot shows the 'Bollinger Bands' configuration window with the 'AJUSTES AVANÇADOS' tab selected. The 'Cores e exibição' (Colors and display) sub-tab is active. It shows three settings: 'Linha superior' (Upper line) with a green color swatch, 'Linha central' (Central line) with a white color swatch, and 'Linha inferior' (Lower line) with a red color swatch. Each has a color selection dropdown and a line style dropdown (solid or dashed). At the bottom are three buttons: 'Apagar tudo' (Clear all), 'Cancelar' (Cancel), and 'Aplicar' (Apply).

Explanation and Platform Configuration

After defining the indicators as I explained on the previous pages, I will explain the rules that have to happen in order to put an operation.

The charts should use 1-minute candlesticks. You will have to go to the bottom left corner and click on "Chart Type" and define for candles. Then, on the icon immediately below "Candle Time Period" you choose 1 minute.

After this, pay attention to the rules you must follow to perform an operation using the ITM Strategy:

1st Rule - The candles (don't forget to use candles in the chart) must be touching or breaking the Bollinger bands. If they are in downward movement, touching the red line, if they are in upward movement, touching the green line. They can simply touch, or they can break the bands totally, it is the same thing.

2nd Rule - The Stochastic Oscillator must be at over-bought or over-sold values, which means that the stochastic blue line must be touching the point 92 or point 8.

3rd Rule - The Awesome Oscillator (AO) candle must "born" in the opposite direction. If the candles were in an upward movement, we must have one that starts downwards, or the other way around. It doesn't matter what color the candle

is, whether it's green or red, but it does matter if it has a movement contrary to the last candle.

When the 3 rules happen **at the same time** (the candle breaks the Bollinger Bands and the Stochastic is at the limit of 92 (we go into PUT) or 8 (we go into CALL), and the AO candle is rising contrary to the previous candle, then we put an operation. But we have to have the **3 rules happening at the same time**.

a) The operations are for 2 minutes. We enter for 2 minutes because each maximum and minimum Stochastic oscillation varies between 5 to 12 minutes on average, so with 2 minutes if we use martingale, we have a total of 6 minutes to win an operation recovering the previous losses. In the courses this rule is better explained and can be applied in other strategies.

b) If we lose, we can re-enter with Martingale when the rules happen again (sometimes it's right in the next minute, other times it might take up to 5 minutes for the 3 rules to happen again at the same time).

c) We can enter up to 3 times (one at normal value and 2 more at Martingale). If we lose the 3 in a row we stop and come back only the next day.

BINARY OPTIONS SIGNALS

DIRECTLY TO YOU



CHAPTER 04

Binary Options Signals through Telegram

Telegram has become one of the most common ways to send Binary and Forex Options signals. You will learn how this system can be a valuable aid in obtaining more winning trades.

Binary Options Signals

If "binary option signals" doesn't ring a bell, I start by explaining what they are and why many traders are looking for this kind of service.

[Binary Option Signals](#), which can be sent via email, SMS or multiple applications, are future directions to where the market will move, based on analysis of various factors and indicators.

Usually each signal contains all the information needed to place a trade.

With the data you receive, you enter your account on the financial platform and place the trade, respecting the directives that come in the signal that will usually be the asset to trade, the direction to take (up or down) and time of expiration for the trade.

Naturally, the decision to place or not the trade is entirely yours. You always have some time to analyze the market and decide whether to enter or not.

Currently, one of the most used ways to send binary option signals is through Telegram channels.

The channel below will send you not only Binary Options signals, but also Forex signals, which means you will receive Binary and Forex signals.

Each signal comes with a label.

Binary Options Signals look like this:

"Name: Binary Signals: 5 Min. Expira. Time".

Forex signals look like this: "Name: Forex Signals."

For the time being, and at the time this e-book was written, the signals on that channel were free.

Remember that you must analyze the received signals before placing them and that the responsibility for the use of the signals is yours, so you should always use them wisely.

Some questions you may have about these kinds of signals:

- **"How much time do I have for using a signal?"**

That's almost like asking how long the signal will expire. These signals work for 5 minutes of expiration time, so you have to act fast.

- **"How many signals come in a day?"**

It depends on the market and the conditions of each day. There may be 20 signs on one day, and on the other there may not be any. On average there will be about 10 daily signals if the market is normal.

Binary Options Signals

- "At what time can a signal arrive?"

The system works from Sunday 22h GTM to Friday 22h GTM. Thus, you can receive a signal at any time between Sunday and Friday.

And since these signals work for an expiration time of 5 minutes, you can get it every 5 minutes (example: 2h05, 2h10, 2h25, etc., etc.).

- "The incoming signal has a different time zone than mine, what should I do?"

Each signal shows the time of the server from which the signal is sent. Example (Time: 2020.07.23 15:20).

This time **is not important**. The only thing you need to focus on is when it arrives at your Telegram. When it arrives, you need to check the current asset price and the price at which the signal went out (and all other checks, as already explained).

So, if you have just seen a signal that has just arrived, showing time: 2020.06.23 15:20, but your local time is 12:20, this **is not important**.

It's only important to have the notifications activated, in order to know when each signal arrives and then analyze it and put the order, if you decide to use it.

- "How do I set the expiration time?"

Since these Binary Option Signals work for 5 minutes, you should try setting an expiration time to 5 minutes.

Some brokers allow you to set a fixed expiration time of 5 minutes.

Others, like the IQ Option, will provide the end of the 5-minute candle, which means the signal will be for 4 minutes and a few seconds (since it takes at least 30 seconds for the signal to arrive and be checked by you).

In this case, the ideal is to use a broker that allows you to set the end of the 5-minute candle - as IQ Option does - and not the fixed 5-minute trade.

If you don't get good results with your broker, try opening a training account in IQ Option and test it. You can open one by accessing [this page](#) and clicking on the registration link.

- "What is the Signals Service Hit Rate?"

It can vary a lot from day to day and from person to person. This happens because the real winning factor is the way you analyze the signal and place it correctly, respecting the strike price, the expiration time, etc.

Binary Options Signals

- "If I lose a signal should I use Martingale on the next signal?"

The use of martingale depends on you, but under normal market conditions there are no more than 3 or 4 losses in a row and therefore traders use martingale. It is important to understand how Martingale works and what your risks are. Read more about Martingale [here](#).

- "How can I increase the hit rate of the signals?"

Learning to read the market conditions and charts. There is a video in the tutorials that gives precious tips to help analyze the Signs, you can watch by clicking [here](#).

- "How do I know when the next signal arrives?"

The signals are sent based on an analysis of the market and the charts. This is not a mere guess of what the market can do, but follows an in depth analysis of various factors and indicators. For this reason, and since no one has a magic ball to guess what the market will do in the future, the only possible way is to see the evolution of the market and act quickly, sending the signal as soon as possible. So we can never really tell when the next signal will be.

Click on the image below to open Telegram and join the Channel that offers Free Signs. You need to have a Telegram account already created:



If you cannot, or prefer to use a device that reads QR codes, read the code below:



If you still have problems, just click on the url below to open Telegram and access the Channel:

https://t.me/Forex_Robots_Signals

Conclusion

Conclusion

The course you have just completed is another step in learning Binary Options.

Remember that in addition to knowledge, discipline is important.

Know also that only with time, and a lot of practice you will get enough experience to know the market and how it works.

This can only be achieved with hard work, dedication and many hours of trading.

It is normal in the beginning to have losses, even if you do everything well, even if you have a good strategy.

All traders have losses in the beginning, because this lack of experience leads you to make mistakes, even if you think you did everything right.

Don't be discouraged.

Keep the focus, keep the faith and the confidence that you are capable and you will succeed. Keep believing in yourself.

All traders who are professionals today went through this same beginning, with more losses than gains, with failed investments, all this is part of the process of evolution until you become a professional.

Some of them took months and others years until they had the knowledge and experience to get results in a consistent way.

But everyone has to work seriously, with dedication and discipline.

I hope that you are one of them and that in the future you can say that this course helped you to become a professional trader.

Wish you a lot of success!



Acknowledgement Page

I want to take the opportunity to leave an appreciation to all those who made this digital book a reality.

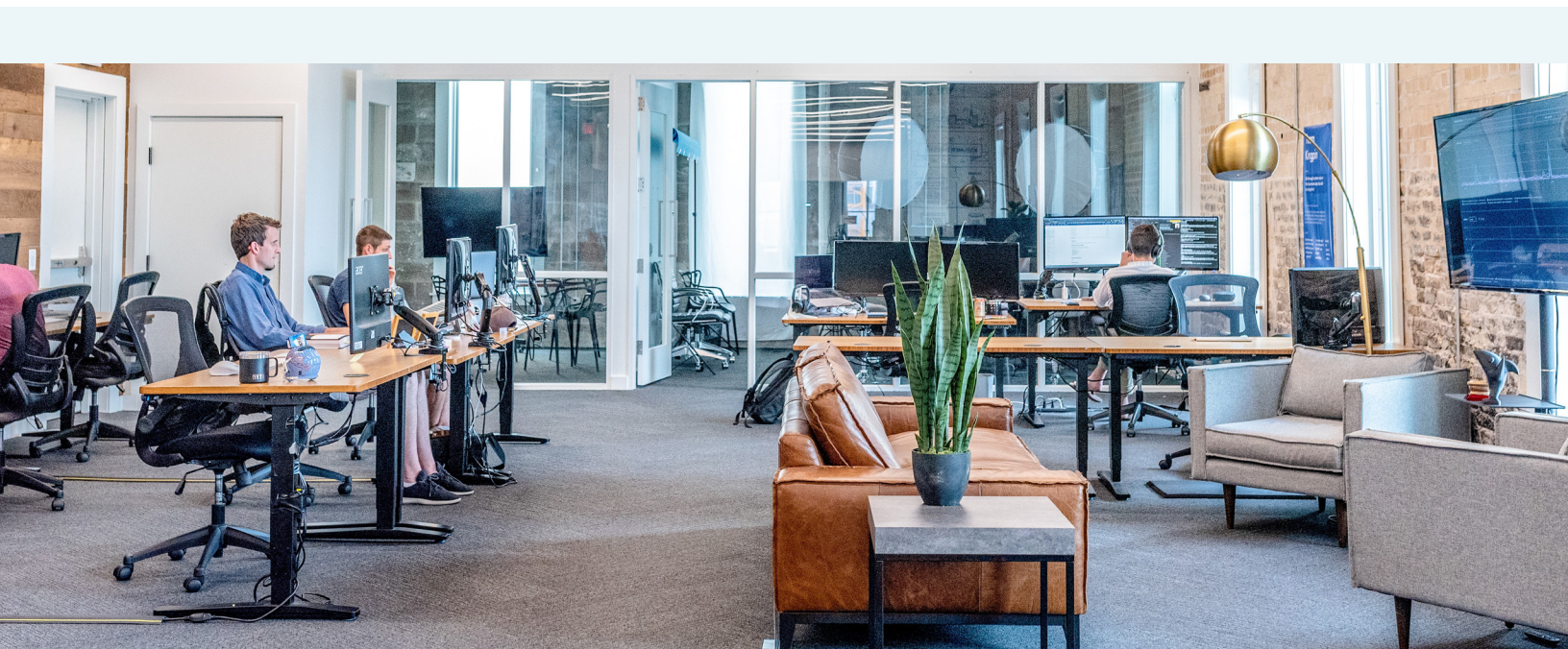
To my family members and friends for putting up with me. On the other hand, I would also like to thank the publishers, contributors who gave something, in some way and sources of information.

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- [HubSpot](#)
- [Pexels](#)
- [Energepic](#)
- [upklyak](#) / [Freepik](#)
- [Investopedia](#)

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Glossary

Below is the complete Glossary of Binary Options.

Get to know all the terms used in this market and what each one means.

0-9

60 seconds – a type of binary options, in which you should anticipate the movement in a short term, 60 seconds after the purchase option.

A

Asset – An asset is anything of value or a resource of value that can be converted into cash. Individuals, companies, and governments own assets. For a company, an asset might generate revenue, or a company might benefit in some way from owning or using the asset.

Ask Price

This is the price at which a potential seller is willing to sell.

At the Money

When an option's strike price is the same as the prevailing stock price.

B

Bear Spread

An option strategy that makes its maximum profit when the underlying stock declines and has its maximum risk if the stock rises in price.

Beta

A figure that indicates the historical propensity of a stock price to move with the stock market as a whole.

Bid Price

The price at which a potential buyer is willing to buy from you.

Bid/Ask Spread

The difference between the prevailing bid and ask price. Generally, option contracts that are more liquid tend to have a tighter Bid/Ask Spread while option contracts that are less liquid tend to have a wider Bid/Ask Spread.

Binary Options

Options that either pay you a fixed return when it ends up in the money by expiration or nothing at all. Read more about Binary Options.

Break

Even Point- the price at which a particular strategy neither makes nor loses money.

Bullish Options Strategies

Different ways to use options in order to profit from an upwards move in the underlying market.

Buy To Open

To establish an options position by going long.

Glossary

C

Call Options

Option which gives the holder the right to buy the underlying security at a specified price for a certain, fixed period of time.

Cash Settlement

Options which, when exercised, delivers the profit in cash instead of an underlying asset.

Close

Period at the end of a trading day where final prices for the day are calculated.

Contract Size

The amount of underlying asset covered by the option contract.

Contract Neutral Hedging

A static hedging technique involving buying 1 put option or selling 1.

D

Day Trader

Traders who open and close option positions or multiple option positions all within the same trading day.

Delta

The amount by which an option's price will change for a corresponding change in price by the underlying entity. Call options have positive deltas, while put options have negative deltas.

Delta Neutral

When positive delta options and negative

delta options offset each other to produce a position which neither gains nor decreases in value as the underlying stock moves slightly up or down.

Derivatives

A financial instrument whose value is derived in part from the value and characteristics of another financial instrument. Examples of derivatives are options and futures.

E

Exercise

To invoke the right granted under the terms of a listed options contract. The holder is the one who exercises. Call holders exercise to buy the underlying security, while put holders exercise to sell the underlying security.

Exercise Price

The price at which the option holder may buy or sell the underlying security, as defined in the terms of his option contract.

Expiration Date

The day on which an option contract becomes void.

Expiration Time

The time at which an option expires.

Expire Worthless

When out of the money options lose all their value and expire.

Glossary

F

Financial Instrument

A physical or electronic document that has intrinsic monetary value or transfers value. For example, cash, shares, futures, options and precious metals are financial instruments.

G

Gamma

The rate of change of a stock option's delta for one unit change in the price of the underlying stock.

H

Hedging

The process of placing a trade in order to reduce risk on other trades or assets.

I

Index Futures

A futures contract on an index in the futures market.

Indicators

Data such as interest rates, inflation and employment figures, which indicate the strength and significant trends in a nation's economy.

Inflation

The rate at which the price of goods and services rises within an economy.

Initial Margin Requirement

This is the amount needed as available trading resources in your account in order to open a position.

IPO

Initial Public Offering. Private company's first offer of stock to the public.

In-the-money Option

A put option that has a strike price higher than the underlying future price, or a call option with a strike price lower than the underlying futures price.

Intrinsic Value

The value of an option if it were to expire immediately with the underlying stock at its current price.

L

Lagging Indicators

Economic indicators that follow rather than precede a country's overall pace of economic activity.

Last Day of Trading

The last day on which you can open or close a trade in a particular market. The last trading day is not the same as the expiry date.

Leading Indicators

Economic indicators that change before the economy changes.

Glossary

Leverage

A technique to multiply gains and losses. Most often used when buying more of an asset with borrowed funds. (Also referred to as “gearing”)

LIBOR

London Interbank Offered Rate.

Long

A buy position opened in the expectation that the market price will rise.

M

Margin

The deposit or available credit needed on your trading account in order to keep your positions open.

Margin Call

A call from the credit department for further funds to be deposited in the account to support additional exposure from running losses.

O

Offer

The price offered at which someone can buy; also called the ask.

Option

A financial derivative instrument that gives the right to purchase (call) or sell (put) a fixed amount of stock at a specified price and within a certain time limit.

Option Writer

Also called the option seller, an option seller grants the right to trade a security at a given price in the future.

Out-of-the-money Option

A call option is out of the money if the strike price is greater than the market price of the underlying security.

P

Portfolio

A collection of financial investments.

Put Option

A put gives a trader the right, but not the obligation, to sell the underlying instrument at a fixed price up to a predetermined date.

R

Real Time

A real-time stock or bond quote is one that states a security's most recent price as opposed to a delayed quote.

Resistance Level

A price level above which it is difficult for a security or market to rise.

Glossary

S

Short

A sell position opened in the expectation that the market price in that underlying product will fall.

Spot Market

A market in which commodities are bought and sold for cash and immediate delivery.

Spread

The difference between the buy and sell price of an asset.

Stop Loss Order

An order to close a position at a particular level when the price moves against you.

Stop Order

An opening or closing order to buy or sell at a worse price to where the market is currently trading.

Straddle

Purchase or sale of an equal number of puts and calls with the same terms at the same time.

Strangle

Buying or selling an out-of-the-money put option and call option on the same underlying instrument, with the same expiration. Profits are made only if there is a drastic change in the underlying instrument's price.

Strike Price

The stated price per share for which underlying stock may be purchased or sold by the option holder upon exercise of the option contract.

Support Level

A price level below which it is supposedly difficult for a security or market to fall.

T

Technical Analysis

Analysis of a financial market by charting its performance, using historical patterns, and focusing on trends.

Trading Range

Range between the highest and lowest prices at which a stock is traded.

U

Underlying Asset

The security or market on which derivative prices are based.

V

Volatility

A market that changes rapidly or suffers from extreme fluctuations.