



A number of people have asked about my trading office and how best to set one up. In this post, I'll talk about how my office is configured and why. I'll also show you all the hardware I use and their respective functions.

First, a trading office needs to be in a quiet and comfortable environment. If you're trading from home, I recommend dedicating a separate room for your office. This will allow you to be removed from distractions like kids, TV, visitors, etc.



My office is painted a soft light-brown color for a relaxed feel. My furniture is a mix of dark brown and black wood. I keep the shades on my window up for natural light. I don't have a TV, bed, or home phone in my office. When I'm in my office, I'm working and not sleeping, playing, or lounging around. I also keep the door shut and cell phone on vibrate to limit interruptions.

For my primary trading computer, I use an HP desktop with Windows Vista. It has 3GB of RAM and 500GB of hard drive space. You will also notice that I have three E-Machine 19" monitors. They all deliver a 1440x900 resolution. You don't need expensive monitors, just make sure they're all the same size and have the same resolution. TigerDirect.com (www.tigerdirect.com) has great prices on monitors. You should go with nothing smaller than 19" monitors; I wouldn't go any larger than 22".

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I rely on noise-cancelling USB headphones to communicate on Skype (www.skype.com) and in our e-mini trading class room. Notice my comfortable chair with an easy roll padding. Also, I have a Logitech wireless mouse and keyboard (fewer cords means less clutter!).



To the left of my desk I have the desktop computer, UPS (uninterrupted power supply), and printer. The UPS protects my computer against electrical surges and will keep the computer running on battery for up to an hour if the power goes out. I only turn my printer on when I need to print something.



Behind my desk you will find a filing cabinet used for my GTD system (read: *Getting Things Done* by David Allen). I have an inbox and current reading material (I'm currently reading *The New Psycho Cybernetics* by Maxwell Maltz, and *The Four Hour Work Week* by Tim Ferriss).

I have a Dell laptop ready for travel or as a back-up computer. Typically, I don't trade on the laptop. I'd much rather prefer having at least two screens to trade from. The third screen is used as extra space for checking the economic calendar and hosting our class room.

The best AND worst thing about trading...

The best and worst thing about trading is **zero barrier to entry**. In other words, anybody can open a brokerage account, download a trading platform and start trading. The opportunities are infinite... you have customers (other market participants) to buy and sell from literally at any point. This is a huge catch-22, double-edge sword or whatever cliché you want to attach.

If you've ever watch a live feed, let's say e-minis, then you've felt the urge to place an order.

This is usually once you see price make a quick, strong move either up or down. The market is like a temptress trying to suck you in to the market. Seriously, the market will do whatever it can to "greed" you into a trade and "fear" you out of a trade. If you are a gambler or have no self-control, then the absolute worst thing you can do is try to trade! (unless you gain the proper training and knowledge). Think of a mouse trap with \$100 bill on it...



On the other hand, if you have a solid trading methodology and proper money management control, the market can literally be your gold-mine or money printing machine. Most traders spend a great deal of their time looking for that one indicator or system that's going to deliver \$1,000,000 into their bank account automatically. Think I'm joking? Type "forex robot" into google. Click on the top 3 ads and read what they're telling you...

"XXX trading system indisputably proves a robot can trade with 95.82% accuracy in every single market condition and at least quadruple every single dollar you deposit"

"Get a forex robot that is capable of doubling your account every month"

The best part? All these systems will only cost you \$99-\$199 for life! Listen, if you can show me an automated trading system that can generate just 3 points on the ES or 30 pips in forex daily,



I'll pay \$100,000 for it. Maybe more... I can relate to newbies who are sucked into these scams. They look really appealing. But the truth is, there is only one way to be consistently profitable in *any* market. You need all four of these components:

1. Proper mental programming
2. Complete trading methodology
3. Solid risk management structure
4. Personal style development within your trading and risk structure

This is the **ONLY** way.