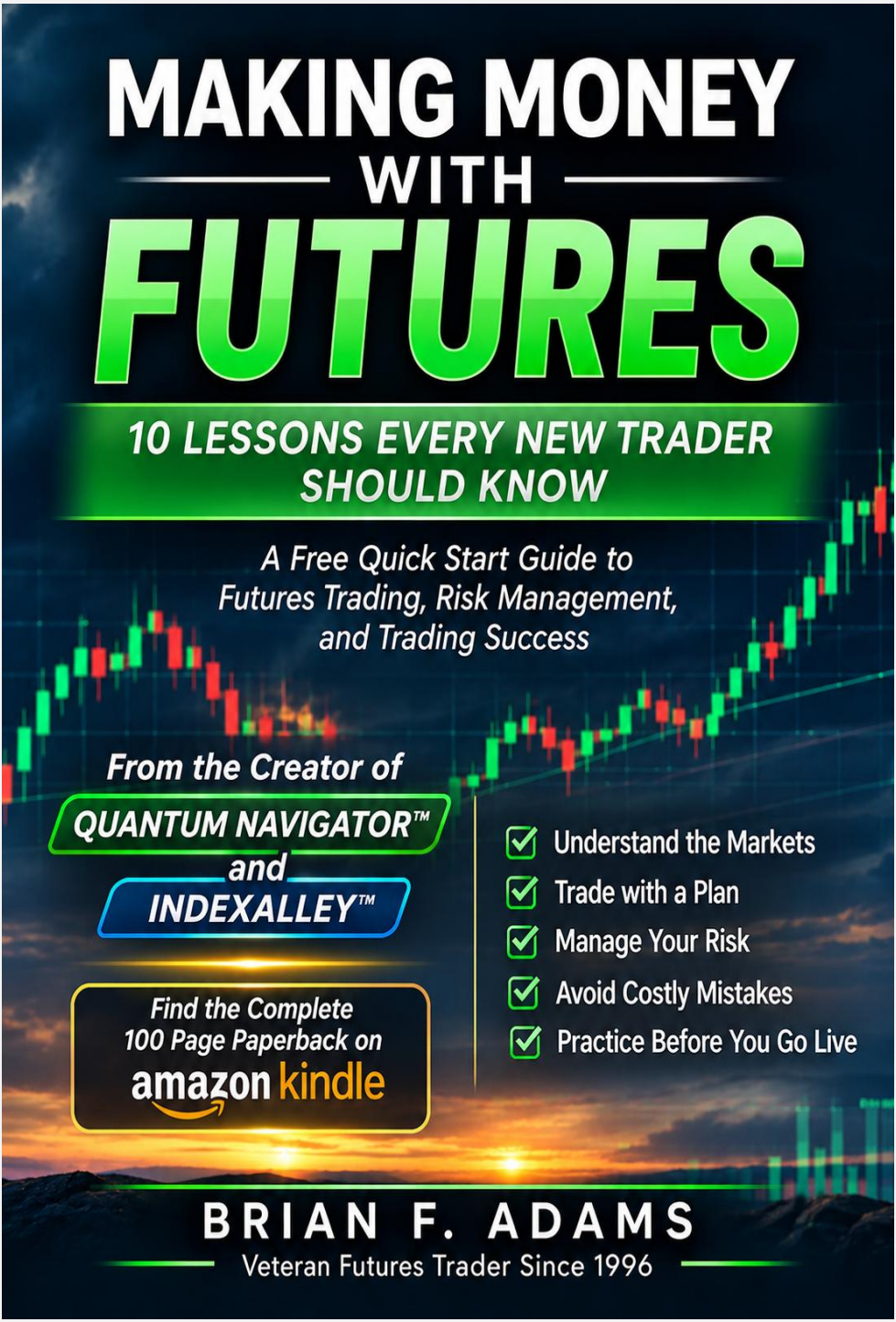

MAKING MONEY
WITH
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10 LESSONS EVERY NEW TRADER SHOULD KNOW
A Free Quick Start Guide to
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BRIAN F. ADAMS
Veteran Futures Trader Since 1996

MAKING MONEY WITH FUTURES

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A FREE QUICK START GUIDE

Adapted from the complete book "*Making Money with Futures*"
- available on Amazon.com

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Before You Begin

This is a short introduction to the principles I have learned from nearly three decades trading futures. It is not a shortcut to profits or a replacement for practice.

The theme running through my full book is simple: a trader needs a plan, sound risk management, and the discipline to follow both. A winning entry means little if one uncontrolled loss can wipe out a week's progress.

Use this guide to build a routine, then practice making decisions before putting money at risk.

Protect the account first. The next opportunity can wait.

1. Understand Why Markets Move

Price moves because buyers and sellers disagree about value. Their decisions create directional moves, pauses, and reversals. The chart is a picture of those decisions.

Rather than trying to predict every tick, learn to recognize whether price is trending or moving sideways. A sequence of higher highs and higher lows suggests an upward trend; lower highs and lower lows suggests a downward trend.

A practical exercise: before each simulated trade, write down whether the market is trending, ranging, or unclear. If it is unclear, waiting is a valid decision.

Trade what is happening, not what you hope happens next.

2. Learn the Math of Risk

A trader can win often and still lose money if losing trades are much larger than winning trades. My full book illustrates how a single uncontrolled loss can erase a good week.

Example: seven wins averaging $150 produce $1,050; three losses averaging $100 cost $300. The net is $750. One additional $800 loss turns the result into a $50 loss.

Decide the maximum acceptable loss before entering. Position size and stop placement must fit that limit. Never move a stop farther away merely to avoid admitting a loss.

The biggest risk is the loss you refuse to close.

3. Choose Your Trading Hours

Futures trade across long sessions, but the market does not behave the same way all day. My book focuses on the first two hours of the New York session as a productive window to study, while acknowledging that volatility also brings risk.

Before the open, review scheduled economic releases and overnight price action. At the open, observe the initial movement before deciding whether the conditions fit your plan.

You do not have to trade every session or every signal. A focused routine can be more useful than staring at charts all day.

A planned session beats an impulsive session.

4. Recognize a Quality Setup

My preferred setup begins with a market that is moving clearly rather than chopping back and forth. Direction, momentum, volatility, and the location of a sensible stop all matter.

Ask four questions: Is the market trending? Is the move strong enough to justify a trade? Where is the invalidation point? Is the potential reward reasonable relative to the planned risk?

If you cannot answer those questions, the setup may not be ready. Skipping a marginal trade is part of trading well.

The best trade is not always the next trade.

5. Master Your Emotions

Fear can make you exit a winner too soon. Fear of missing out can make you chase an entry after the move has already started. Greed can turn a planned profit into a loss. Revenge trading can make one loss become several.

Create a short pause before every order: Does this match my written setup? Is the risk acceptable? Am I entering because of the chart or because I feel pressured to act?

If the answer is emotional rather than procedural, step away. The market will offer another opportunity.

Discipline is a trading skill you can practice.

6. Use a Pre-Trade Checklist

Before each session: check important news, mark key market levels, identify the overnight direction, confirm your chart and order controls, and decide your maximum daily risk.

Before each trade: define the entry, stop, target, position size, and reason for staying out if conditions change.

After each trade: record whether you followed your plan. A good process can produce a losing trade; a bad process can sometimes produce a winner. Judge both the outcome and the decision.

Consistency begins before the opening bell.

7. Understand Prop Evaluations

Prop-firm evaluations add a second layer of discipline. Traders may need to reach a profit target while respecting drawdown limits, position limits, minimum trading days, and other firm-specific rules.

Those rules differ across firms and change over time. Read the current terms before purchasing an evaluation, especially how trailing drawdown and daily loss limits are calculated.

In my full book, I explain why passing an evaluation requires account management as much as chart reading. Practice the rules before you pay for a test.

Treat the drawdown limit as real, even in simulation.

8. Avoid Five Common Mistakes

1. No complete plan. Entering without a defined stop, target, and reason for the trade.

2. Poor risk control. Increasing size after losses or letting one trade become catastrophic.

3. Ignoring conditions. Trading the same way in a trend, a range, and major news volatility.

4. Emotional decisions. Chasing, revenge trading, or refusing to accept a planned loss.

5. Inconsistency. Constantly changing methods instead of measuring and improving a repeatable process.

Write down the mistake you are most likely to repeat.

9. Practice Before You Pay

Knowing a trading rule and following it under pressure are different skills. That is why I created IndexAlley: a place to practice NQ and ES futures decisions using hidden historical sessions without risking real money.

Use practice sessions to work on entries, stops, targets, and patience. Do not focus only on a winning score. Ask whether your decisions followed your rules.

Try free evaluation-style practice at **IndexAlley.com**. The simulator is best used on a desktop or larger screen.

Make the mistakes in practice. Learn the lessons for free.

10. Keep Learning

My complete book, *Making Money with Futures*, goes deeper into market behavior, the mathematics of trading, real examples, prop-firm evaluations, professional routines, and the habits that support consistency.

I also created Quantum Navigator for TradingView to help traders visualize trend changes, potential entries, and predefined risk levels. It is a tool, not a guarantee; learning the principles remains essential.

Explore educational resources and Quantum Navigator at **QNTrader.com**. Look for the complete *Making Money with Futures* book on Amazon if you want the longer treatment.

The goal is a repeatable process, not a magic indicator.

Important Risk Disclosure

Futures and leveraged trading involve substantial risk and may not be suitable for all investors. Losses can exceed initial funds. Historical examples and simulated results do not guarantee future performance. This guide is educational, not personalized investment advice. Prop-firm rules and product terms should be verified directly with the provider.

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