ATLAS TRADING

Crypto Trading for Beginners

The Complete Guide

- Basics of the market
- Technical analysis
- Risk management
- Habits and mistakes

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Educational content only. Not financial advice. Crypto trading carries a high risk of loss.

Before you start

This guide teaches the foundations of crypto trading in plain language. It is organized in four parts, and each part builds on the one before it. Read them in order the first time.

Part	What you will learn
1. The Basics	What crypto is, how markets and exchanges work, order types, and key terms.
2. Technical Analysis	Reading charts: candlesticks, trends, support and resistance, indicators, patterns.
3. Risk Management	Position sizing, stop-loss, risk-reward, leverage, and protecting your capital.
4. Habits and Mistakes	Psychology, a trading routine, journaling, and the errors that destroy accounts.

> **Important disclaimer**
> This guide is for education only and is not financial advice. Crypto is highly volatile. Most beginners lose money early, and you can lose all of what you put in. Never trade money you cannot afford to lose, and never borrow to trade.

The honest mindset

Trading is not a way to get rich quickly. It is a skill, like learning a language or a craft. The traders who last are not the ones who predict the market best. They are the ones who lose small when they are wrong, stay consistent, and do not let emotions run the account.

- **Your first goal is survival**, not profit. Keep your capital alive while you learn.
- **Expect to be wrong often.** Even good traders lose many trades. Risk management is what keeps them profitable.
- **Start small.** Use a small amount or a demo account until you follow a plan consistently.
- **Be wary of promises.** Anyone guaranteeing profits, signals that never lose, or doubling your money is selling something.

PART 1

The Basics

How crypto markets work and the vocabulary every trader needs

1.1 What is cryptocurrency?

Cryptocurrency is digital money that runs on a blockchain, a shared public ledger maintained by thousands of computers instead of a bank or government. Transactions are recorded permanently and verified by the network. No single company controls Bitcoin, for example.

There are thousands of cryptocurrencies, but they fall into a few broad groups:

Type	Description	Examples
Store of value	Seen by many as digital gold. Limited supply, simple purpose.	Bitcoin (BTC)
Smart contract platforms	Blockchains that run apps, tokens and DeFi.	Ethereum (ETH), Solana (SOL)
Stablecoins	Designed to hold a fixed value, usually 1 US dollar.	USDT, USDC
Exchange tokens	Issued by exchanges, often with fee discounts.	BNB
Altcoins and memecoins	Everything else. Often far riskier and more volatile.	Many

As a beginner, focus on the largest coins (Bitcoin and Ethereum). They have more liquidity, more data, and generally less extreme price manipulation than small coins.

1.2 Investing versus trading

	Investing (holding)	Trading
Time frame	Months to years	Minutes to weeks
Goal	Long-term growth	Profit from price movement, up or down
Effort	Low	High: charts, discipline, screen time
Stress	Moderate	High, especially with leverage
Common style	Buy and hold, dollar-cost averaging	Day trading, swing trading, scalping

Neither is better. Many people do both: a long-term holding they rarely touch, and a smaller trading account. Be honest about which one you are doing in each position, and do not turn a failed trade into an "investment" just to avoid taking the loss.

Trading styles

- **Scalping:** many very short trades (seconds to minutes) for small gains. Fast, stressful, fee-sensitive. Not recommended for beginners.
- **Day trading:** trades opened and closed within the same day. Needs time and focus.
- **Swing trading:** trades held for days to weeks, based on larger price swings. The most beginner-friendly style because you have time to think.
- **Position trading:** trades held for weeks to months based on the big trend.

1.3 How a crypto market works

Prices are set by supply and demand. When more people want to buy than sell, price rises. When more want to sell, price falls. Every trade needs a buyer and a seller, matched through an **order book**: a live list of buy orders (bids) and sell orders (asks) at different prices.

- **Bid:** the highest price a buyer is currently willing to pay.
- **Ask:** the lowest price a seller is currently willing to accept.
- **Spread:** the gap between bid and ask. A tight spread means a liquid market.
- **Liquidity:** how easily you can buy or sell without moving the price. Big coins are liquid; small coins are not.
- **Volume:** how much of the coin traded in a period. High volume means more interest and more reliable price moves.
- **Volatility:** how much and how fast price moves. Crypto is far more volatile than stocks, which creates both opportunity and danger.

> **Crypto never closes**
> The crypto market runs 24 hours a day, 7 days a week. That means no market close to protect you. A position left open overnight can move a lot while you sleep, which is why stop-losses (Part 3) matter.

1.4 Exchanges and wallets

An **exchange** is the platform where you buy and sell. Choose one that is large, well-regulated where possible, has a long track record, and offers two-factor authentication (2FA). Avoid unknown platforms promising unusually high returns or bonuses.

Spot versus futures

	Spot	Futures / margin
What you own	The actual coin	A contract on the price, not the coin
Can you profit when price falls?	No (only by selling what you own)	Yes (short selling)
Leverage	None	Yes, often up to 50x-125x

	Spot	Futures / margin
Can you lose more than the trade?	No, only what you put in the position	Yes: you can be liquidated and lose your margin entirely
Beginner suitability	Recommended	Dangerous until you have months of consistent results

> **Start with spot**
> Futures with leverage is where most beginner accounts are wiped out. Learn on spot first. Add leverage only after you have proven you can follow a plan and manage risk with small size.

Wallets and security

- **Exchange wallet (custodial):** the exchange holds your coins. Convenient for trading, but you depend on the exchange's security.
- **Self-custody wallet:** you hold the private keys. A hardware wallet is the safest option for long-term holdings.
- **Never share** your seed phrase or private keys with anyone, ever. No real support team will ask for them.
- Turn on **2FA** using an authenticator app (not SMS if you can avoid it) and use a unique, strong password.
- Be careful of phishing: fake websites, fake support accounts on social media, and links sent in private messages.

1.5 Order types

How you place an order matters as much as what you trade.

Order	What it does	When to use it
Market order	Buys or sells immediately at the best available price.	When speed matters more than exact price. Can suffer slippage on thin markets.
Limit order	Buys or sells only at your chosen price or better.	When you want a specific entry or exit price. May not fill.
Stop-loss order	Automatically closes a position if price reaches a set level against you.	Every trade. This is your safety net.
Take-profit order	Automatically closes a position when price hits your target.	To lock in profit at a planned level.
Stop-limit order	A stop that becomes a limit order once triggered.	To control the exit price, but risks not filling in a fast drop.

Slippage is the difference between the price you expected and the price you actually got. It happens in fast or thin markets, mostly with market orders.

Fees: exchanges charge trading fees (often a small percentage per trade, lower for limit "maker" orders than market "taker" orders). Frequent trading with small profits can be eaten up by fees, so account for them.

1.6 Key terms glossary

Term	Meaning
Bull market	A period of generally rising prices and optimism.
Bear market	A period of generally falling prices and pessimism.
Long	A trade that profits when price goes up.
Short	A trade that profits when price goes down (futures/margin).
Market cap	Coin price multiplied by circulating supply. A rough measure of size.
Pair	Two assets traded against each other, e.g. BTC/USDT.
Pump and dump	Coordinated hype to push a coin up so insiders can sell to latecomers.
FOMO	Fear of missing out: buying because price is rising fast.
FUD	Fear, uncertainty and doubt: panic selling driven by negative news.
ATH	All-time high: the highest price a coin has reached.
Liquidation	Forced closing of a leveraged position when your margin runs out.
Drawdown	The drop from a peak in your account balance.
DYOR	Do your own research.

PART 2

Technical Analysis

Reading charts to find trends, levels and trade setups

2.1 What is technical analysis?

Technical analysis (TA) studies price and volume history to estimate what is more likely to happen next. It rests on three ideas: price reflects available information, price moves in trends, and human behavior repeats, which creates patterns.

> **TA is about probability, not prediction**
> No chart tool tells you what price *will* do. TA helps you find situations where the odds are somewhat in your favor and where you can define your risk clearly. You still need risk management on every trade.

2.2 Candlestick charts

Each candlestick shows four prices for a chosen time period (one minute, one hour, one day, and so on): the open, high, low and close.

Anatomy of a candlestick



- **Body:** the range between open and close. A large body shows strong buying or selling.
- **Wicks (shadows):** the thin lines showing the high and low. Long wicks show price was rejected at that level.
- **Colors:** green usually means the close was above the open; red means below (some platforms let you change this).

Useful candlestick patterns

Pattern	What it looks like	What it may suggest
Doji	Open and close almost equal, small body, wicks both sides.	Indecision. Often a pause or possible reversal after a strong move.
Hammer	Small body at top, long lower wick, after a downtrend.	Sellers pushed price down but buyers rejected it. Possible bullish reversal.

Pattern	What it looks like	What it may suggest
Shooting star	Small body at bottom, long upper wick, after an uptrend.	Buyers rejected at the high. Possible bearish reversal.
Bullish engulfing	A large green candle fully covers the previous red candle.	Buyers taking control. Possible upward reversal.
Bearish engulfing	A large red candle fully covers the previous green candle.	Sellers taking control. Possible downward reversal.

A single candle pattern means little by itself. It matters most when it appears at an important level (support or resistance) and is confirmed by the next candles or by volume.

2.3 Timeframes

A timeframe is the period each candle represents. Higher timeframes (daily, weekly) show the big picture and are more reliable. Lower timeframes (1 to 15 minutes) are noisy and full of false signals.

- Start your analysis on a **higher timeframe** (daily or 4-hour) to find the trend and key levels.
- Then zoom into a **lower timeframe** (1-hour or 15-minute) to time your entry.
- This is called **multi-timeframe analysis**. A trade that agrees with the higher timeframe trend has better odds.
- As a beginner, avoid the 1-minute and 5-minute charts. They encourage overtrading.

2.4 Trends

The trend is the general direction of price. Trading with the trend is one of the oldest and most useful rules.

- **Uptrend:** a series of higher highs and higher lows.
- **Downtrend:** a series of lower highs and lower lows.
- **Sideways (range):** price bounces between a ceiling and a floor without clear direction.

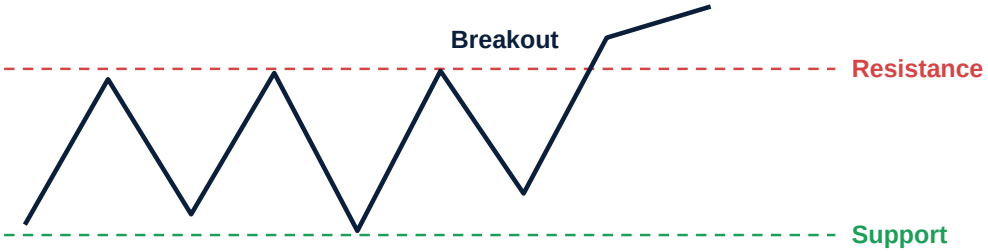
A trend is considered intact until the pattern breaks: for example, an uptrend ends when price makes a lower low. A **trendline** is drawn by connecting at least two (ideally three) swing lows in an uptrend or swing highs in a downtrend. A break below a rising trendline is an early warning.

> **The trend is your friend**
> Beginners often try to catch the exact top or bottom. That is the hardest and most expensive way to trade. It is easier and safer to trade in the direction of the trend and wait for pullbacks.

2.5 Support and resistance

Support is a price area where buyers have repeatedly stepped in and stopped price from falling. **Resistance** is an area where sellers have repeatedly stopped price from rising. These are among the most important concepts in trading.

Support and resistance: price bounces, then breaks out



- Think of them as **zones**, not exact lines. Price rarely reverses at precisely the same cent.
- The more times a level is tested and holds, the more traders notice it, but each test also weakens it.
- When resistance breaks, it often becomes new support (and vice versa). This is called a **role reversal** or flip.
- A real breakout usually comes with a strong candle close beyond the level and an increase in volume.
- **False breakouts** (fakeouts) are common: price pokes through a level, then reverses. Waiting for a candle *close* beyond the level helps filter many of them.

How to mark levels

1. Open a higher timeframe chart (daily or 4-hour).
2. Look for obvious price areas where price turned several times in the past.
3. Draw horizontal zones across those turning points, covering the wicks and bodies.
4. Keep only the clearest few levels. A chart full of lines is useless.

2.6 Volume

Volume shows how many coins traded in each period. It tells you how much conviction is behind a move.

- A price move with **rising volume** is more trustworthy than one with falling volume.
- A breakout on **low volume** is more likely to fail.
- A sharp spike in volume after a long trend can signal exhaustion (the end of the move).

2.7 Popular indicators

Indicators are calculations based on price and volume. They do not predict; they summarize. Use a few well, rather than many badly. Too many indicators create conflicting signals and confusion.

Moving averages (MA)

A moving average smooths price by averaging the last N candles. The **SMA** weights all candles equally; the **EMA** gives more weight to recent candles and reacts faster. Common settings: 20, 50, 100 and 200.

- Price above a rising MA suggests an uptrend; below a falling MA suggests a downtrend.

- The **200-day MA** is widely watched as the line between long-term bullish and bearish.
- A **golden cross** (a short MA crossing above a long MA, e.g. 50 over 200) is seen as bullish; a **death cross** is the opposite. These are lagging signals.
- MAs work best in trending markets and give many false signals in sideways ranges.

Relative Strength Index (RSI)

RSI is a momentum oscillator from 0 to 100, usually with a 14-period setting.

- Above **70** is traditionally called overbought; below **30** is oversold.
- In a strong uptrend RSI can stay above 70 for a long time, so overbought does not mean "sell now".
- **Divergence:** if price makes a new high but RSI makes a lower high, momentum is weakening, which can warn of a reversal.

MACD

The Moving Average Convergence Divergence shows the relationship between two EMAs. It has a MACD line, a signal line and a histogram. A MACD line crossing above its signal line is a bullish momentum signal; crossing below is bearish. Like moving averages, it lags and works better in trends.

Bollinger Bands

Bollinger Bands draw an upper and lower band around a moving average based on volatility. Bands that squeeze tightly often come before a large move. Price touching the outer band does not automatically mean reversal; in strong trends price can "walk" along the band.

Fibonacci retracement

Drawn from a swing low to a swing high (or the reverse), this tool marks possible pullback zones at ratios such as 38.2%, 50% and 61.8%. Many traders watch these zones for entries during a trend. They work best when they line up with other things, such as a support level.

> **Confluence beats single signals**
> A strong setup is one where several independent things agree: for example, an uptrend on the daily chart, a pullback to support, a bullish candle pattern, and rising volume. When only one thing points your way, the trade is weaker.

2.8 Chart patterns

Pattern	Description	Typical read
Double top	Price hits the same high twice and fails.	Bearish reversal after an uptrend; confirmed on break of the middle low.
Double bottom	Price hits the same low twice and holds.	Bullish reversal after a downtrend; confirmed on break of the middle high.
Head and shoulders	Three peaks, the middle one highest.	Bearish reversal when price breaks the neckline.
Ascending triangle	Flat resistance with rising lows.	Often breaks upward.

Pattern	Description	Typical read
Descending triangle	Flat support with falling highs.	Often breaks downward.
Bull flag	Sharp rise followed by a small downward drift.	Trend continuation upward.
Bear flag	Sharp fall followed by a small upward drift.	Trend continuation downward.

Patterns are subjective, and two traders may see different things on the same chart. Treat them as supporting evidence, always with a defined stop-loss. Wait for confirmation (a break and close beyond the pattern) rather than guessing early.

2.9 A simple step-by-step analysis routine

1. **Check the higher timeframe** (daily): what is the trend? Up, down or sideways?
2. **Mark key support and resistance zones** on that chart.
3. **Decide your bias:** only look for longs in an uptrend (or shorts in a downtrend, if you trade them).
4. **Wait for price to reach a level** instead of chasing it in the middle of nowhere.
5. **Look for confirmation** on a lower timeframe: a reversal candle, a break of a minor level, or volume.
6. **Define the trade** before entering: entry, stop-loss and take-profit (Part 3).
7. **Check the risk-reward ratio.** If it is below 1:2, skip the trade.
8. **Place the trade with a stop-loss, then leave it alone.**

2.10 Fundamentals and news in brief

Technical analysis is the main tool for timing trades, but crypto is also moved by news and fundamentals:

- Regulatory news (bans, approvals, lawsuits), exchange hacks, and major listings or delistings.
- Macro events such as interest-rate decisions and inflation data, which affect all risk assets.
- Project-specific events: upgrades, token unlocks, partnerships, and team changes.
- Bitcoin's overall direction strongly influences most altcoins. When Bitcoin falls hard, most coins fall harder.

Be careful with social media hype. By the time a coin is trending everywhere, early buyers are often looking for someone to sell to.

PART 3

Risk Management

The skill that decides whether you survive long enough to become profitable

3.1 Why risk management comes first

A good strategy with poor risk management will eventually fail. An average strategy with excellent risk management can survive. Your job as a trader is not to be right; it is to make sure your losses stay small and your wins are bigger than your losses.

Why losses hurt more than they seem

Loss on your account	Gain needed just to break even
10%	11.1%
20%	25%
30%	42.9%
50%	100%
70%	233%
90%	900%

This is why protecting capital matters more than chasing gains. A large drawdown is very hard to recover from.

3.2 The 1-2% rule

Never risk more than a small, fixed percentage of your total account on any single trade. Most professionals use **1% to 2%**. Beginners should consider staying at or below 1%.

Risk per trade is the amount you will lose if your stop-loss is hit. It is not the size of the position.

Account size	Risk 1%	Risk 2%
$500	$5	$10
$1,000	$10	$20
$5,000	$50	$100
$10,000	$100	$200

With 1% risk, you would need to lose 20 trades in a row to lose about 18% of your account. Without such a rule, three or four bad trades can wipe it out.

3.3 Stop-loss: your exit before you enter

A stop-loss is a pre-decided price at which you accept you were wrong and exit. Decide it **before** entering the trade, when your mind is calm.

- Place the stop where your trade idea is **proven wrong**, such as just below a support level for a long. Do not pick a random percentage.
- Leave some room beyond the exact level, because price often wicks past it before reversing.
- **Never move your stop further away** to avoid a loss. This is one of the most destructive habits in trading.
- You may move a stop *in the direction of profit* (a trailing stop) to protect gains.
- Use real stop orders on the exchange, not just a mental plan. In a fast move you will not react in time.

3.4 Position sizing

Position sizing answers: how much should I buy, given where my stop is and how much I am willing to lose?

> **The formula**
> Position size = Amount you are willing to risk / (Entry price - Stop-loss price)

Worked example

- Account: **$2,000**. Risk per trade: **1%** = **$20**.
- You want to buy a coin at **$100**, with a stop-loss at **$95**. Distance to the stop is **$5** per coin.
- Position size = $20 / $5 = **4 coins**, which costs $400.
- If price hits $95, you lose $20, which is 1% of your account. If the stop were at $90 instead, you would buy only 2 coins to keep risk at $20.

Notice that the stop distance decides the size, not the other way around. A wider stop means a smaller position. This is how you keep risk equal across trades regardless of the coin.

3.5 Risk-reward ratio

The risk-reward ratio (R:R) compares what you could lose with what you could gain. If you risk $20 to make $60, your R:R is 1:3.

R:R	Win rate needed to break even	Comment
1:1	50%	Needs to be right half the time just to break even (before fees).
1:2	33%	A common minimum target.
1:3	25%	You can lose most trades and still be profitable.
1:4	20%	Strong, but targets are harder to reach.

With a 1:2 ratio, you can be wrong 6 times out of 10 and still make money. Your target should come from the chart (the next resistance level, for example), not from wishful thinking. If the next level is too close to give at least 1:2, skip the trade.

> **Example of expectancy**
> You take 10 trades risking $20 each with a 1:2 ratio and win only 4. Wins: 4 x $40 = $160. Losses: 6 x $20 = $120. Net result: +$40, despite losing more often than winning (before fees).

3.6 Leverage and liquidation

Leverage lets you control a larger position than your own money by borrowing from the exchange. At 10x leverage, a 10% move against you can wipe out your entire margin for that position.

Leverage	Price move against you that can liquidate you (approx.)
2x	About 50%
5x	About 20%
10x	About 10%
20x	About 5%
50x	About 2%
100x	About 1%

In crypto, a 2% move can happen in minutes. High leverage turns normal volatility into a total loss. Leverage does not change your risk if you size correctly, but it tempts people to oversize. If you use it at all as a beginner, keep it very low (2x to 3x) and still risk only 1% of your account to your stop.

> **Warning**
> Do not use leverage to try to "grow a small account fast". This is the most common route to losing the entire account. Also avoid "all-in" trades and never add to a losing leveraged position hoping it recovers.

3.7 Diversification and exposure

- Do not put everything in one coin. Beware that most altcoins move together with Bitcoin, so owning ten altcoins is not real diversification.
- Limit total **open risk**: if you hold three trades each risking 1%, you have 3% at risk at once. Set a cap, for example 3% to 5% total.
- Keep part of your capital in stablecoins or off the exchange. You do not need to be fully invested at all times. Cash is a position.
- Do not trade with money needed for rent, food, bills, or emergencies.

3.8 Setting limits to protect yourself

- **Daily loss limit:** if you lose a set amount (for example 3% of the account) in a day, stop trading until tomorrow.
- **Weekly loss limit:** if you lose 6% to 8% in a week, take a break and review your journal.
- **Maximum trades per day:** a cap (for example 2 to 3) prevents overtrading.
- **After a losing streak** of 3 to 4 trades in a row, stop and reduce size or move to demo until you find what went wrong.

3.9 Trade plan checklist

Before every trade, write down answers to these questions. If you cannot answer them, do not take the trade.

Question	Your answer
What is the setup and why now?	
What is the trend on the higher timeframe?	
Entry price?	
Stop-loss price (where the idea is wrong)?	
Take-profit target?	
Risk-reward ratio (at least 1:2)?	
Amount at risk (1% or less of account)?	
Position size (from the formula)?	
What would make me exit early?	

3.10 Protecting your funds from scams and security risks

- **Guaranteed profit**, "risk-free" trading bots, signal sellers who show only wins, and people who message you first offering to trade for you are common scams.
- Never give anyone remote access to your device, or your exchange login or API keys with withdrawal permission.
- Check URLs carefully. Bookmark your exchange rather than clicking links in messages or ads.
- Beware of fake giveaways ("send 1 coin, get 2 back"), fake airdrops that ask you to connect your wallet, and unknown tokens that appear in your wallet.
- Only buy coins you can sell: check liquidity and volume. Many tiny tokens are designed so you cannot sell.
- Do not keep large amounts on an exchange you are not actively trading with. Move long-term holdings to a hardware wallet.

PART 4

Habits and Mistakes

The psychology and routines that separate lasting traders from the rest

4.1 Trading psychology

Most trading losses do not come from bad analysis. They come from emotions overriding the plan. Know the main emotional traps so you can recognize them early.

Emotion	How it shows up	The antidote
Fear	Closing winners too early; skipping valid setups after a loss; moving stops tight.	Smaller size so a loss does not hurt; trust your tested plan.
Greed	Moving targets further away; oversizing; refusing to take profit.	Fixed take-profit levels and risk rules decided in advance.
FOMO	Buying after a big green candle because everyone else is.	Wait for pullbacks; there is always another trade.
Revenge trading	Taking an impulsive, larger trade right after a loss to "win it back".	Daily loss limit; walk away after a loss.
Overconfidence	Increasing size after a few wins; skipping the checklist.	Keep the same risk percentage regardless of streaks.
Hope	Holding a loser past the stop, hoping it returns.	A real stop-loss order that you never move away.

The market does not know or care about your entry price, your bills, or how much you want to recover. Prices move for their own reasons, and your task is to follow your rules calmly.

4.2 The 15 most common beginner mistakes

1. **Trading with no plan.** Entering because "it looks like it will pump" is gambling.
2. **No stop-loss.** One bad trade can wipe out weeks of gains.
3. **Risking too much per trade.** Risking 10% or 20% on a single idea leads to quick ruin.
4. **Using high leverage.** It magnifies mistakes and gets you liquidated by normal volatility.
5. **Chasing pumps (FOMO).** Buying near the top of a big green candle, then holding the loss.
6. **Panic selling at the bottom.** Selling in fear right before price recovers.
7. **Revenge trading.** Trying to recover a loss immediately with a bigger, emotional trade.
8. **Overtrading.** Taking trades out of boredom; fees and losses add up.
9. **Moving the stop-loss away** to avoid taking a loss.
10. **Averaging down on losers.** Adding to a losing trade without a plan turns small losses into huge ones.

11. **Following signals and influencers blindly.** You do not know their entry, risk, or whether they are paid to promote a coin.
12. **Trading tiny, unknown coins** with low liquidity that can be manipulated or cannot be sold.
13. **Too many indicators.** Cluttered charts create confusion and paralysis.
14. **Not keeping records.** Without a journal you repeat the same mistakes forever.
15. **Expecting fast riches.** Impatience makes people take bigger risks than their skill supports.

4.3 Building a daily routine

Before trading

- Check the big picture: Bitcoin's trend, key levels, and any major scheduled news for the day.
- Mark or update your support and resistance zones on the higher timeframe.
- Write down the setups you are looking for today and what you will ignore.
- Check yourself: if you are tired, angry, stressed, or distracted, do not trade today.

During trading

- Only take trades from your plan, and complete the trade plan checklist (Section 3.9) each time.
- Place the stop-loss and take-profit as soon as you enter.
- Avoid watching every tick. Set alerts and step away from the screen.
- Respect your daily loss limit and your maximum number of trades.

After trading

- Record each trade in your journal with a screenshot, reasoning, result and emotions.
- Review whether you followed your plan. A losing trade that followed the plan is fine; a winning trade that broke the rules is a warning.
- Close the platform. Do rest, exercise and sleep well, since trading well depends on clear thinking.

4.4 Keep a trading journal

A journal is the fastest way to improve. It turns vague feelings into evidence about what is and is not working.

Field	What to record
Date and time	When you entered and exited.
Pair and direction	e.g. ETH/USDT, long.
Reason for the trade	The setup and why, with a chart screenshot.
Entry, stop, target	Exact prices and the planned R:R.
Position size and risk	Amount at risk and percentage of the account.
Result	Profit or loss in money and in R (multiples of your risk).

Field	What to record
Followed plan?	Yes or no. Be honest.
Emotions	How you felt before, during and after.
Lesson	One thing to do better next time.

Review your journal weekly. Look for patterns: Which setups make money? What time of day do you make mistakes? Do you lose more after a winning streak? After about 50 trades you will have real data about your own results.

4.5 Practice before risking real money

- Use a **demo or paper-trading account** for the first weeks, to practice the routine without financial pressure.
- Move to real money with a **small amount** you can afford to lose entirely. Real money brings real emotions that demo trading does not.
- Set a goal for the first months in terms of **process** (follow the plan, keep the journal), not profit.
- Increase size slowly and only after consistent, disciplined results over many trades.
- **Backtest** a simple strategy by scrolling back through old charts and recording what would have happened, before trading it live.

4.6 Good habits of lasting traders

Habit	Why it matters
Patience	Waiting for a good setup is part of the job. No trade is also a decision.
Consistency	Same rules and risk every trade; results come from repetition.
Humility	The market can always prove you wrong. Accept losses as business costs.
Continuous learning	Markets change. Review, study, and refine a little every week.
Health and rest	Sleep, exercise and breaks protect your judgment.
Taking breaks	Step away after big wins and big losses; both distort your thinking.
Separating identity from results	A losing trade does not make you a bad person; a winning one does not make you a genius.

4.7 Your first 90 days: a simple roadmap

Period	Focus
Days 1-14	Learn the basics. Open an exchange account with 2FA. Study candlesticks, trends, support and resistance. Watch charts without trading.

Period	Focus
Days 15-45	Paper trade or demo trade one simple strategy on the daily and 4-hour charts. Keep a full journal. Practice position sizing.
Days 46-75	Review your journal. If you followed the rules consistently, start with a very small real account on spot trading, risking 0.5% to 1% per trade.
Days 76-90	Evaluate the process, not only profit: Did you follow the plan? Respect stops? Stay within limits? Decide what to improve before increasing size.

4.8 Final thoughts

Trading rewards patience, discipline and honesty with yourself. There are no shortcuts, and most people who try to find them lose money. If you protect your capital first, learn steadily, keep records, and stay humble, you give yourself a real chance of lasting in this market. If at any point trading is hurting your finances, sleep or relationships, step away. Your wellbeing is worth more than any trade.

> **Remember the four rules**
> 1) Risk no more than 1% to 2% per trade. 2) Always use a stop-loss. 3) Trade with the trend and at clear levels. 4) Follow your plan and keep a journal.

Quick-reference cheat sheet

Topic	Rule of thumb
Starting point	Spot trading, large coins, small size, demo first.
Risk per trade	1% (max 2%) of account.
Minimum risk-reward	1:2 or better.
Stop-loss	Set before entry, at the level where your idea is wrong; never move it away.
Position size	Risk amount / (entry - stop).
Leverage	Avoid as a beginner. If used, 2x-3x at most.
Analysis order	Higher timeframe trend, key levels, then lower timeframe entry.
Daily loss limit	Stop trading after losing about 3% in a day.
Before each trade	Complete the trade plan checklist.
After each trade	Write it in the journal.

This guide is educational and does not constitute financial advice. Past performance does not guarantee future results. Always do your own research and consider speaking to a qualified financial professional.

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Keep learning, keep practising, and protect your capital. More resources at **atlastrading.app**