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1 ONE TRADE A DAY HABIT™



GREG SECKER

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Greg Secker's
Inner Circle
Unlimited Wealth

About The Author

Greg Secker is a globally recognized trading expert, entrepreneur, and philanthropist with over 30 years of experience in the financial markets.

He began his career at Thomas Cook Financial Services before launching the Virtual Trading Desk™ at Mellon Bank — the world's first online real-time forex trading platform.
Greg went on to build one of the largest trader coaching companies in the world, helping tens of thousands of people gain the skills and confidence to take control of their financial future.

As the founder of SmartCharts™, Learn to Trade, and The Greg Secker Foundation, Greg is passionate about education, personal transformation, and helping everyday professionals create extraordinary lives through the power of disciplined trading.

The One Trade a Day Habit is the culmination of three decades of insights, losses, wins, and breakthroughs — distilled into one powerful, repeatable routine for busy professionals who want results without chaos.

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THE ULTIMATE WEALTH CREATION ROUTINE FOR BUSY PROFESSIONALS



"I was surrounded by traders. Brilliant ones. Ruthless ones. Winners and losers."

Chapter 1

A Trader's Journey — From Chaos to Clarity

Let me tell you something most trading books won't:

Success in trading isn't about being glued to your screens, hammering out dozens of trades a day, or chasing the "perfect setup."

It's about discipline. Precision. And, more than anything — consistency. After three decades in the markets — from my own trades to mentoring thousands of others — I've come to a simple, powerful truth:

You only need one good trade a day.

That's it. Not five. Not ten.

Just one.

It sounds deceptively simple, and that's because it is. But don't confuse simplicity with weakness. In fact, the traders who survive — and thrive — are the ones who master the simple things and repeat them with unwavering discipline.

The Early Days

I didn't begin my career as a trader. I started on the tech side of a trading floor at Thomas Cook Financial Services, and later at Mellon Bank, which would go on to become Bank of New York Mellon.

Back then, I was an IT guy — building systems and solving problems. But I was surrounded by traders. Brilliant ones. Ruthless ones. Winners and losers.

And from the corner of the room, while writing code and supporting their systems, I was watching. Learning. Absorbing.
I saw the best of what trading could be — focused, strategic, sharp.
I also saw the worst — addiction, overtrading, emotional chaos.

By 1997, I'd built the Virtual Trading Desk, one of the first digital tools to help traders analyze setups, manage their risk, and streamline their decisions. It was ahead of its time, and it opened doors for me — not just as a systems thinker, but as someone who could see the bigger picture.

Over the next 30 years, I taught trading to tens of thousands of people across the globe. I stood on stages. Ran seminars. Launched businesses. Built platforms. Saw fortunes made — and blown.

And through it all, I kept circling back to the same question:

What makes one trader succeed and another fail?

The answer, I discovered, wasn't a better broker or a flashier system.

It was ***habit***.

The Turning Point

I began to notice something — and once I saw it, I couldn't unsee it.

The students who were doing best weren't chasing dozens of trades.

They weren't glued to their phones or screens all day.
They had a clear setup. A defined process. And they executed it, once per day.

That's it.

The more I studied them, the more I saw the pattern. And over time, I refined that pattern into a strategy — one I had seen work time and again:

The Breakfast Breakout.

It focuses on the London open — one of the most powerful and predictable market windows of the day. When volume floods in, price breaks out, and momentum carries trades in a way that can be systematically approached, day after day.

That's when the penny dropped.

Why were we complicating everything?

Why not build a process, a habit, around one high-probability trade a day?

No more overtrading.

No more guesswork.

No more burnout.

Just The One Trade a Day Habit.

Why This Book Exists

This book is your shortcut to what I've spent 30 years learning — sometimes the hard way. It's not a hyped-up get-rich-quick scheme. It's a reset. A new lens on trading that's stripped back to what really works.

We'll dive into:
- The mechanics and power of the Breakfast Breakout
- How to master risk without fear
- How to build bulletproof trading psychology
- The rituals and mindset that make the 1 trade habit effortless
- Real-life examples from my own trades and students worldwide

And how this habit, when compounded over weeks and months, can genuinely transform your financial life.

Whether you're brand new to trading, stuck in a cycle of overtrading, or simply looking to take control of your financial future — you're in the right place. Because what you're about to learn is more than a strategy.

It's a philosophy.
A lifestyle.
A habit.

And once it clicks, you'll never want to trade any other way. Let's begin.

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“They’re failing because they’re trying to win the wrong game.”

Chapter 2

Why Most Traders Fail

Let's be honest.

The vast majority of traders don't just fail — they fail fast.

According to most data, over 80% of retail traders lose money. But here's the truth behind the truth:

They're *not* failing because they're stupid.
They're *not* failing because trading is "too hard."

They're failing because they're trying to win the wrong game.

The Overtrading Epidemic

Open TikTok or Instagram and you'll be hit with a flood of people "trading" — usually in luxury cars or rented villas — shouting about catching hundreds of pips or flipping $500 into $50,000 overnight.

That's not trading.

That's gambling with WiFi.

And yet, it's seductive. The dopamine hit. The drama. The action. But behind the screen?

Most of them are hemorrhaging money. Or worse — they're not even trading real money. They're just actors playing a role in a fake reality, selling courses they don't follow, pushing dreams they don't live.

The real danger?

This culture creates trading addicts, not trading professionals. People end up stuck in a vicious cycle:

1. Over-leverage
2. Overtrade
3. Blow the account
4. Add more money
5. Repeat

The Psychology Trap

Most new traders never take the time to ask:

- What kind of trader am I?
- What's my edge?
- What kind of lifestyle do I want my trading to support?

Instead, they treat trading like a video game.

Click. Click. Click. Hope.

But the market doesn't care about hope. It rewards preparation, patience, and process.

Think of a professional athlete — say, a tennis player.

Would they step onto the court without a game plan? No.

Would they swing at every ball recklessly just because they "felt lucky"? Of course not.

But that's exactly what the average trader does — and they're shocked when it doesn't work.

The Complexity Myth

Another reason most traders fail?

They overcomplicate everything.

They download dozens of indicators. Watch every YouTube video. Buy three different "gurus" strategies. And then wonder why nothing's working.

They're drowning in analysis paralysis.

Complexity is the enemy of consistency.

And without consistency, nothing works. Not even the best strategy.

That's why I created the ***One Trade a Day Habit***. Because when you strip trading back to its essential form — one clear setup, one defined habit, one moment of focus — everything gets simpler. And more powerful.

The "Need to Trade" Problem

Here's another killer of performance: The belief that you need to trade every day to be productive.

Let me be clear — you don't.

In fact, some of my best trades come from not trading. You wouldn't plant seeds every day in the same hole and expect them to grow. Sometimes, you need to wait. Observe. Let the setup form.

The One Trade a Day Habit builds in that patience. It's a rhythm. A ritual.

It gives you rules, but more importantly, it gives you restraint.

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The Real Reasons People Fail

So let's boil it down. Most traders fail because:

- They overtrade due to a lack of structure
- They chase dopamine instead of returns
- They lack a risk plan and blow up on one bad day
- They treat trading as entertainment, not a profession
- They never build a repeatable process

And here's the great news:

Every single one of these is fixable.

That's what this book is for.

In the next chapter, we'll start unpacking the strategy that rewired the way I trade — and has helped thousands of others find clarity in the chaos.

It's time to learn the Breakfast Breakout — the strategy at the core of the One Trade a Day Habit.

Let's go.


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“Some strategies are built in backtesting labs. Others are forged in the chaos of real markets.”

Chapter 3

The Birth of the Breakfast Breakout

Some strategies are built in backtesting labs. Others are forged in the chaos of real markets.

The Breakfast Breakout was born from the latter — not as a theory, but as a result of watching thousands of hours of live market behavior. It's one of the most consistently effective setups I've ever seen. And more importantly, it's simple enough to become a daily habit.

The Power of the Open

Every trading day, the markets move through phases. But no phase is more electric — or more profitable — than the London Open.

It's when Europe wakes up.
It's when volume floods in.
It's when the institutional players get to work.

This is the time when major forex pairs often make their directional move for the day — and when retail traders are still sipping their first coffee, unsure of what the market will do. The Breakfast Breakout is designed to catch that first momentum move — the "first pulse" of the day — and ride it for a short, targeted profit.

The Setup

At its core, the Breakfast Breakout is a structured momentum strategy that follows a simple rule set:

- You identify a defined price range during the early morning pre-market window.

- You wait for price to break out of that range once the London session begins.

- You enter the trade only after confirmation, with clearly defined risk and reward levels.

That's it.

And that's where the magic lies — not in complexity, but in the structure and discipline it enforces.

You're not guessing.
You're not chasing.
You're following a formula.

Why It Works

There are three core reasons this strategy has stood the test of time:

1. *Liquidity + Volume = Movement*

The London session overlaps with both the end of the Asian session and the start of Europe's. This creates a surge in volume, which leads to real movement — exactly what breakout traders need.

2. *Institutional Flow*

Major banks and funds often place their large orders at the start of their trading day. This means directional moves often begin early, giving retail traders a chance to follow the money — rather than guess where it's going.

3. *Behavioral Predictability*

Human behavior is cyclical. Market participants fall into patterns. And the open, like clockwork, tends to produce similar reactions — breakouts, fakeouts, pullbacks — that we can prepare for and trade around.

The Discipline Built In

Most traders fail because they have no structure.

The Breakfast Breakout gives them a time-bound, rules-based, repeatable system.

You're only looking for one trade. One window. One outcome.

That forces you to:

- Wait for your setup
- Control your risk
- Accept your outcome and move on

It's trading without the chaos. And for traders who've spent years chasing noise, this structure is a revelation.

A Strategy With a Lifestyle

Here's something most people forget:

A good trading strategy doesn't just make you money — it gives you back your life.

The Breakfast Breakout isn't just profitable. It's predictable. It happens at the same time every day. It fits into a schedule. It allows you to trade — and then live.

No staring at charts all day.
No burning out.
No drama.

Just one clean trade, and the rest of the day is yours.

Whether you want to spend time with your family, build another business, or just train, write, think, and live — that's the real freedom trading should offer.

From Pattern to Habit

The moment I realized this strategy was more than just a tool — it was a habit — was the moment I stopped thinking like a trader and started thinking like a performer.

Every day, same time.
Same rules.
Same approach.

It became ritual. Rhythm. Routine.

And with that came the results.

This isn't about having more tools. It's about mastering one.

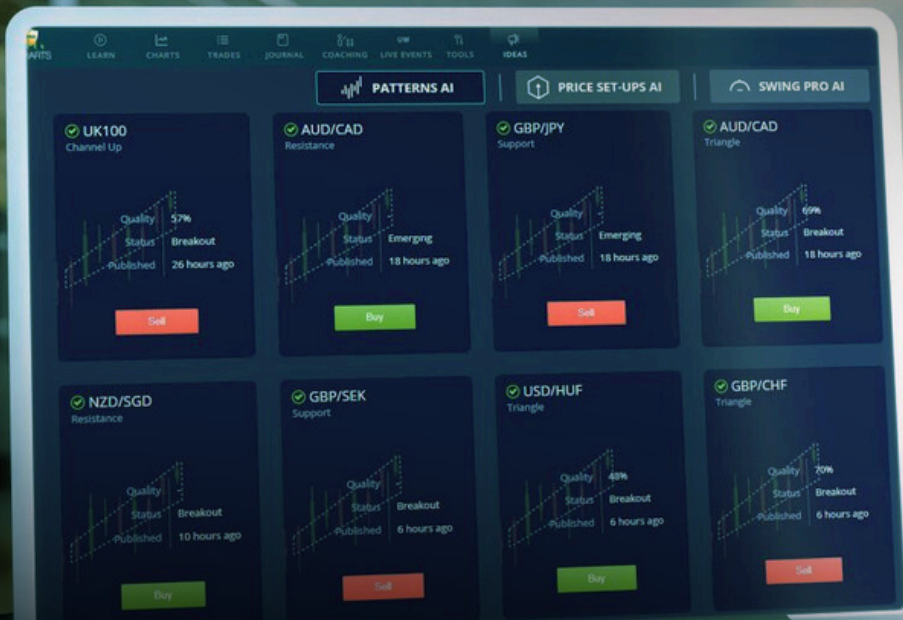
One that works.

And in the next chapter, I'll walk you through every detail of how it's built — the rules, the filters, and the edge that makes it one of the most powerful daily trades in the market today.

Because now it's your turn to build the habit.

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**“One trade.
One plan.
One outcome.”**

Chapter 4

The Setup — Anatomy of a One Trade Day

It's time to roll up our sleeves.

You now understand the power of simplicity, the strength of structure, and why one trade a day is more than enough to create consistent results. Now let's get into the nuts and bolts of how the Breakfast Breakout actually works.

This isn't theory. It's a blueprint.

You'll want to read this chapter twice — and refer back to it often.

Step 1: Identify the Session Range

Every day begins the same way — with observation.

Between 8:00 a.m. and 9:00 a.m. UK time (the first hour of the London session), we track the high and low of price action on the market you're trading — usually a major FX pair like GBP/USD, EUR/USD, or indices like the FTSE or DAX.

We call this the opening range.

It's the hour where volume ramps up and institutions make their first moves — a window that offers a predictable structure for a breakout.

- Mark the highest price and the lowest price during this window
- This gives you your breakout levels
- Do not anticipate the breakout — react to it

Step 2: Wait for the Breakout

Now comes the fun part: price moves out of the range.

After 9:00 a.m., you wait for price to break out of the range that formed during the 8:00–9:00 a.m. window.

There are two possible plays:

- Breakout to the upside → You look to go long
- Breakout to the downside → You look to go short

But here's where most people get it wrong. You don't enter just because price breaks the line.

You enter only when confirmation is in place.

Step 3: The Entry Confirmation

For the Breakfast Breakout, we use simple but powerful confirmation tools - the EMA (exponential moving average) and the optimum candlestick patterns.

✅ **8 EMA vs 20 EMA**
- For a long setup, the 8 EMA must be above the 20 EMA
- For a short setup, the 8 EMA must be below the 20 EMA

✅ **Candle Confirmation**
- Look for a low test bar for longs (a candle with a long tail below and close near the top)
- Look for a high test bar for shorts (a candle with a long wick above and close near the bottom)

These candles signal market hesitation and reversal — key moments when breakout trades can explode.

Your entry is placed:

- 1 pip above the high of the low test bar (for a long)
- 1 pip below the low of the high test bar (for a short)

Step 4: Define Risk & Reward

One of the greatest strengths of this strategy is its built-in discipline.

Here's how you define your trade.

🎯 **Stop Loss:**
- Place it 1 pip below the low of the setup candle (for long)
- Or 1 pip above the high of the setup candle (for short)

🎯 **Take Profit:**
- Target a 1:1 reward-to-risk ratio
- If you risk 20 pips, aim for 20 pips in return

This keeps the system consistent and prevents emotional tinkering.

Remember: It's about habits, not heroics.

Step 5: Manage the Trade

Once you're in the trade:

- Do not move your stop unless your system tells you to trail it
- Do not stack more trades
- Do not jump out early out of fear

One trade. One plan. One outcome.

The One Trade a Day Habit works WHEN you stick to the rules.

Break them, and you're back in the jungle of emotional chaos.

Summary — The Full Setup

Let's pull it together:

1. Mark the pre-market high and low (from 8:00–9:00 a.m.)
2. Wait for a breakout after 9:00 a.m.
3. Confirm with EMA alignment and a test bar candle
4. Enter 1 pip above/below the test bar
5. Set your stop loss and 1:1 take profit
6. Let the trade run and walk away

It's structured.

It's powerful.

And it removes overthinking from your trading day.

In the next chapter, I'll walk you through real trades — actual examples where this setup delivered consistent, stress-free results.

Because theory is one thing — but seeing this strategy work in the wild is when it truly clicks.

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“This strategy isn’t magic — but it *is* repeatable. That’s what makes it powerful.”

Chapter 5

Case Studies — Real Trades, Real Results

Strategy without execution is just theory.

And theory alone doesn't make you money — execution does. This chapter is where it gets real.

Let me walk you through some actual trades, executed with the One Trade a Day Habit using the Breakfast Breakout strategy. You'll see what happened, why it happened, and — most importantly — what lessons each trade reinforces.

I've chosen a mix of outcomes: some that hit target cleanly, some that tested our patience, and others that didn't work at all — because yes, losing trades are part of this game too.

The goal is never perfection. The goal is consistency.

Case Study 1: EUR/USD
Clean Break, Clean Win

Date: Tuesday, March 5th
Time Range Observed: 08:00–09:00 a.m.
Range High: 1.0852
Range Low: 1.0824
Breakout Direction: Downward
EMA Confirmation: 8 EMA below 20 EMA
Trigger Candle: High test bar at 09:07 a.m.
Entry: 1 pip below the low of the trigger candle = 1.0821
Stop Loss: 1.0835 (14 pips)
Take Profit: 1.0807 (14 pips)
Outcome: Hit full take profit within 20 minutes

Lesson: When all criteria align (breakout, EMAs, candle confirmation), this strategy delivers powerful results — fast. This was a textbook setup.

Case Study 2: GBP/USD
Choppy Start, Measured Exit

Date: Thursday, April 18th
Time Range Observed: 08:00–09:00 a.m.
Range High: 1.2675
Range Low: 1.2642
Breakout Direction: Upward
EMA Confirmation: 8 EMA above 20 EMA
Trigger Candle: Low test bar at 09:14 a.m.
Entry: 1.2678
Stop Loss: 1.2662 (16 pips)
Take Profit: 1.2694 (16 pips)
Outcome: Reached halfway to target, then retraced. Exited early at +8 pips (50%)

Lesson: Not every trade will hit full TP. Partial exits or trailing stops can preserve capital while still banking profits. Trade management matters.

Case Study 3: DAX Index
Setup Rejected

Date: Wednesday, May 8th
Range Observed: 08:00–09:00 a.m.
Range High: 18,050
Range Low: 17,965
Breakout Direction: Breakout failed to sustain
EMA Confirmation: Conflict — EMAs crossed multiple times
Trigger Candle: No clean test bar
Trade Taken? No

Lesson: This is a non-trade day. Discipline is the secret sauce. When conditions don't align, you sit out. That's still a win. The One Trade a Day Habit isn't about always trading — it's about always following the plan.

Case Study 4: EUR/JPY
Patience Rewarded

Date: Monday, February 12th
Range Observed: 08:00–09:00 a.m.
Range High: 161.34
Range Low: 160.92
Breakout Direction: Upward
EMA Confirmation: 8 EMA above 20 EMA
Trigger Candle: Low test bar at 09:22 a.m.
Entry: 161.37
Stop Loss: 161.12 (25 pips)
Take Profit: 161.62
Outcome: Price retraced 20 pips before reversing and hitting full TP

Lesson: You've got to trust the system. Many traders would have panicked during the retrace. But if your setup is valid and risk is defined, you stay in. This one rewarded patience.

The Power of Repetition

As you've seen, the strategy isn't magic — but it is repeatable.

That's what makes it powerful.

Over a month, 20 trades using this habit could result in:

- 12–14 winners
- 4–6 losses
- 2–3 no-trade days

Assuming a 1:1 risk-reward model and proper risk management, this consistency stacks up — both in profits and confidence.

The more you trade with structure, the less stress you carry. The more you follow the habit, the more predictable your days (and results) become.

In the next chapter, we'll zoom in on the real driver of long-term success: risk management.

Because even the best strategy in the world will crumble if you risk too much or size your trades incorrectly.

Let's make sure you don't just win — you win sustainably.

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"Risk management is where amateurs get wiped out and professionals stay in the game."

Chapter 6

Risk Management Mastery

If strategy is the engine, then risk management is the fuel system.

Without it, you can have the best setup in the world and still blow up your account.

Here's a harsh truth most people ignore:

Traders don't fail because their strategy stops working. They fail because they size their trades too big, lose emotional control, or try to make back losses too quickly.

Risk management is where amateurs get wiped out and professionals stay in the game.

It's not sexy — but it's essential.

The Golden Rule: Never Risk More Than 1% Per Trade

Let's start with the number one rule in all of professional trading:

Never risk more than 1% of your total account balance on a single trade.

That means if you have a £5,000 account, your maximum risk per trade is £50.

Why?

Because no matter how good your strategy is, losses will happen. You will have losing days. And losing streaks. That's just part of the game.

If you risk 10% of your account per trade, it only takes a few losses in a row to cripple your capital — and your confidence.

Risking 1% keeps you alive long enough to let the edge play out.

How to Calculate Position Size

Let's break it down step by step.

Let's say:

- Your account size = £10,000
- You want to risk 1% = £100
- The distance from your entry to your stop loss = 20 pips

Here's the formula:

Position Size = Risk Amount divided by Stop Size

So:

£100 divided by 20 pips = £5 per pip

That's your trade size.

If the trade hits stop loss, you lose £100.

If it hits target (assuming 1:1), you win £100.

Simple. Scalable. Smart.

The Magic of 1:1

You've heard us repeat this many times in this book:

Always aim for a 1:1 reward-to-risk ratio.

Here's why:

- It's realistic
- It happens often
- And it doesn't rely on perfect conditions

If you win just 6 out of every 10 trades with a 1:1 ratio, you're consistently profitable.

Even 5 out of 10 keeps you at breakeven.

The One Trade a Day Habit isn't about hitting home runs. It's about building steady gains — brick by brick.

The Psychology of Risk

Money is emotional.

Especially when you're watching it tick up and down live on your screen.

That's why proper risk sizing is so critical — it neutralizes emotional decision-making.

- Too large a position? You panic.
- Too small a position? You disengage.
- Just right? You follow your system.

If you feel panic, stress, or adrenaline during trades, you're risking too much.

Your goal should be calm, repeatable execution — not gambling highs

The Power of Losing Well

Most people don't know how to lose in trading.

They take it personally. They chase the loss.

They double down. They spiral.

But in professional trading, losing well is a skill.

A properly sized losing trade is just the cost of doing business.
Think of it like this:

- If you lose £100, you just paid for market data
- If you made the right decision based on your rules, it's still a good trade
- You showed up, followed the habit, protected your capital — that's a win

Compounding Over Time

Let's say you risk 1% per day and make 1% back. Over a month of 20 trades, you're up around 20% (minus a few losses).

Now let's project that:

- £10,000 account
- 5% average monthly return
- Compounded over 12 months = £17,958

That's 80% growth — with one trade a day.

All without burning out, blowing up, or guessing.

This is the power of consistency + controlled risk.

Final Word on Risk

Risk management isn't what keeps you from winning — it's what makes winning possible.

Protect your capital like it's your oxygen.

Because it is.

In the next chapter, we'll look at the invisible battlefield where most traders lose — their own minds.

Let's tackle trade psychology, discipline, and how to become emotionally bulletproof.


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“90% of trading mistakes aren’t strategy mistakes — they’re *psychology* mistakes.”

Chapter 7

Trade Psychology & Emotional Discipline

Markets don't just test your strategy. They test YOU.

Your patience.

Your ego.

Your discipline.

Your ability to stay calm in chaos.

If you've ever clicked out of a trade early because you were scared…

Or jumped into a second trade after losing the first…

Or ignored your plan because you "had a feeling"…

Then you've felt the emotional pressure that comes with trading. And you're not alone.

90% of trading mistakes aren't strategy mistakes — they're psychology mistakes. This chapter is your toolkit for building the emotional strength to follow your system, no matter what the market throws at you.

The Emotional Cycle of Trading

Most traders ride a dangerous emotional rollercoaster:

- Euphoria after a win
- Overconfidence on the next trade
- Fear when it moves against them
- Panic selling at the wrong time
- Regret after taking a loss
- Revenge trading to make it back
- Exhaustion and self-doubt

Rinse and repeat.

This cycle kills accounts and confidence.

The One Trade a Day Habit breaks this cycle by giving you structure and limits — so your emotions don't run the show.

The Two-Brain Problem

Here's a quick science lesson.

You have two brains.

1. The logical brain — plans the trade
2. The emotional brain — lives in the moment

The logical brain knows:

- "Follow your system"
- "Stick to 1% risk"
- "Don't overtrade"

But the emotional brain doesn't care.

It's triggered by fear, greed, frustration, and FOMO (fear of missing out).

In high-pressure moments, it takes over.

That's why having a strategy isn't enough. You need rules, routines, and self-awareness — so your logical brain stays in charge.

Create Emotional Speed Bumps

One of the best tools for emotional discipline is this:

Create delays between feeling and action.

Before placing any trade, ask:

- "Is this part of my system?"
- "Does this follow my One Trade Habit rules?"
- "Am I reacting emotionally or executing logically?"

Even a 10-second pause can save your day.

The Power of Journaling

Every serious trader should keep a trading journal.

Why?

Because the data doesn't lie.

It shows you:

- Which setups work
- How often you follow the rules
- What triggers your worst decisions

You can't improve what you don't track.

Your journal becomes a mirror — showing you not just *what* you traded, but *how* you behaved.

Master the "Done for the Day" Mindset

This is what separates pros from amateurs.

Amateurs chase more. Pros know when to stop.

The One Trade a Day Habit enforces this beautifully:

- You take your setup.
- You manage your risk.
- You take your outcome — win or lose — and walk away.

This removes decision fatigue, reduces stress, and trains your brain to treat trading like a job, not a casino.

You'll be amazed how powerful it feels to say, "I'm done for the day."

Self-Talk Shapes Outcomes

Here's something most traders never consider:

Your internal dialogue influences your external results.

If you say:

- "I always screw it up."
- "I have to make money today."
- "I need to win this one."

You've already lost control.

Instead, shift to:

- "I follow my plan."
- "Losses are part of the game."
- "I trade with discipline, not emotion."

Train your mind like a pro athlete. Because trading isn't just financial — it's mental performance at the highest level.

Emotional Resilience Is a Skill

You're not born with discipline.

You build it.

Through repetition. Through accountability. Through habit.

And that's why this book exists — not just to teach a strategy, but to build your mindset for long-term success.

In the next chapter, we'll talk about how to stack habits around your One Trade Routine — so trading becomes effortless, automatic, and sustainable.

Because you're not just building trades.

You're building a trading life.


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ONE
TRADE
A DAY
HABIT™
THE ULTIMATE WEALTH CREATION ROUTINE
FOR BUSY PROFESSIONALS

Chapter 8

Habit Stacking for Success

One trade a day is powerful.

But when you stack it with other powerful habits, it becomes life-changing.

This chapter isn't about charts, candlesticks, or EMAs.

It's about the rhythm of success — how to build a day that fuels your trading and enhances every other part of your life.

Because trading doesn't exist in a vacuum.

It sits in the middle of your health, your mindset, your routines, your sleep, and your emotions.

When those are optimized — so is your trading.

What Is Habit Stacking?

The term "habit stacking" comes from behavioral psychology.

It simply means linking one positive habit to another so they reinforce each other.

The One Trade a Day Habit is your anchor.

Now we'll build routines around it that make you more focused, resilient, and calm.

Let's break it down.

The Morning Routine

Your morning is sacred.

It sets the tone for your day — and your trade.

Here's a high-performance routine to consider before you even open your charts:

1. Wake up at the same time — discipline starts here
2. Hydrate immediately — salt water or electrolytes
3. Move your body — 15–30 mins light cardio, stretching, or mobility
4. Cold exposure or breathwork — boost focus and dopamine
5. Journaling or visualization — review your trading plan, visualize the process
6. No phone or social media until after your trade — protect your focus

By the time you mark your 8:00–9:00 a.m. range, your body and mind are primed.

You're centered, focused, and calm — not reactive.

The Trade Ritual

When it's time to trade:

- Sit in the same place
- Follow the same checklist
- Use the same chart layout
- Say the same words to yourself before execution:

"One trade. One plan. One outcome."

This creates neurological triggers.

Your brain begins to associate this routine with focus and execution.

The Post-Trade Reset

Once the trade is complete — win or lose — you walk away.

Here's what happens next.

- Log your trade in your journal (not just the numbers — write how you felt)
- Take a short walk or do something physical
- Shift your focus to the next part of your day: work, family, training, or recovery

This "reset ritual" separates you from the outcome.

You're not attached. You're not chasing. You're complete.

Build a Day That Serves You

What does the rest of your day look like?

Use the mental space trading gives you to invest in other core areas:

- Fitness — a strong body supports a strong mind
- Learning — read, listen, grow
- Stillness — sauna, meditation, journaling
- Connection — spend time with people who energize you
- Nutrition — fuel like a performer, not a gambler

A well-lived day creates a well-executed trade tomorrow.

Evening Routine

Don't underestimate how you end your day. Here's a high-quality wind-down:

- No screens for 60 mins before bed
- Read something non-stimulating
- Stretch or use red light therapy
- Reflect on one win from the day
- Get 7–9 hours of uninterrupted sleep

Because a clear mind starts with a clear night.

Repeat Until It's Automatic

This is how pros operate: They don't rely on motivation. They rely on rituals.

You don't need to be perfect. You just need to be consistent.

Over time, you won't even think about these habits. They'll become your autopilot. And your trading — and life — will run on rails.

In the next chapter, we'll explore how technology and AI can support your habit — not replace it — and make your daily execution even easier. Because tools should serve your system. Not complicate it.



“Technology should support your process — not become your process.”

Chapter 9

The Role of Technology & AI

Let's face it — the world has changed.

Trading isn't about shouting on phones in a pit anymore. It's about speed, precision, and intelligent systems that help you stay ahead.

But with that technology comes a trap:

Too many tools can create too much noise.

That's why in the One Trade a Day Habit, we only use tech that supports clarity, not complexity.

This chapter is about how to leverage the right technology — especially SmartCharts and its AI features — to streamline your trading and strengthen your habit.

Technology as Your Trading Assistant

Think of your trading tools as part of your team — not your boss.

The right system should:

- Help you identify your setup faster
- Keep you accountable to your rules
- Reduce your emotional decision-making
- Automate repetitive tasks
- Track and improve your performance

But here's the golden rule:

Technology should support your process — not become your process.

Why SmartCharts Works So Well

SmartCharts was designed with this exact philosophy in mind — to help traders execute with clarity and confidence.

Here's what it brings to your One Trade Habit:

- Visual Clarity — Clean chart design makes identifying the 8:00–9:00 a.m. range simple
- Automated Range Detection — AI can mark your breakout zones for you
- Built-In EMAs — Automatic overlays so you don't second-guess the trend
- Test Bar Alerts — Get notified when a high or low test bar appears
- One-Click Trade Execution — Take your trade with no fuss

- Risk Calculator — Set your 1% risk level without doing manual maths
- Trade Journaling — Built-in post-trade analysis and performance dashboard
- AI Strategy Matching — See how your trade aligns with multiple proven strategies

In short — it's the perfect co-pilot for your daily trade.

How AI Enhances Your Discipline

Artificial intelligence can now scan the market, identify setups, and even give probability-based feedback.

But we're not here to blindly follow a bot.

We use AI to:

- Confirm our human bias, not replace it
- Reduce analysis time so we stay focused
- Build confidence in our decisions, not surrender them

The magic happens when humans and AI collaborate — not compete.

Don't Let Tech Overcomplicate the Trade

Here's the trap most traders fall into with tech:

- Too many indicators
- Too many conflicting signals
- Endless dashboards, conflicting advice, shiny distractions

All of that leads to paralysis by analysis.

Remember: you only need one trade a day.

The more you narrow your focus, the more profitable your process becomes.

Build a Smart, Minimalist Trading Stack

Here's the tech stack I recommend for One Trade a Day success:

1. SmartCharts – Strategy alignment, visual execution, risk control
2. Phone alerts or smart watch – Set a reminder for your 9:00 a.m. breakout window
3. Cloud-based journal – Log your mindset, decisions, and outcomes
4. Automated backup – Keep your settings, chart layouts, and data safe

That's it. Simple. Powerful. Repeatable.

Automation Isn't the Goal — Autonomy Is.

Automation can make things faster.

But autonomy — the ability to think, decide, and act consistently — is what creates real trading freedom.

We use tech not to escape responsibility, but to enhance discipline.

Because when the system is simple…

When the tools support your edge…

And when your daily rhythm is rock solid…

You become a confident, consistent, and self-directed trader.

In the next chapter, I'll show you how to plug into a tribe of traders using this same system — and how to take your journey from solo habit to a shared mission.

Because when you trade together, you grow faster.


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GOAL
"When you surround yourself with others on the same path, everything changes."

Chapter 10

Joining the Movement

You're not alone on this journey.

Right now, there's a growing tribe of traders around the world — from London to Sydney to Cape Town — who have made a powerful decision:

"I'm done with chaos.
I'm done with overtrading.
I'm building my trading life one smart decision at a time."

They've embraced the One Trade a Day Habit.

And they're seeing what's possible when you combine a proven strategy with consistent discipline and a powerful community.
This chapter is your invitation to join them.

Why a Community Changes Everything

Trading can be lonely.

Most people around you don't get it. They think you're gambling. They don't understand the mindset, the systems, or the thrill of executing a clean trade.

But when you surround yourself with others on the same path, everything changes:

- You learn faster
- You stay more accountable
- You grow through shared insight
- You feel part of something bigger than yourself

That's what we're building — a movement of everyday traders becoming consistent, confident, and calm.

How to Plug In

When you join the SmartCharts community, you gain more than just software — you gain access to:

- Live Daily Broadcasts — Real-time market walkthroughs and trade setups
- The Breakfast Breakout Room — A private room where traders review the 8–9 a.m. range together, every day
- Mentorship & Coaching — Step-by-step guidance from pros who've traded through every kind of market
- Global Leaderboards — Track your progress, compete, and stay motivated
- Monthly Deep-Dive Webinars — Topics include psychology, advanced risk management, and market forecasting

- A Private Member Group — Ask questions, share wins, stay connected

Whether you're brand new or scaling up, you're never alone.

Your Next Step Towards Everything Above.

Once you finish this book, your next step is simple:

👉 Attend the One Trade a Day Webinar.

Here's what you'll get:

- A full visual breakdown of the Breakfast Breakout strategy
- Real trade walkthroughs
- Tools, templates, and risk calculators
- A chance to see SmartCharts in action
- The opportunity to join the daily trader room

If you're serious about becoming consistent, this webinar will take what you've read and bring it to life.

Your Trading Floor Access

For the most committed traders, we also offer in-person training.

- Live Trading Days — Join us at the Hampton Court trading floor and trade alongside real professionals
- Immersive Bootcamps — A 3-day training event to upgrade every part of your trading system
- 1-on-1 Strategy Reviews — Personalized coaching to help refine your execution

There's nothing like sitting in a real trader room, shoulder-to-shoulder with mentors, seeing trades unfold live, and applying your learning in real time.

If you're ready, this is where real mastery begins.

What Our Traders Say

"I used to take 10 trades a day. Now I take one. And I'm making more — with less stress." — *Jamie, UK*

"The community helped me stay the course. I nearly gave up before I found the One Trade Habit." — *Lisa, Australia*

"SmartCharts made everything simpler. It feels like trading with a co-pilot who never sleeps." — *Daniel, UAE*

This Is a Movement — Not Just a Method.

We're not here to build hype.

We're here to build habits.

This is a long-term game. And we're playing to win — not just in trading, but in life.

The question is:

Are you ready to make this your habit?

Are you ready to join a movement that values discipline, community, and clarity over chaos?

Then join us.

We'll see you on the inside.


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“This is more than a book.
It’s a beginning.”

Chapter 11

The Path Forward

If you've made it this far, something has clicked.

You're not just reading about a trading strategy — you're building a new standard. One rooted in discipline, clarity, and confidence.

This is more than a book.

It's a beginning.

It's Not a Quick Fix — It's a Repeatable Formula

Most people bounce from strategy to strategy, guru to guru, chasing the next "edge." Not you.

You've learned that mastery doesn't come from doing more — it comes from doing less, better. From showing up every day with intention. From becoming the kind of trader who:

- Knows when to trade
- Knows when to walk away
- Knows how to stay focused when the world is frantic

That's the real edge. And now, you've got it.

The Power of Compounding: Beyond Just Money

The One Trade a Day Habit isn't just about financial returns.

It's about:

- Building trust in yourself
- Reclaiming your time
- Feeling in control of your day
- Developing the calm, clear mindset of a true professional

Because when you consistently win in the markets — even in small, steady steps — something bigger shifts:

You stop chasing. You start creating.

That compounds into your health, your relationships, your self-worth.

From Habit to Identity

The best traders don't "do trading".

They *become* traders.

They make it part of who they are — not a task on a to-do list.

That's the final transformation this book aims to spark in you:

You're not just using a strategy.
You are the strategy.
You wake up with intention.
You trade with clarity.

You live with confidence.

What Happens Next?

Here's your path forward:

1. Attend the One Trade a Day Webinar — lock in your understanding with real-time visuals
2. Get set up with SmartCharts — streamline your execution and build consistency
3. Join the community — don't do this alone
4. Journal your trades — build data-driven discipline
5. Stick to your daily rhythm — morning prep, one trade, post-trade reset
6. Revisit this book every 30–60 days — your insights will deepen

And most importantly:

Never underestimate what one good habit — done daily — can do for your life.

One Final Word

Trading isn't about being right all the time.

It's about being consistent when it counts.

If you can master that, you can do more than make money.

You can create freedom.

You can create confidence.

You can create a life you're proud of.

One day at a time.

One trade at a time.

Let's build this habit together.

Greg Seeker