

Auron FX

Trading for Profit: The Honest Guide

The maths, the costs, the psychology and the scams. What separates the few traders who last from the many who do not. No promises, no signals, just numbers.



Contents

1. The Uncomfortable Truth: Most Retail Accounts Lose
2. Where Profit Actually Comes From: Expectancy
3. Position Sizing: The 1% Rule
4. Drawdown Math and Losing Streaks
5. Leverage: The Amplifier
6. Costs: The Silent Profit Eater
7. Your Trading Plan and Trading Journal (templates)
8. Psychology: Revenge, Overtrading and FOMO
9. Scams to Avoid: The Checklist
10. Your 30-Day Plan and the Go-Live Checklist
11. Risk Warning and About This Guide

How to use this guide: read it once straight through, then come back to chapters 3, 7 and 10 with a pen. All examples are simplified illustrations, not forecasts. Every number is a calculation you can repeat yourself.

1. The Uncomfortable Truth: Most Retail Accounts Lose

Most guides about trading start with a screenshot of a profit. This one starts with the statistic the industry would prefer you read last: **the majority of retail clients who trade leveraged products such as CFDs lose money.**

This is not a rumour or a blogger's opinion. It is printed by the brokers themselves, because regulators required it.

What the regulation says

In 2018 the European Securities and Markets Authority (ESMA) introduced product intervention measures for CFDs sold to retail clients. Among them were lower leverage caps (for example 30:1 on major currency pairs, 20:1 on gold and non-major pairs), a margin close-out rule at 50% of required margin, negative balance protection, and a **standardised risk warning**. That warning obliges a CFD provider to state, in the form "X% of retail investor accounts lose money when trading CFDs with this provider", the share of its own retail accounts that lost money. The figure is recalculated regularly (roughly every quarter) and covers the preceding 12 months. An account counts as losing if its total realised and unrealised result on CFDs over that period, after costs and fees, is negative.

Look at the footer of almost any EU-regulated broker's homepage and you will find a sentence like this. In practice the published figures are typically quoted in the range of roughly **60% to 80% and above**, differing by broker and by quarter. We deliberately do not give you one precise number: it depends on the broker, the period and the client mix, and you should read the current one on the website of any broker you consider. Brokers outside the EU and the UK often publish no such figure at all, which is itself information.

Read this twice. If a broker shows "74% of retail accounts lose money", it means roughly three out of four accounts ended the 12-month window below zero. It does not mean a skilled, disciplined trader has a 26% chance of getting rich. The winners are not evenly spread: a small group earns most of the profit.

Why the odds are bad for newcomers

- **Trading is a negative-sum game after costs.** The market itself does not take your money, but spread, commission and swap do. Before skill enters the picture, you start slightly behind.
- **Leverage magnifies mistakes faster than skill.** A small price move against a large position ends the account before the strategy has time to work.
- **Beginners risk too much per trade** and stop after a short run of losses, or double down to "win it back".
- **Information is cheap, discipline is not.** Knowing that you should use a stop-loss and actually using it at 3 a.m. after four losses are different skills.

What the minority does differently

There is no secret indicator. The behaviours that traders who survive have in common are boring, and they are measurable:

1. **They risk a small, fixed fraction per trade** (often 0.5% to 1%), so no single trade, and no normal losing streak, can end the account (chapters 3 and 4).
2. **They know their numbers.** Win rate, average win, average loss, costs, expectancy. They can tell you in one sentence why their method should make money, and they check it against data from a journal (chapters 2 and 7).
3. **They trade less.** Fewer, better-defined setups mean lower costs and fewer emotional decisions (chapters 6 and 8).
4. **They treat the first year as tuition,** not income. They practise on demo, then trade a small live account, and they accept that the first goal is not losing, not winning.
5. **They have written rules about when to stop:** a daily loss limit, a maximum number of trades, and a weekly review.

Key points

- Regulated EU brokers must publish the percentage of their retail CFD accounts that lose money; the commonly quoted range is roughly 60% to 80% and above.
- Check the current figure for any broker you consider. It is on their site, usually in the footer or on the risk disclosure page.
- Survivors are defined by risk control and routine, not by secret strategies.

2. Where Profit Actually Comes From: Expectancy

Most beginners obsess over win rate: "my strategy wins 70% of the time". Win rate alone tells you almost nothing. What matters is the **average result of one trade**, called expectancy.

Expectancy per trade = (win rate × average win) – (loss rate × average loss) – costs per trade

where loss rate = 1 – win rate. Expressed in R (one R = the amount you risk on a trade) it becomes easier to compare: expectancy(R) = win rate × average win (R) – loss rate × average loss (R) – costs (R).

Three worked examples

Assume each trade risks \$10 (1% of a \$1,000 account) and costs of \$1 per trade (spread plus commission).

Trader	Win rate	Average win	Average loss	Gross per trade	Costs	Expectancy per trade	After 100 trades
A: "coin flip"	50%	\$10	\$10	\$0.00	\$1.00	–\$1.00	–\$100
B: high win rate	60%	\$10	\$20	–\$2.00	\$1.00	–\$3.00	–\$300
C: lower win rate	45%	\$20	\$10	+\$3.50	\$1.00	+\$2.50	+\$250

Trader A: $0.50 \times 10 - 0.50 \times 10 = 0$, minus \$1 costs = –\$1 per trade. A perfectly balanced strategy loses slowly, because of costs.

Trader B wins six trades in ten and still loses: $0.60 \times 10 - 0.40 \times 20 = 6 - 8 = -\$2$, minus \$1 = –\$3. This is the classic pattern of someone who takes quick small profits and lets losers run.

Trader C wins fewer than half of the trades: $0.45 \times 20 - 0.55 \times 10 = 9 - 5.5 = +\$3.50$, minus \$1 = +\$2.50. In R: $0.45 \times 2 - 0.55 \times 1 - 0.1 = +0.25R$ per trade.

Trader C's +\$250 over 100 trades is the *average* outcome of a method that really has that edge. Real results scatter widely around the average, and you cannot know in advance whether your method has the edge. That is what the demo period and the journal are for.

Break-even win rate by reward-to-risk ratio

If you risk 1 unit to make R units, the win rate at which you neither gain nor lose (before costs) is $1 \div (1 + R)$.

Reward : risk	Calculation	Break-even win rate (before costs)	Comment
1 : 1	$1 \div 2$	50.0%	You must be right half the time just to stand still.
1.5 : 1	$1 \div 2.5$	40.0%	Losing six of ten is enough to break even.
2 : 1	$1 \div 3$	33.3%	One win in three covers the losses.
3 : 1	$1 \div 4$	25.0%	One win in four covers the losses.

Costs push each of these upward. With costs of 0.1R per trade, the 2 : 1 break-even rises to $(1 + 0.1) \div 3 = 36.7\%$. The trade-off is real: wider targets are hit less often, so a 3 : 1 target with a 25% break-even is not automatically better than a 1 : 1 target if the market rarely gets there. Only your own data can say.

Key points

- Win rate without reward-to-risk is meaningless; 60% winners can still lose money.
- Always subtract costs. Many "break-even" strategies are slow losers.
- Calculate expectancy from at least 30 to 50 logged trades before trusting it, and 100 or more before relying on it.

3. Position Sizing: The 1% Rule

Position sizing is the one lever that is fully in your control. You cannot control what the price does; you can control how much you lose if you are wrong.

The 1% rule: on any single trade, risk no more than about 1% of your account balance (some traders prefer 0.5%; beginners should not exceed 1%). "Risk" means the amount you lose if your stop-loss is hit.

Lots = risk in dollars ÷ (stop distance in pips × pip value per lot)

Risk in dollars = account balance × risk percentage.

Assumptions (read before using the numbers)

- Account currency is USD.
- **EURUSD:** one standard lot = 100,000 EUR; one pip (0.0001) is worth \$10 per standard lot, so \$1 per 0.1 lot and \$0.10 per 0.01 lot.
- **XAUUSD (gold):** one standard lot = 100 troy ounces, so a \$1.00 move in the gold price equals \$100 per lot (\$1 per 0.01 lot). Brokers quote "pips" for gold differently, so in this guide we measure gold stops in dollars of price movement and use \$100 per \$1 per lot.
- **Contract sizes vary by broker and account type** (cent and micro accounts, different symbols). Check the specification of your instrument in your platform before you apply any formula.
- Most brokers have a minimum trade size, commonly 0.01 lot. Round your result *down*, never up.

Worked example: EURUSD

Account \$1,000, risk 1% = \$10. Stop-loss 20 pips away.

Lots = $10 \div (20 \times 10) = 10 \div 200 = 0.05$ lot. Check: 0.05 lot is \$0.50 per pip, $\times 20$ pips = \$10. ✓

Worked example: gold (XAUUSD)

Account \$1,000, risk \$10. Stop-loss \$5.00 away in price (for example buy at 2,400.00, stop at 2,395.00).

Lots = $10 \div (5 \times 100) = 10 \div 500 = 0.02$ lot. Check: 0.02 lot = 2 ounces; $\$5 \times 2 = \$10$. ✓

Table: 1% risk for three account sizes

Account	1% risk	EURUSD, 20-pip stop	XAUUSD, \$5 stop
\$100	\$1.00	$1 \div 200 = 0.005$ lot	$1 \div 500 = 0.002$ lot
\$500	\$5.00	$5 \div 200 = 0.025$ lot → 0.02	$5 \div 500 = 0.01$ lot
\$1,000	\$10.00	$10 \div 200 = 0.05$ lot	$10 \div 500 = 0.02$ lot

What the \$100 row teaches. The correct size (0.005 lot EURUSD, 0.002 lot gold) is smaller than the minimum 0.01 lot at most brokers. The minimum EURUSD trade (0.01 lot) with a 20-pip stop risks \$2, which is 2% of \$100; the minimum gold trade (0.01 lot) with a \$5 stop risks \$5, which is 5%. A \$100 account cannot follow the 1% rule on gold at all, and that is useful to know before you deposit. Options: a cent account with finer lot steps, a smaller stop, a more modest instrument, or a larger deposit that you can truly afford to lose. Do not solve the maths by raising the risk.

Why 1% and not 5% or 10%?

Because losing streaks happen to everyone (chapter 4). After ten losses in a row, a 1% risk leaves you with about 90.4% of your account; a 5% risk leaves about 59.9%; a 10% risk leaves about 34.9%. One of these is a bad month. The other two are a ruined account.

Key points

- Decide the stop first, then calculate the size. Never choose the lot size first and then place the stop wherever it fits.
- Verify contract size and pip value in your own platform; do not assume.
- If the minimum lot makes your risk higher than 1%, the account is too small for that instrument.

4. Drawdown Math and Losing Streaks

Why losses are harder to recover than they look

A drawdown is the fall from your account's peak. The asymmetry is brutal: because you recover from a smaller base, the gain needed is always larger than the loss.

$$\text{Gain needed to recover} = 1 \div (1 - \text{loss}) - 1$$

Example: lose 20% $\rightarrow 1 \div 0.80 - 1 = 0.25 \rightarrow$ you need +25%.

Drawdown	Balance left (from \$1,000)	Gain needed to get back to \$1,000
-10%	\$900	+11.1%
-20%	\$800	+25%
-30%	\$700	+42.9%
-50%	\$500	+100%
-75%	\$250	+300%
-90%	\$100	+900%

Notice where the curve bends: up to about 20% the recovery is realistic; beyond 50% you need to double your money just to be where you started. The most valuable skill in trading is not making money, it is not getting into the right-hand half of this table.

How risk per trade translates into drawdown

After ten consecutive losing trades, the remaining balance is $(1 - \text{risk})^{10}$:

Risk per trade	Balance after 10 losses	Drawdown	Gain needed
1%	90.4%	9.6%	+10.6%
2%	81.7%	18.3%	+22.4%
5%	59.9%	40.1%	+67.0%
10%	34.9%	65.1%	+186.8%

Losing streaks are normal

People expect losses to alternate neatly with wins. Randomness does not behave like that. Even a method with a genuine edge produces runs of consecutive losses, and a beginner who does not expect them will

conclude that the method is broken and abandon it, or that “it is due to win now” and increase size. Both reactions are costly.

The table shows the probability of **at least one** run of N consecutive losses somewhere within 100 trades, assuming each trade is independent with the stated win rate (calculated exactly, rounded to one decimal place):

Win rate	5 losses in a row	8 losses in a row	10 losses in a row
40%	97.6%	49.0%	20.5%
50%	81.0%	17.0%	4.4%
60%	45.9%	3.6%	0.6%

Read it like this: a trader who wins 50% of trades should expect five losses in a row at some point in a 100-trade stretch more often than not (81% of the time). A 40% trader with a good reward-to-risk ratio will see five in a row almost every 100 trades, and has about a one-in-five chance of ten in a row. Whether that run costs you 5% or 50% of the account is decided entirely by chapter 3.

Rule of thumb: plan your position size for a losing streak of at least 10 trades, because it will probably come, and your account should survive it with a drawdown you can psychologically and financially tolerate.

Key points

- Recovering from a loss needs a larger percentage gain; at –50% you need +100%.
- Losing streaks of 5 to 8 are routine, even for profitable methods.
- Small fixed risk per trade is what turns a streak into an inconvenience instead of a catastrophe.

5. Leverage: The Amplifier

Leverage lets you control a position larger than your deposit. A 1:100 account allows a position worth up to 100 times the margin you set aside. Leverage is neither good nor bad; it is an amplifier, and it amplifies losses exactly as much as gains.

Key terms

- **Notional value:** the full size of the position (lots × contract size × price).
- **Margin:** the part of your funds locked as collateral = notional ÷ leverage.
- **Equity:** balance plus or minus floating profit and loss.
- **Free margin:** equity minus used margin.
- **Margin level:** equity ÷ used margin × 100%.
- **Margin call:** a warning level. When margin level falls to the broker's threshold (it varies, commonly 100% or lower), new positions may be blocked.
- **Stop out:** the level at which the broker automatically closes positions, starting with the largest loser. It varies by broker and regulation (for example 50% for EU retail clients, and lower elsewhere, sometimes 20% or even less).

Worked example: a large position on a small account

Account \$1,000, leverage 1:100, EURUSD at 1.1000. You open **0.5 lot** (50,000 EUR).

- Notional = 50,000 × 1.1000 = **\$55,000** (55 times your balance).
- Margin = 55,000 ÷ 100 = **\$550**; free margin = \$1,000 – \$550 = \$450.
- Pip value for 0.5 lot = \$5.

Event	Equity needed	Loss from \$1,000	Price move against you
Margin level 100% (margin call, if the broker uses 100%)	\$550	\$450	90 pips
Margin level 50% (stop out, example)	\$275	\$725	145 pips

A 145-pip move in EURUSD is about 1.3% of the price. A move that small, which happens within days in ordinary markets, wipes out 72.5% of the account. The leverage setting did not cause this; the *position size* did, but high leverage is what allowed it.

Same account, sized properly

Using the 1% rule from chapter 3: 0.05 lot, 20-pip stop. Notional \$5,500, margin only \$55, and the worst case if the stop is honoured is \$10. The account is far from any margin call. **Effective leverage** (notional ÷

equity) is 5.5:1 instead of 55:1, and that figure, not the maximum your broker offers, is the real measure of how aggressive you are.

A stop-loss is not a guarantee: in fast markets or over a weekend gap, price can jump past your stop (slippage), and you can lose more than you planned. Some regulators require negative balance protection for retail clients; many offshore brokers do not offer it. Check before you deposit.

Does more leverage help?

Higher maximum leverage (1:500, 1:1000 and above) mostly lowers the margin you must set aside. It adds nothing to your edge. If you size by the 1% rule, the leverage on offer barely matters, except that very low leverage can stop you opening the position you calculated. Treat high leverage the way you would treat a very powerful car: the speed limit is on you.

Key points

- Margin is a deposit on a position, not a cost, but positions that are too large for the account end in a stop out.
- Measure effective leverage (notional ÷ equity). Keep it low.
- Know your broker's margin call and stop-out levels before you trade.

6. Costs: The Silent Profit Eater

Every trade you open has a price tag before it moves a single pip. There are three main costs:

- **Spread:** the gap between the buy and sell price. You pay it when you enter, effectively opening every trade slightly negative. It widens during news and at rollover.
- **Commission:** a fixed fee per lot, typical on raw-spread or ECN-style accounts. Often quoted per side or as a round turn; read which.
- **Swap (overnight financing):** charged or paid for holding a position past the daily rollover, depending on the interest-rate difference and the broker's markup. Triple swap on a designated day covers the weekend.

There can also be deposit and withdrawal fees, currency conversion fees and inactivity fees. Read the fee schedule.

Worked example: 20 trades a month

These figures are **hypothetical**, chosen to be realistic; yours will differ. EURUSD, 0.1 lot per trade (pip value \$1), spread 1.2 pips, commission \$7 per lot round turn, 20 trades, 8 of them held overnight for an average of 2 nights at a swap of -\$0.30 per night.

Cost	Calculation	Per month
Spread	$1.2 \text{ pips} \times \$1 \times 20 \text{ trades}$	\$24.00
Commission	$0.1 \text{ lot} \times \$7 \times 20 \text{ trades}$	\$14.00
Swap	$8 \text{ trades} \times 2 \text{ nights} \times \$0.30$	\$4.80
Total		\$42.80

On a \$2,000 account that is 2.14% a month; on a \$1,000 account it is 4.28%. Your trading must earn that before you see a single dollar of profit. Over a year, costs at this level add up to about \$514.

Why short stops make costs worse

Costs matter most when your stop is small. With a 5-pip stop, a 1.2-pip spread alone is 24% of your risk on every trade ($1.2 \div 5$); with a 40-pip stop it is 3% ($1.2 \div 40$). This is why scalping is the style where beginners find costs hardest to beat, and why swing-style setups, with fewer trades and wider stops, are often friendlier to small accounts.

How to cut costs without cutting quality: trade the main pairs during the busiest sessions, avoid the minutes around major news and rollover, compare the total cost (spread plus commission) of account types, trade fewer setups, and avoid holding positions with expensive negative swap. Do not choose a broker by headline spread alone; choose by total cost, regulation and execution.

Key points

- Measure your total cost in R: $\text{cost per trade} \div \text{amount risked}$.
- Overtrading is expensive; each extra trade must justify its price.
- Always look at spread, commission and swap together.

7. Your Trading Plan and Trading Journal

A trading plan is written before the market opens, when you are calm. Its job is to make your decisions in advance so your emotions have nothing to decide. Print this page, fill it in by hand, and keep it next to your screen. A journal turns experience into data; without one, you only have memories, and memory flatters.

One-page trading plan

Name and date	
Account size and currency	
Why I trade (goal, realistic and non-financial too)	
Instruments I trade (maximum 2 to 3)	
Sessions and times I trade	
Timeframes I use	
My setup: entry conditions (3 to 5 clear rules)	
Where the stop goes (and why)	
Where I take profit / minimum reward : risk	
Risk per trade (% and \$)	
Maximum open trades at once	
Maximum trades per day	
Daily loss limit (stop trading for the day at)	
Weekly loss limit (stop and review at)	
News / events I avoid	
What I do after 3 losses in a row	
When I do NOT trade (tired, upset, no clear setup, ...)	
Weekly review: day and time	
Signature	

Trading journal

Fill in a row immediately after every trade, including the ones you were ashamed of. "R" is the result divided by the amount risked (a \$20 gain on a \$10 risk is +2R; a full stop-out is -1R). "Plan?" is honest yes/no: did the trade follow your written rules?

#	Date	Pair	Buy / Sell	Entry	Stop	Target	Lots	Risk \$	Result \$	R	Plan? Y/N	Emotion and lesson
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												

The weekly review: five numbers

1. Number of trades and the share that followed the plan.
2. Win rate.
3. Average win and average loss (in R).
4. Total costs.
5. Expectancy per trade, using the formula from chapter 2.

Then ask one question: *which rule did I break most often, and what is the smallest change that prevents it next week?*

8. Psychology: Revenge, Overtrading and FOMO

Most trading errors are not analytical; they are emotional. The market is not out to get you. Your own reaction to losing, to missing out and to boredom does the damage. The cure is not "more willpower"; it is rules written in advance that remove the decision.

Revenge trading

What it is: opening trades to win back a loss, usually larger, faster and without a setup.

What it looks like: your stop is hit, and within minutes you reopen in the same direction with a bigger lot because "the market owes me".

Rules:

- After two consecutive losses, or one loss that hurt, close the platform for at least 30 minutes. Take a walk.
- Never increase lot size after a loss. Size only comes from the 1% formula.
- Hit the daily loss limit (see below)? You are finished for the day, not "just one more".

Overtrading

What it is: trading because you are bored, excited or want action, rather than because a setup appeared. It multiplies costs (chapter 6) and mistakes.

Rules:

- Set a maximum number of trades per day (for a beginner, 2 or 3 is plenty) in your plan.
- No setup is a valid reason not to trade. A day with zero trades is a successful day if there was no setup.
- Count trades on your journal page. If you reach the limit, close the platform.

FOMO: fear of missing out

What it is: chasing a move already underway because everyone seems to be making money, entering late with a bad stop distance.

Rules:

- If the entry conditions in your plan are not met, you do not enter. A missed trade costs nothing; a late one costs a lot.
- If you cannot place a logical stop that keeps risk within 1%, skip the trade.
- Remember there is another opportunity every day. The market is open five days a week and will not run out.
- Be careful with social media: you see the winners posting screenshots and none of the losing trades.

Set your hard limits

Limit	Suggested starting point	Why
Risk per trade	1% or less	Survive streaks (chapter 4)
Daily loss limit	2% to 3% of the account (two to three full stop-outs)	Stops a bad day from turning into a bad month
Max trades per day	2 to 3	Controls costs and impulsivity
Weekly loss limit	5% of the account	Forces a review before more damage
Cooling-off after limit	Rest of the day (or week)	Decisions are worst when you are upset

Pre-trade checklist (30 seconds): Is this one of my written setups? Do I know my stop and my size? Am I calm, rested and not trying to recover a loss? Am I inside today's trade count and loss limit? If any answer is no, don't take the trade.

Key points

- Emotions are normal. The remedy is rules fixed in advance.
- A daily loss limit and a maximum number of trades are the two most protective rules for a beginner.
- Skipping a trade is a decision, not a failure.

9. Scams to Avoid: The Checklist

Forex attracts fraud because it combines hope, secrecy and money that can be moved quickly. The rule that protects you from nearly all of it: **nobody else can reliably make you profit, and no one needs your passwords to do it.**

The common scams

- **“Account managers” / PAMM-style offers to trade your money.** Someone promises a fixed monthly return. Real trading does not produce fixed returns. Often your deposit goes to a wallet the fraudster controls, or the screenshots show a fake or demo account. A licensed manager works through a regulated structure and never promises results.
- **“Guaranteed” signals and VIP channels.** Paid Telegram or WhatsApp groups with cherry-picked, edited or backdated screenshots. A channel that shows only wins is selling a story. A history that cannot be independently verified is worth nothing.
- **Fake and unregulated brokers.** Copycat websites, cloned licence numbers, brokers regulated only in small offshore jurisdictions, and platforms that show a profit but never let you withdraw. Typical signs: bonuses with impossible “turnover” conditions, withdrawal fees that appear later, pressure to deposit more to “unlock” funds.
- **Telegram and social-media impersonators.** Accounts pretending to be a well-known trader, a broker's support agent or even the author of a review site, contacting you first in a direct message. Real brokers do not start private chats to ask you for money or remote access.
- **Romance and “mentor” scams.** A friendly stranger builds trust for weeks, then introduces a “profitable platform” they just happen to know.
- **Recovery scams.** After you lose money, someone offers to get it back for an upfront fee. They are the same people, or they buy lists of victims. Recovery services that charge upfront are almost always a second theft.
- **Copy-trading and robot sellers.** Expert advisors or “bots” sold with screenshots and no verified, live, long-term track record.

Red-flag checklist

If you tick **any one** of these, stop and walk away:

1. They promise or imply fixed, guaranteed or “almost certain” returns.
2. They contacted you first, privately, out of nowhere.
3. They ask for your trading password, remote access (AnyDesk, TeamViewer) or an API key.
4. You must send money to a person's card or crypto wallet instead of a licensed company's account.
5. They create urgency: “the offer ends today”.
6. You cannot verify the company's licence on the regulator's own website (not through a link they send you).
7. Withdrawals are delayed, or you are asked to pay a fee or tax to release your money.

8. The only evidence is screenshots.

Five checks before you open an account

1. Find the broker's regulator and licence number, then search for it on the regulator's official website by typing the address yourself.
2. Confirm the legal entity named in the client agreement is the one holding the licence.
3. Check whether client funds are segregated and whether negative balance protection is offered.
4. Test a small deposit and a small withdrawal before you deposit more.
5. Read independent reviews from several sources, and treat any site that never lists drawbacks with suspicion, including this one: we publish pros and cons for each broker, and you should compare us with others.

If you are already caught: stop sending money, keep all messages and transaction records, tell your bank or payment provider immediately, report to the national financial regulator and the police, and do not pay anyone who offers to recover the funds for a fee.

10. Your 30-Day Plan and the Go-Live Checklist

You cannot get experience quickly, but you can arrange to get it cheaply. This plan uses demo money for the expensive mistakes, and only then risks a small live amount.

Week 1: Learn and set up

- Read this guide and, for each instrument you plan to trade, find its contract size, pip value, spread and swap in your platform.
- Open a demo account (with a balance similar to what you would really deposit).
- Fill in the trading plan (chapter 7). Keep it to one setup.
- Learn your platform: placing orders with a stop-loss attached, modifying them, closing a trade, and how to see your margin level.
- Goal of the week: be able to calculate your lot size in under a minute.

Week 2: Demo with a journal

- Trade your setup only, at the 1% risk size, with a stop on every trade.
- Log every trade immediately in the journal, including the emotion.
- Obey your daily trade limit and loss limit exactly as if the money were real.
- Goal of the week: every single trade follows the plan. Profit is irrelevant this week.

Week 3: Review the statistics

- Calculate the five numbers from chapter 7: trades, win rate, average win and loss in R, costs, expectancy.
- Find the largest drawdown and the longest losing streak. Is it survivable at 1% risk?
- Count your rule breaks. Pick the single most frequent one and design a countermeasure.
- Continue demo trading with the improved rules. A sample of 30 to 50 trades is the minimum; fewer than that is noise.

Week 4: Decide, and go small if the rules were followed

- If you broke your own rules in more than a few trades, repeat weeks 2 and 3. That is a success, not a failure: you found the problem for free.
- If you followed the rules and your expectancy is not negative, you may open a **small** live account, with an amount whose total loss would not change your life. Keep the risk at 1% or less, or lower than 1% for the first month.
- Expect live trading to feel different. Real money amplifies emotion. That is why you start small.

Go-live checklist

Tick every box. If one is empty, you are not ready yet.

- ☐ ☐ I can explain, in two sentences, why my setup should have positive expectancy.
- ☐ ☐ I have at least 30 to 50 logged demo trades with the journal filled in.
- ☐ ☐ At least 90% of my demo trades followed my written plan.
- ☐ ☐ I know my average win, average loss, win rate and costs in R.
- ☐ ☐ I have survived my longest demo losing streak without breaking my rules.
- ☐ ☐ I calculate lot size from the stop distance before every trade.
- ☐ ☐ My broker is regulated, I verified the licence myself, and I tested a small withdrawal.
- ☐ ☐ I know the margin call and stop-out levels, and my effective leverage stays low.
- ☐ ☐ I have set the daily loss limit, weekly loss limit and maximum trades per day.
- ☐ ☐ The money I deposit is money I can afford to lose entirely. It is not borrowed, and it is not for rent, food or tuition.
- ☐ ☐ Nobody has promised me profits, and nobody else has my passwords.

After day 30: keep journaling and reviewing every week. Raise your account size only by adding savings you can afford to lose, never by raising your risk per trade after a lucky run.

Risk Warning and About This Guide

Risk warning

Trading foreign exchange, CFDs and other leveraged products carries a high level of risk and may not be suitable for everyone. Most retail clients lose money. You can lose some or all of your invested capital, and with some providers you can lose more than you deposit. Do not trade with money you cannot afford to lose. Past results do not indicate future results. Nothing in this guide is investment advice, a recommendation, an offer or a guarantee of profit. All numerical examples are simplified and hypothetical; actual contract sizes, spreads, commissions, swaps and margin rules differ by broker and account type. Check the rules and the risk warning of your own provider and the laws of your country. If in doubt, consult an independent licensed adviser.

About Auron FX

Auron FX is an independent guide to forex brokers. We compare brokers by regulation, costs, platforms and withdrawals, and we publish the drawbacks as well as the advantages. **Auron FX is an independent guide; links to brokers are partner links**, which means we may receive compensation if you open an account through them, at no extra cost to you. That compensation never changes our description of a broker's weaknesses, and you should always verify information on the broker's own site and the regulator's register.

More guides, broker reviews and cost comparisons: <https://auronfx.com>

Questions about brokers, spreads or position-size calculations? Try our assistant: <https://auronfx.com/assistant>

© 2026 Auron FX. Free to share in full and unchanged.