



Advanced Mentoring

The Four Legged Stool-Creating the Rock Garden

First we will learn about you. What you want, what you don't want, and who you are.

The questionnaires you've filled out on the website are intended for your own thinking, honest talk with yourself, and for you and your spouse or partner to dialogue about.

Trading is all about your own interaction with yourself, and those around you. The facts, patterns, mechanics or rules of any form of trading system are irrelevant when in the hand of our own emotions.

It's learning how to use our emotions to our advantage, or know when we have "wrong reactions" to what we are trying to interpret.

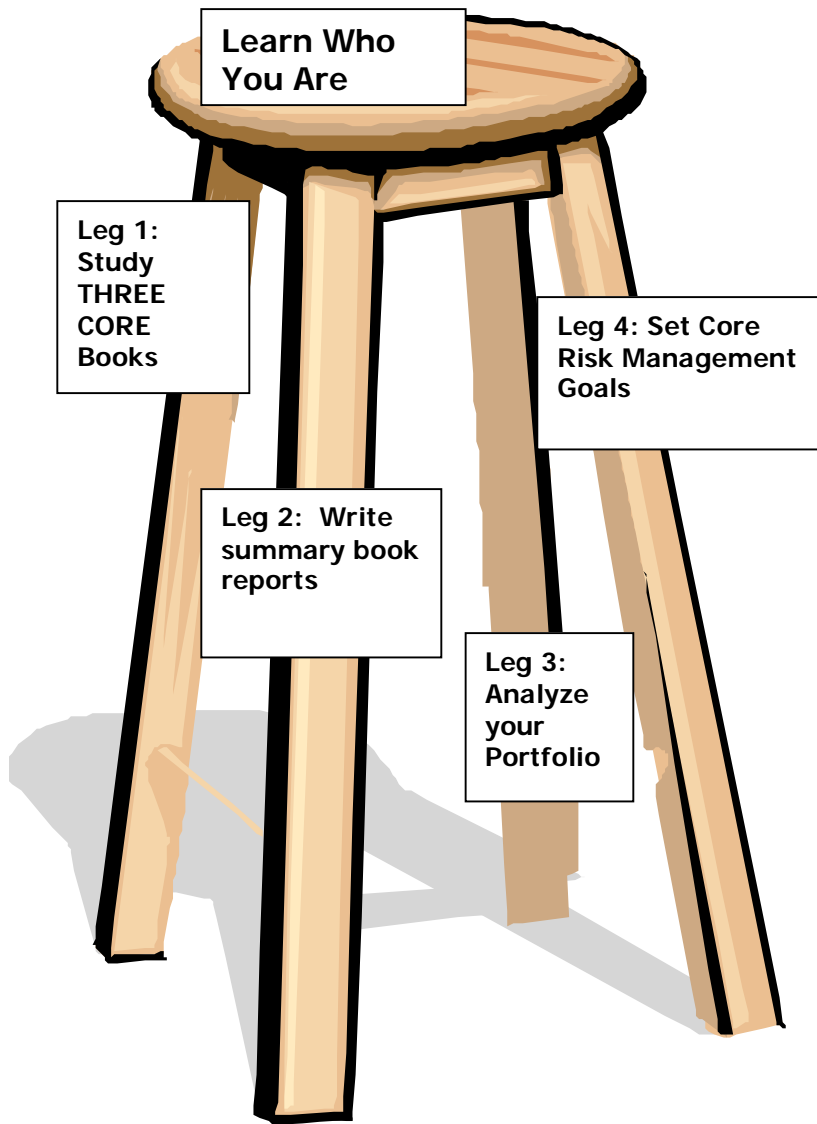
We teach how to trade cash derivative index options, simple puts and calls, around 350 point spreads on the Dow, utilizing point and figure charting, support/resistance, Average True Range, pivots and Fibonacci.

Trading around how the market breathes.

And we teach how to buy good stocks, bonds, and options on stocks when the market is right. Not day trading, and holds of 3 months to 5 years, our goal is to help you individually manage core IRA, Roth's, and

any form of savings you have. You'll think of stocks or bonds in two ways with us: core and speculative.

Everything we teach will be in "steps of 5". We create a stool to sit on. The core issue/process/lesson is the seat of the stool. Following this are the four equal legs of the stool that make it "work", and make it a stool.



Learn Who You Are-Leg #1

- ✓ Take the Myers Briggs psychology tests
- ✓ Fill out both questionnaires on the Advanced Mentoring area of the website (Instructions in “getting started”)
- ✓ If applicable, have your spouse or partner also be involved
- ✓ Study what you write and conclude
- ✓ Write a three (3) to five (5) page “love letter” to yourself. This is your own talk with you. Who are you? What do you want? What is wrong? What is right? Goals? Obstacles? Fears? Addictions? Let it all out. (More instructions in “getting started”)
- ✓ Take real time to study our two movies and podcasts on Effective Releasing and How to Effectively Water a Rock Garden. Both of these presentations are a critical part of developing an emotionally healthy YOU.

Study Three Core Books-Leg #2

- ✓ At OEX and BCO we have a complete library of recommended reading. Don't READ TOO MUCH.
- ✓ Based on your background and personal profiles four “first books” have been recommended to you. Read them in order.
- ✓ Complete a two (2) to three (3) page book report with your summary thoughts on each of these books. Don't prove you've read the book. Instead, prove to you that you understand the principles taught, and what is important to you.
- ✓ As you are reading these books begin study on the Level 3 and Blue Chip Option manuals in the password protected areas of the website. We will be teaching and “focusing” entirely on your understanding and implementation of what is in our manuals.

Analyze Your Portfolio-Leg #3

- ✓ Total assets
- ✓ Total liabilities
- ✓ Clearly go through each of your financial instruments (what you own and what you owe) and explain the logic and reasoning
- ✓ Define your goals. Short-term profits? Long-term retirement goals? Other income? Tell yourself your thinking.

Set Core Risk Management Goals-Leg #4

- ✓ **More important than beginning is knowing when to end.**
- ✓ **Utilizing our teaching in the manuals and the information you gain in our recommended reading, begin a detailed money management outline, inclusive of what you will spend, do with earnings, and when and how you will set stop loss.**

How we teach in Advanced Mentoring is up to you. The four- legged stool we outline above are the five (5) key areas of growth and development that we begin with.

The human mind can only handle four (4) to seven (7) pieces of input at any given time.

We set a series of complex and lengthy tasks for your first work with Advanced Mentoring. You set the schedule and you ask the questions. Although “you don’t know what you don’t know” the steps in our 4 legged stool are designed to “lead you” in effectively educating yourself.

There are no tests in Advanced Mentoring, unless you create them. How this evolves in communication, and what you want to learn from what we “focus” you on is up to you.

As we teach: You Are What You Decide™

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“Caveat Emptor”... Let the buyer beware.