

THE STRUCTURED TRADER BLUEPRINT



The -100 Trade Framework for Learning
Forex, Crypto, Indices & Commodities

Train your mind. Protect your capital.

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⚠️ DISCLAIMER ⚠️

Trading financial markets involves **significant risk**. Profits are **never guaranteed**, and losses are **possible at any time**.

This workbook is provided for **educational** purposes only and should **not** be considered financial or investment advice.

You should **never trade with money you cannot afford to lose**.

All traders are strongly encouraged to begin with a **demo account** before considering trading with real capital.

This guide references **TradingView** as a charting platform because it is widely used. However, this workbook is **not affiliated with TradingView**, and any charting platform or broker may be used.

The purpose of this workbook is to help traders develop:

- ✓ **Structure**
- ✓ **Discipline**
- ✓ **Risk management**

before risking real money in the markets.

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“Success starts with the right mindset.”



Section 2 Demo Trading Setup

“Learn the tools before risking real capital.”



Section 3 Market Basics

“Understand the language of the market.”



Section 4 Chart Structure

“Learn to read the charts like a pro.”



Section 5 Risk Management

“Protect your capital at all costs.”



Section 6 Trade Journal

“Track your progress and learn from your trades.”



Section 7 7 -Day Quick Start Plan

“Your roadmap to trading success.”

WHAT YOU WILL LEARN



Open and use a demo account



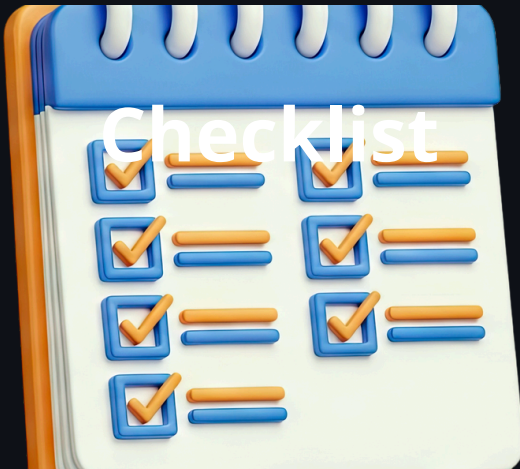
Understand market structure



Identify trend and pullbacks



Manage risk properly



Complete the 100-trade framework



Track and review your trades

WHAT YOU WILL LEARN IN THIS WORKBOOK

The Structured Trader Blueprint is designed to help beginners understand trading in a structured and practical way.

Inside this workbook you will learn:

- ✓ How financial markets like forex, crypto, indices, and commodities work
- ✓ How to open and practice with a demo trading account
- ✓ How to read charts and identify market trends
- ✓ How to identify support and resistance levels
- ✓ How pullbacks create potential trading opportunities
- ✓ How to manage risk using proper stop losses
- ✓ How the 100-Trade Framework builds real experience
- ✓ How journaling trades helps traders improve over time

This workbook focuses on process and discipline, not prediction.

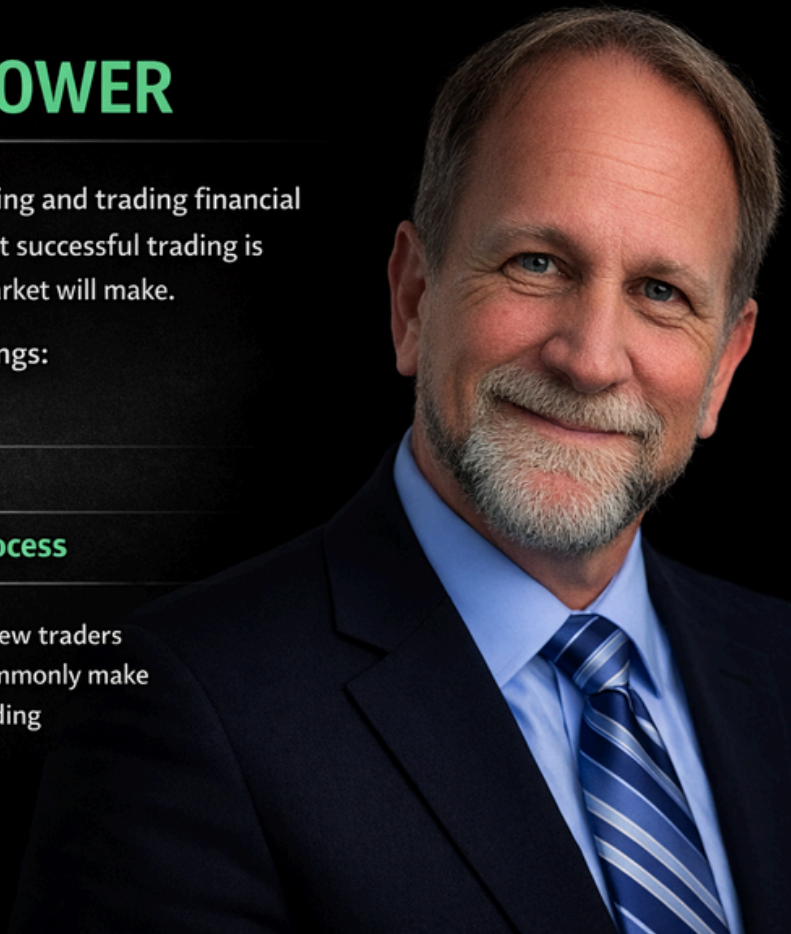
ABOUT BRIAN BOWER

I have spent more than 10 years studying and trading financial markets. During that time I learned that successful trading is not about predicting every move the market will make.

Successful traders focus on three things:

- ✓ **Discipline**
- ✓ **Risk management**
- ✓ **Consistent execution of a process**

The purpose of this workbook is to help new traders avoid many of the mistakes beginners commonly make and develop a structured approach to trading from the beginning.



WHY MOST TRADERS FAIL

Many traders begin trading with excitement but without structure. They jump between strategies, chase trades after big moves, and risk too much money on a single position.



Chasing trades

Entering trades after the market has already moved significantly.



Strategy hopping

Switching strategies constantly without giving any approach time to develop.



Over-risking

Risking too much money on a single trade, which can quickly damage an account.

Structured traders behave differently.

They follow a process and focus on discipline rather *than excitement*.

THE STRUCTURED TRADER PROCESS

Structured traders follow a consistent process before entering any trade. This helps remove emotional decision-making and replaces it with clear steps.

The structured trading process includes:



Identify the overall trend



Locate important support or resistance levels



Wait for price to pull back toward those levels



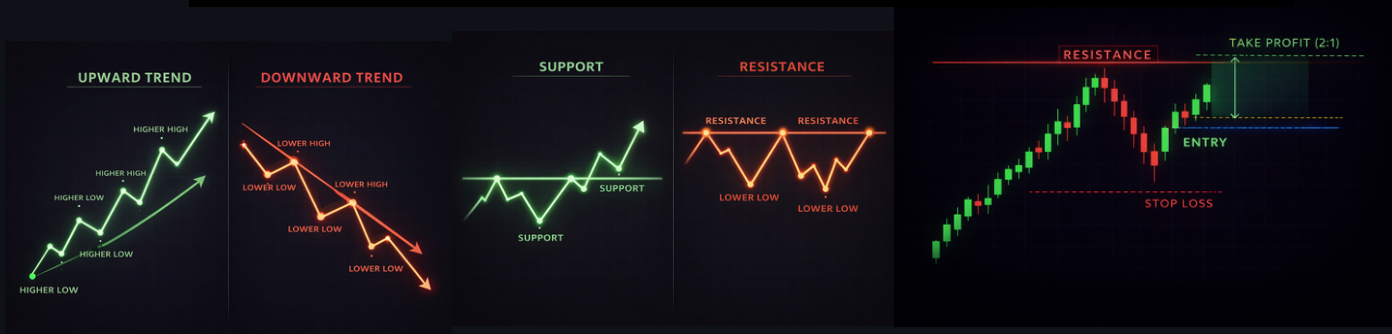
Define risk using a stop loss at bottom or top of structure



Set a realistic profit target 1:1 or 1:2 to start with

If one of these steps is missing, the trade should be avoided.

Consistency in following this process is what helps traders improve over time.



HOW TO USE THIS WORKBOOK

This workbook is meant to be used actively rather than simply read once. The best way to use this guide is to follow these steps:

- ✓ Open a demo trading account.
- ✓ Study charts using a charting platform such as TradingView or another platform you prefer.
- ✓ Practice taking trades using a demo account using simulated funds.
- ✓ Record every trade in the trade journal section of this workbook.
- ✓ Complete the full 100-Trade Framework.

The goal is to develop experience and discipline through repetition.

TRADER COMMITMENT

Learning to trade requires patience and discipline.
Before beginning, commit to following the process.

Name: _____ Date: _____

Primary market I plan to study: _____

Primary timeframe I plan to study: _____

Commitment checklist:

- I will complete at least 100 demo trades before risking real money
- I will follow proper risk management
- I will journal every trade
- I will focus on discipline instead of prediction



SECTION 1



MINDSET FOUNDATION



Discipline creates consistency.



WHY YOUR MINDSET MATTERS

Trading is not just about strategy — it's about control.

Trading is as much psychological as it is technical.

The market is always moving — but your edge comes from how you respond to it.

Most traders don't fail because of strategy.
They fail because they cannot control their emotions.



FEAR

Causes you to:

- Exit trades too early
- Doubt your plan
- Avoid valid setups

Result:

Missed opportunities
and inconsistent results



GREED

Causes you to:

- Hold trades longer than planned
- Ignore take profit levels
- Over-risk for bigger wins

Result:

Giving profits back
to the market



IMPATIENCE

Causes you to:

- Enter trades too early
- Skip confirmation
- Trade out of boredom

Result:

Low-quality trades
and unnecessary losses

Discipline is not about *knowing what to do*.
It's about *doing it* — every time.

When you control your emotions:

- You follow your plan
- You take better trades
- You stay consistent

This is where real progress begins.

COMMON EMOTIONAL MISTAKES

Some emotional behaviors often appear when traders lack discipline.



Fear of missing out (FOMO)

Traders enter a trade because the market is already moving quickly.



Revenge trading

After a losing trade, traders immediately take another trade to try to recover losses.



Overconfidence

After winning trades, traders may increase risk or ignore their rules.

The purpose of developing discipline is to prevent these behaviors.

THE DISCIPLINE PYRAMID

Trading discipline develops in layers.



Without the lower layers, the upper layers cannot function properly.

WHY DISCIPLINE IS BUILT THROUGH REPETITION



One good trade does not make someone a successful trader.



Improvement comes from **repeating** the same **structured process** over many trades.



This is why the **100-Trade Framework** exists in this workbook.



Repetition builds familiarity with **charts, patterns,** and **emotional control.**



Confidence in trading *does not come from predictions.*



Confidence comes from experience and repetition.



SECTION 2



DEMO TRADING SETUP



Practice first. Risk later.



WHY START WITH A DEMO ACCOUNT

A demo trading account allows traders to **practice using simulated funds** while markets move in real time.

This means traders can learn:

- How the platform works
- How charts move
- How trades are placed
- How stop losses function

Most importantly, demo trading removes financial risk while learning.

It allows traders to make mistakes safely while building experience.



OPENING A DEMO ACCOUNT

Most brokers provide demo accounts that can be **opened quickly**.



1. **CHOOSING A BROKER**
or trading platform



2. **OPENING A
DEMO ACCOUNT**



3. **RECEIVING SIMULATED
TRADING FUNDS**



4. **ACCESSING CHARTS
AND TRADING TOOLS**



These simulated funds can be used to practice trading
under real market conditions.



USING TRADINGVIEW FOR CHART ANALYSIS

TradingView is a popular charting platform used by many traders **around the world**.

IT ALLOWS TRADERS TO:



View **charts**



Change **timeframes**



Draw **support and resistance levels**



Study **price movements**



This workbook references **TradingView** because it is widely used.

- However, this **guide is not affiliated with TradingView**, and any charting platform may be used.

BASIC CHART NAVIGATION

Most charting platforms allow traders to perform a few key actions:



Zoom In or Out on Price Charts

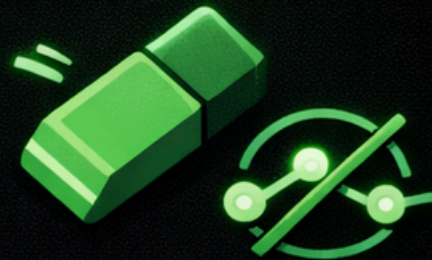


1H 4H 1D

Change Chart Timeframes



Draw Horizontal Levels



Remove Indicators or Clutter

Learning these basic functions makes
chart analysis easier.

The goal is to keep charts simple and readable.



SECTION 3



MARKET BASICS



Understanding the markets.



MARKETS YOU CAN TRADE

Several financial markets can be traded using similar chart analysis. These include:



Forex

Trading currency pairs such as EUR/USD.



Cryptocurrency

Trading digital assets such as Bitcoin or Ethereum.



Indices

Trading market indexes such as the S&P 500.



Commodities

Trading physical resources such as gold or oil.

This workbook can apply to any of these **markets**.

WHY BEGINNERS SHOULD START WITH FOREX

The forex market is often recommended for beginners. This is because:

- It has very high liquidity
- It operates nearly 24 hours per day
- Many pairs have smoother price movement



Beginning with one or two currency pairs allows traders to focus on **learning chart behavior** rather than switching between many markets

GLOBAL TRADING SESSIONS

The global market operates through three main trading sessions.



Asian session

London session



New York session

Market activity tends to **increase** during the **London and New York** sessions.

Understanding when markets are most active can help traders identify potential opportunities.

BEST TIMES TO TRADE

Some currency pairs move more actively when their regional markets are open.

For example:

European currency pairs often move more during the **London session**



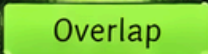
 **EUR/USD**

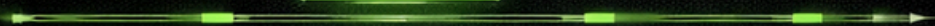


 **GBP/USD**



U.S. dollar pairs often move more during the **New York session**

London Session  New York Session



The **overlap** between the London and New York Sessions often produces strong market movement.



SECTION 4



CHART STRUCTURE



Learning to read price movement.

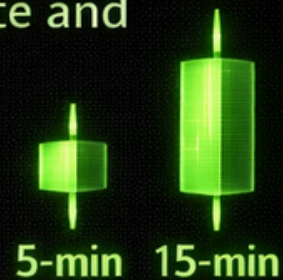


TIMEFRAMES

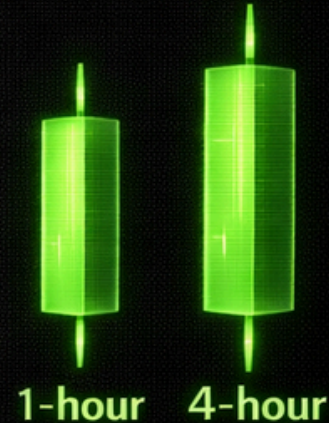


Different traders use different timeframes.

Shorter timeframes such as 5-minute and 15-minute charts are often used by traders who actively monitor markets.



Longer timeframes such as the 1-hour and 4-hour charts are often used by traders who may not watch charts constantly.



Selecting a timeframe that fits your schedule is important.



IDENTIFYING TREND

One simple method for **identifying trend** is to review the previous four hours of price movement.

If price forms **higher highs** and **higher lows**, the market may be **trending upward**.



If price forms **lower highs** and **lower lows**, the market may be **trending downward**.



If price moves sideways **without clear direction**, the market may be **consolidating**.



Recognizing the trend helps traders avoid trading against market momentum.

SUPPORT AND RESISTANCE



Support and resistance represent areas where price has reacted in the past.

Support is a price zone where **buyers** previously entered the market.



Resistance is a price zone where **sellers** previously entered the market.



These areas can sometimes act as turning points for price movement.



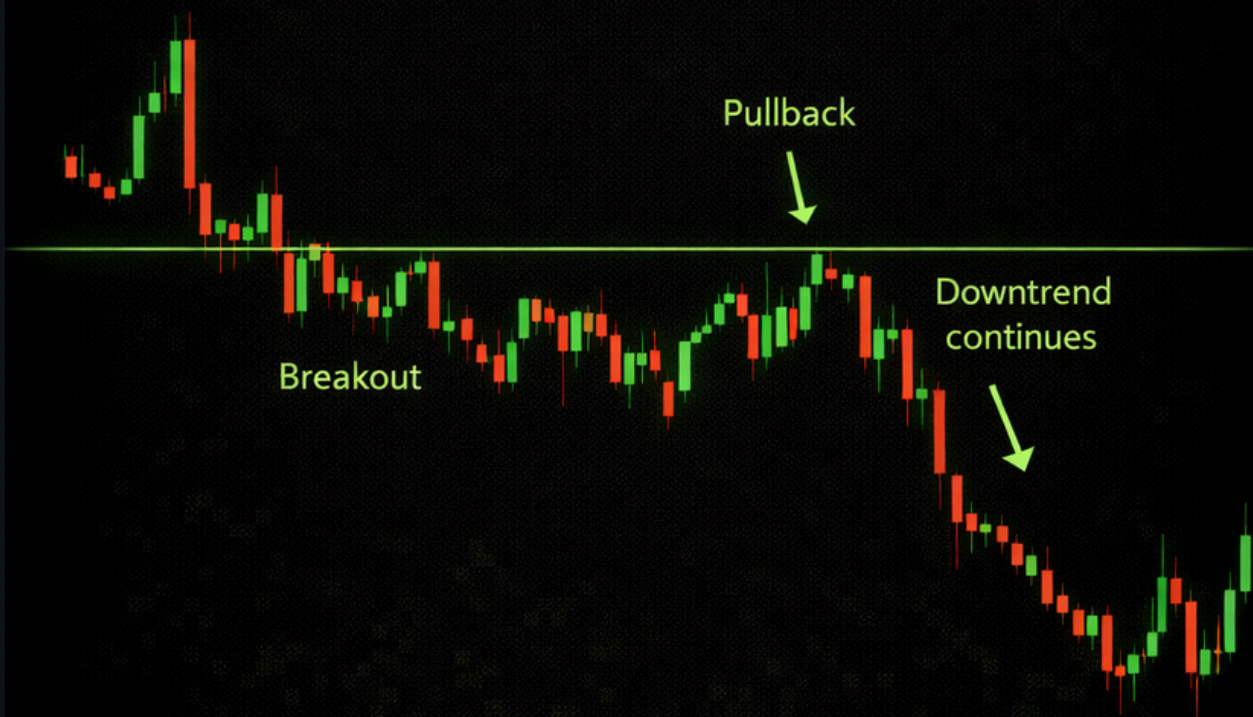
Many traders **look for trade opportunities** when price revisits these zones.



PULLBACKS

Markets rarely move in straight lines.
Instead, they move in waves.

A pullback occurs when price temporarily moves against the main trend before continuing.



Many traders prefer entering trades during pullbacks
rather than chasing price after large moves.



EXAMPLE TRADE STRUCTURE



A simple trade structure might look like this:

- Identify the overall trend
- Wait for a pullback toward support or resistance
- Enter the trade
- Place a stop loss to limit risk
- Set a profit target



This structured approach helps maintain discipline.





SECTION 5



RISK MANAGEMENT



Protecting trading capital.

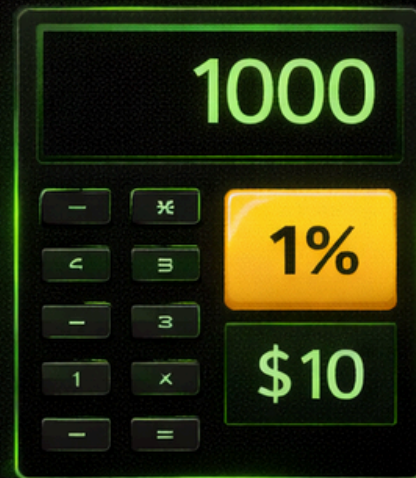


THE 1% RULE

Many traders risk no more than 1% of their account balance on any single trade.

For example:

- If an account contains \$1,000 risking 1% means risking \$10 per trade.
- Place a **stop loss** to limit risk
- Set a **profit target**



Small controlled losses allow traders to remain in the market long enough to develop skill.

STOP LOSS



A **stop loss** automatically closes a trade if the market moves against your position.

- **Stop losses** are important because they protect trading capital.
- Moving a **stop loss** further away after entering a trade can increase risk and should be avoided.



Small controlled losses allow traders to remain in the market long enough to develop skill.

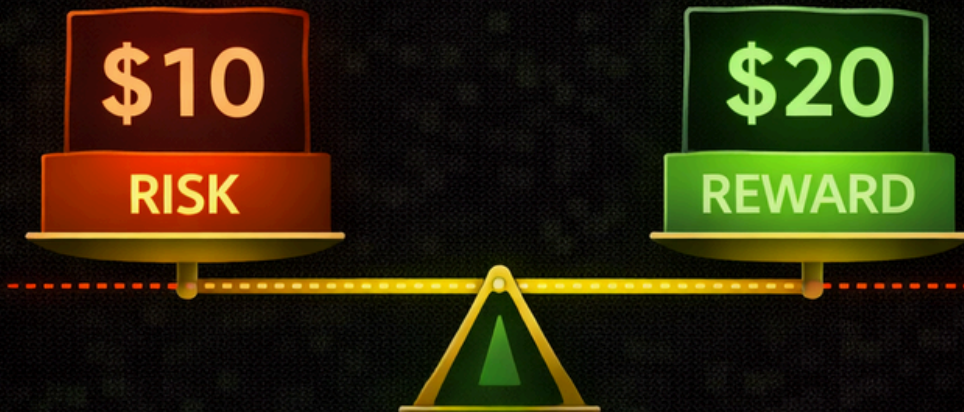


RISK-TO-REWARD

Many traders aim for a 1:2 risk compared to reward.

For example:

Risking \$10 to potentially earn \$20.



Using a favorable risk-to-reward ratio allows traders to remain profitable even if not every trade wins.

PRE-TRADE CHECKLIST



Before entering a trade, review this checklist.

For example:

- Is the market trending?
- Have I identified support or resistance?
- Is price pulling back toward that level?
- Is my stop loss clearly defined?
- Does the trade offer a **1:2 risk compared** to reward?

If the checklist is incomplete, the trade should be avoided.



WHY COMPLETE 100 TRADES



Learning trading requires repetition.

- One or two trades cannot determine whether a strategy works.
- Completing **100** trades allows traders to develop experience and discipline.

The framework divides trades into **four blocks of 25 trades**.



BLOCK 1 — DISCIPLINE

Trades 1~25 Focus on Discipline



Follow Your Rules

Stick to your trading plan.



Record Every Trade

Log all entries & exits.



Ignore the Profits

Focus on the execution.

Execute the **Process Correctly**

BLOCK 2 — CONSISTENCY

Trades 26~50 Focus on Consistency



Review Your Journal

Identify your mistakes.



Follow the Rules Consistently

Consistency becomes the priority.

Consistency **Becomes the Priority**

BLOCK 3 — PRECISION

Trades 51~75 Focus on Improving Entry Quality



Recognize Stronger Setups

Identify high-probability trades.



Avoid Weaker Setups

Skip trades with low potential.

Quality Entries Improve Results

BLOCK 4 — EMOTIONAL STABILITY

Trades 76~100 Focus on Emotional Control



Overcome Fear

Think rationally.



Resist Greed

Stick to your plan.

Emotional Stability Prevents **Impulsive Trades**

100 TRADE TRACKER

Track your progress. Build your discipline.

DISCIPLINE

1	2	3	4	5	6	7	8	9	10	11	12	13	14
15	16	17	18	19	20	21	22	23	24	25	26	27	28
29	30	31	32	33	34	35	36	37	38	39	30	31	32

CONSISTENCY

✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
✓	✓	✓	✓	✓	✓	22	23	24	25	26	27	28	29

PRECISION

✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
30	31	32	33	34	35	36	37	38	39	30	31	32	33
34	35	36	37	38	39	40	41	42	43	44	45	46	47

EMOTIONAL CONTROL

71	77	78	79	79	80	31	32	83	74	75	76	77	78
79	80	81	82	83	84	85	86	87	88	89	90	91	92

Progress builds confidence.
Consistency builds results.





SECTION 6



TRADE JOURNAL



Learning from your trades.



HOW TO JOURNAL

Recording trades helps traders identify patterns and mistakes.

Each journal entry should include:

- Trade number
- Date
- Pair traded
- Timeframe
- Result
- Rules followed
- Memo explaining the reason for the trade




Progress builds **confidence**.
Consistency builds **results**.



JOURNAL WORKSHEET

Trade #: _____

 Date / Time: _____

 Pair: _____

 Timeframe: _____

Result:

WIN

LOSS

BREAKEVEN

Rules Followed:














MEMO

 Explain why the trade was taken and what was learned.



 Key Learnings: _____

Stay Disciplined. Track Every Trade. Improve Always.





SECTION 7



7-DAY QUICK START PLAN



Building momentum.



7-Day TRADING

BEGINNER CHALLENGE



DAY 1 – Set up demo account



DAY 2 – Study charts and price movement



DAY 3 – Practice identifying trends



DAY 4 – Mark support and resistance levels



DAY 5 – Study pullbacks



DAY 6 – Place demo trades



DAY 7 – Review journal entries.



TRADING COMMUNITY

Trading can feel overwhelming when done alone.

Our trading community includes more than **6,000 traders** of mixed experience levels.



MEMBERS HAVE ACCESS TO:



Discord Discussions

Connect, share, and grow with active traders



Mentor Training Sessions

Learn directly from experienced traders



Live Group Learning

Real-time analysis, Q&A, and guided sessions



Proprietary Indicators

Tools designed to enhance your strategy

Membership is optional and offered on a **monthly basis**.

*Trading is not about predicting
the market perfectly.*

*It is about **discipline,**
protecting capital, and improving
through repetition.*

If this workbook helps you develop structure
and avoid common **mistakes,**
it has served its purpose.

**Train your mind.
Protect your capital.**

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