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Building Your Legacy: Finalizing Your Path To Futures Trading

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As with all investments, your capital is at risk

Building Your Legacy: Finalizing Your Path To Futures Trading

CME Group - Ryan Gorman

TJM Institutional - Jim Iuorio

What We Have Covered

- What Are Futures - Why they are important
- Technical / Fundamental Analysis
- Spread Trading
- Options Trading

Now what? Where do you start?

The Core Challenge: Why Discipline Matters

From Reactive Trading to Repeatable Success

The Problem with Reactive Trading:

● Impulsive decisions driven by Fear and Greed.

● Inconsistent results; difficult to analyze what worked or what didn't.

● High emotional stress leading to burnout and costly errors.

The Solution: A Professional Process Successful futures trading must be treated like a business. A business relies on a structured, repeatable process to generate predictable results.

Our Focus Today: The Three Pillars of Disciplined Trading

1. STRATEGIZE: Define Your Edge and Risk.
2. PLAN: Create the Daily Playbook.
3. EXECUTE: Maintain Consistency & Accountability.

Pillar 1: Strategize - Defining Your Edge

Define Your Trading Edge

● Identify the Inefficiency: What predictable behavior or market condition are you exploiting? (e.g., Seasonal trends, volatility normalization, supply/demand imbalances in spreads).
● Market Focus: What specific instruments (e.g., Crude Oil Spreads, Corn Futures) and timeframes (Day Trade, Swing Trade) will you focus on?

2. Establish Strict Risk Parameters

● Risk Per Trade: Never trade above your stated risk tolerance.
● Daily/Weekly Loss Limits: Define a maximum drawdown threshold. When you hit it, walk away—no exceptions, no revenge trading.
● Risk/Reward Ratio: Understanding the entry and exit before the trade

Pillar 2: Plan - Creating the Daily Playbook

1. The Pre-Market Routine

● Macro Analysis: Review economic calendars for high-impact news that affect your instrument.

● Technical Mapping: Identify key Support & Resistance levels on higher time frames.

● Set the Bias: Determine your expected scenarios for the day

2. Trade Checklist & Position Sizing

● Entry/Exit Rules: Define the precise criteria for entry (e.g., "Wait for 15-minute close above resistance").

● Stop-Loss Placement: Where is the price level that invalidates your trade thesis? This must be set before entry.

● Calculated Size: Use your Stop-Loss distance and your Risk-Per-Trade rule

Pillar 3: Execute - Consistency and Control

1. Adherence, Not Perfection

- Be Patient: Only take setups that meet all criteria on your checklist. Missing a trade is always better than forcing a bad one.
- No Second-Guessing: Once the trade is live, do not move your initial stop-loss further away to avoid a loss. That is a failure of discipline, not strategy.
- Trade as a Unit: Execute both the entry and the defined stop/target as part of one single action.

2. Post-Session Review (The Feedback Loop)

- The Trading Journal: Every trade must be logged immediately. Record:Setup, Entry/Exit Price, P&L.
  - Crucially, your emotional state (Fear, Excitement, Fatigue).
- Review Process: At the end of the week, review: Did I follow my plan? If the answer is No, that's your area for improvement—not the market.

Conclusion & Next Steps

Control the process, not the outcome

Sustained success in futures trading comes down to converting your strategy into a reliable, unemotional process.

	Pillar	Focus	Key Action
1.	Strategize	Define the Edge	Set Risk Per Trade
2.	Plan	Create Playbook	Complete Pre-Trade Work
3.	Execute	Be consistent	Document Trades

Market Outlook 2026

Fed Policy

Global tensions / uncertainty

Equities

Precious Metals

Crypto

Energy

Questions