

■ Phase 2 Roadmap: From Beginner to Confident Trader

1. Strengthen Risk Management

- Keep trades small (1 contract max per ticker).
- Maintain 30–50% of account in cash.
- Practice rolling options before expiry.

2. Learn Trade Adjustments (Rolling)

- Roll Out (time): Extend trades for more premium.
- Roll Down/Up (strike): Adjust strikes to match stock moves.
- Practice rolling weekly options to monthly.

3. Expand Income Tools

- Move from covered calls → covered strangles (Wheel 2.0).
- Try diagonal spreads (weekly income vs long-term LEAPS).

4. Portfolio Thinking

- Diversify into 3–5 stable stocks/ETFs.
- Spread trades across sectors (tech, healthcare, finance).
- Track overall portfolio income instead of single trades.

5. Build Consistency & Discipline

- Journal every trade (entry, exit, adjustment, outcome).
- Measure monthly premium collected and win %.
- Focus on steady gains (1–3% monthly target).

6. Scale Up Safely

- Once consistent, move from 1 → 2–3 contracts.
- Only increase size after 3 profitable months in a row.
- Hedge if volatility spikes (buy protective puts).