

MIND MONEY MASTERS

The Cash-Secured Put Trade Planner

*The 1-Page Worksheet That Walks You
Through Your First Trade — Before You Click*

The Trade You Plan Beats The Trade You Feel

Here's what almost every new options trader does on their first trade:

They open the option chain. They scroll through dozens of strike prices. They get overwhelmed. They pick something that "looks right." They click. Their heart races. The screen turns red or green.

And whether they win or lose, they've already lost the most important thing:

The discipline to know what they were actually doing.

A trade you can't explain on paper before you place it is a trade you can't learn from after you place it. You won't know if you won because you were good or because you were lucky. You won't know if you lost because of the strategy or because of you.

This planner solves that. It's one page. It takes about 5 minutes. And it forces you to answer the questions that separate a real trade from a gamble:

- What stock am I trading and why?
- How much money is actually at risk?
- What's my plan if the trade works?
- What's my plan if it doesn't?

If you can't answer all four — don't place the trade.

The 8-Step Pre-Trade Plan

Walk through these in order. Each one builds on the last. By step 8, you'll either be ready to place the trade — or you'll know exactly why you shouldn't.

Step 1 — Pick Your Stock

Choose a stock from your watchlist. One you'd be comfortable owning 100 shares of.

Step 2 — Confirm The "Why"

Write down, in one sentence, why you'd own this company. If you can't articulate it, this isn't your trade.

Step 3 — Note The Current Share Price

Pull this from your broker. This is your reference point for everything below.

Step 4 — Choose Your Strike Price

This is the price you'd be happy buying the stock at. For beginners: 5–10% below the current price is a good starting zone.

Step 5 — Choose Your Expiration

How long until the contract expires. For beginners, 2 to 6 weeks out is the sweet spot — long enough to collect meaningful premium, short enough to learn quickly.

Avoid expirations that fall on or after the company's next earnings date.

Step 6 — Calculate The Numbers

Three quick calculations. They tell you everything you need to know about the trade:

- Cash needed to secure: $\text{Strike} \times 100$
- Return if expires worthless: $\text{Premium} \div \text{Cash needed}$
- Effective purchase price if assigned: $\text{Strike} - (\text{Premium} \div 100)$

Step 7 — Write Both Plans

Plan A: What you'll do if the option expires worthless (you keep the premium and sell another put).

Plan B: What you'll do if you get assigned (you own the stock and start selling covered calls).

If both plans don't sound good to you, this isn't a good trade.

Step 8 — The Final Check

Two yes/no questions. Both must be "Yes" before you click.

- Am I genuinely comfortable owning 100 shares of this stock at the strike price?
- Is the cash needed less than 5% of my total trading account?

Your Trade Planner

Print this page. Or fill it out in a notebook. The act of writing it out matters — typing into a form is too easy to skip.

1. Stock Ticker <i>What company are you trading?</i>	
2. Why You'd Own It <i>One sentence — why is this a quality company?</i>	
3. Current Share Price <i>Pulled from your broker today</i>	
4. Strike Price <i>5–10% below current price</i>	
5. Expiration Date <i>2–6 weeks out, before next earnings</i>	
6. Premium Expected <i>Per contract — what you'll be paid</i>	
7. Cash Needed <i>Strike × 100</i>	
8. Return If Expires <i>Premium ÷ Cash needed (as a %)</i>	
9. Effective Buy Price <i>Strike – (Premium ÷ 100) if assigned</i>	
10. Plan A — If It Expires <i>What's your next move? (sell another put)</i>	
11. Plan B — If Assigned <i>What's your next move? (sell covered call)</i>	
12. Final Check <i>Comfortable owning? Position under 5% of account?</i>	

A Completed Example

Here's what a finished planner looks like. Numbers below are illustrative only — they show you the format, not a recommendation.

1. Stock Ticker	KO (Coca-Cola)
2. Why You'd Own It	Global brand, 60+ years of dividend growth, stable cash flow.
3. Current Share Price	\$70.00
4. Strike Price	\$65 (about 7% below current)
5. Expiration Date	30 days from today, no earnings in window
6. Premium Expected	\$0.80 per share = \$80 per contract
7. Cash Needed	$\$65 \times 100 = \$6,500$
8. Return If Expires	$\$80 \div \$6,500 = 1.23\%$ in 30 days
9. Effective Buy Price	$\$65 - \$0.80 = \$64.20$
10. Plan A — If It Expires	Sell another 30-day put at the same or new strike.
11. Plan B — If Assigned	Own 100 shares at \$64.20 effective. Sell covered call at \$70 strike for additional income.
12. Final Check	Yes, comfortable owning KO at \$64.20. Yes, \$6,500 is under 5% of account.

You Can Plan The Trade. Now Learn To Run The System.

This planner walks you through one trade. But the real wins come from running the system — week after week, trade after trade — with the discipline to let it work.

Inside Escape the 9–5 Grind, you'll get:

- The complete weekly framework, not just the first trade
- How to read the option chain to find the right premium fast
- The exact rules for choosing strikes, expirations, and position size
- What to do when a trade goes against you (without panicking)
- The full 30-day starter plan, week-by-week
- How to scale this from one trade a month into a real income system

Get the full step-by-step system →
www.mindmoneymasters.net/next_steps