

MIND MONEY MASTERS

The 5-Stock Wheel Strategy Watchlist

*A Beginner's Framework For Picking Stocks
You'd Actually Be Comfortable Owning*

Why Most Beginners Lose Before They Start

Most people who try options trading skip the most important step:

Choosing the right stocks.

They open a brokerage account, see hundreds of tickers, and start trading whatever's hot, whatever a friend mentioned, or whatever shows up on YouTube.

Then they wonder why their account bleeds out.

Here's the truth most courses won't tell you:

The strategy is not the edge. The stock list is.

If you sell cash-secured puts on bad companies, you'll eventually own bad companies. And once you own a stock that keeps falling, the income strategy turns into a slow trap.

But if you sell puts on stocks you'd actually be happy to own, every outcome works in your favor:

- If the stock stays up, you keep the income.
- If the stock drops, you own a quality company at a price you chose.

This guide gives you the exact criteria to build that list — and three real-world examples to show you what "good" looks like.

The 5-Point Criteria

Before any stock makes your watchlist, run it through these five filters. If it fails any one of them, leave it off. There are 7,000+ stocks out there. You only need 5.

1. The "Would I Own It?" Test

If you wouldn't be comfortable owning 100 shares of this company for the next 12 months, it doesn't belong on your list.

This is the #1 rule. Everything else is secondary.

2. Large, Established Companies Only

Stick to large-cap companies (typically \$10 billion+ market cap). These are companies you've heard of. They have real revenue, real customers, and don't disappear overnight.

Avoid: penny stocks, hype stocks, recent IPOs, anything you'd have to Google to know what it does.

3. Affordable Share Price

Cash-secured puts require you to set aside enough money to buy 100 shares. So a \$50 stock needs \$5,000 in collateral. A \$300 stock needs \$30,000.

For beginners, look for stocks priced between \$15 and \$75 per share. This keeps trades small enough to learn without overcommitting capital.

4. Pays a Dividend

A dividend is a signal — it tells you the company is generating real cash and choosing to share it.

Dividend-paying companies tend to be more stable, less volatile, and easier to hold if you get assigned.

This isn't a hard rule, but it's a strong filter that eliminates most speculative names.

5. Liquid Options

Some stocks have options that almost no one trades. That makes it harder to enter and exit at fair prices.

In your broker's option chain, look for:

- Open interest above 100 on the strikes you're considering
- Tight bid-ask spreads (the gap between buy and sell prices)

If the option chain looks empty or the spreads look wide, move on.

Your Watchlist

Below are three example stocks that have historically passed the 5-point criteria. They are starting points, not recommendations — always verify the current price, dividend, and earnings date before trading.

Use the blank rows to add your own picks.

Ticker	Company	Why It Qualifies	Current Price	Target Buy Price	Earnings Date
KO	Coca-Cola	Global brand, decades of dividend history, low volatility, affordable share price.	\$ ____	\$ ____	____
VZ	Verizon	Telecom giant, strong dividend, predictable cash flow, affordable share price.	\$ ____	\$ ____	____
PFE	Pfizer	Major pharma, dividend-paying, defensive sector, lower share price.	\$ ____	\$ ____	____
____	____	____	\$ ____	\$ ____	____
____	____	____	\$ ____	\$ ____	____

Quick rule for setting your Target Buy Price:

Pick a price 5–10% below the current price. That's a level where you'd happily own the stock if it fell that far. The strike of the cash-secured put you sell will be at or near this number.

How To Use This Watchlist Each Week

This list is not something you build once and forget. It's a living document. Spend 10 minutes on it every Sunday and you'll be ready for the week.

Sunday: Update

- Check the current price for each ticker
- Update your Target Buy Price (5–10% below current)
- Note any earnings dates coming up in the next 2 weeks
- Skip any stock that has earnings inside your trade window

Monday: Pick One

Choose one stock from the list. Just one. The one that looks cleanest — no upcoming earnings, current price near your target, decent option premium available.
That's the stock you trade this week.

The Rest of the Week: Wait

This is where most people fail. They feel like they should be "doing more." Watching charts. Adjusting trades. Reading news.
Don't.

The strategy works because you let it work. You picked a quality stock at a price you'd own it. Time is on your side. Let the trade play out.

You Have The List. Now What?

This watchlist tells you which stocks to trade.

It doesn't tell you how to actually place the trade — what strike to choose, what expiration to pick, how much premium to expect, or what to do if the stock gets assigned.

That's what the full system covers.

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

- How to read an option chain in under 60 seconds
- Exactly which strike and expiration to choose as a beginner
- The simple math behind every cash-secured put trade
- What to do when you get assigned — step by step
- How to roll the strategy into a covered call for a second income round
- The complete 30-day plan to start small and build confidence

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