
What is Trading?



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Trading is the process of buying and selling financial assets like currencies, stocks, or commodities to take advantage of price movements. In simple terms, traders look to buy when they think the price will go up, or sell when they think it will go down, then close the trade once they've made a profit or managed their risk.

Key Points:

- The goal is to make a profit from price movements
- Traders buy when they expect prices to rise and sell when they expect prices to fall
- Markets move based on supply and demand, news, and global events
- Trades are opened and closed within different timeframes (minutes to days or longer)
- Success depends on analysis, strategy, and timing
- Risk management is essential because losses are part of trading
- The aim is consistency, not just one-off profits

Important Tips:

- Trading is about buying low and selling high (or vice versa)
- The goal is to profit from price movement, not predict perfectly
- Markets move because of supply and demand
- You don't need to trade all the time — less can be more
- Every trade has risk, not just reward
- Protecting capital comes first, profits come second
- Consistency matters more than one big win
- A good trader follows a plan, not emotions
- Understanding the market is better than chasing signals
- Survival in the market is the real long-term goal