[**A Trader's Focus**](http://www.forexstrategysecrets.com/blog/a-traders-focus.htm)

Have you stopped lately and thought back as to why you are trading. Or do you need  
to stop and figure out why you want to get into trading in the first place? Is it  
to build capital or is it to trade full time to replace your income, or for some extra  
income? WHY DO I WANT TO TRADE? The answer to this question will help you maintain  
your trading focus.

Once you know why you want to trade then you can set weekly and monthly goals.  
This will automatically set you annual goals. It is easy to get caught up in making  
[winning trades](http://www.forexstrategysecrets.com/blog/prepare-for-success.htm) that you forget why you started to trade. This will also help you  
chose your trading style.

Maybe your goals include having some free time. Then you might say I will only  
trade between two set times and only trade 3-4 days a week. Maybe you want to have  
an extra $100,000 when it comes time to retire. Then you need to figure out how many  
years you have until retirement then how much you need each year then month then day.  
This will keep you focused on what you are trying to accomplish by trading the currency  
market.

If you want to make a lot of money, then you need to figure out what a lot of money is.  
Your target needs to be specific and measurable. Otherwise you are just spending time  
on an expensive hobby. It needs to be broken down into bite size chunks and reviewed  
on a regular basis.

If you do not have enough starting capital to reach your goal then you need to change  
your [goal](http://www.forexstrategysecrets.com/blog/setting-and-accomplishing-realistic-goals.htm) or earn some more investment capital.

This is just an idea on how to stay focused on the right thing, and that is to  
make money.