JANUARY 30, 2024



Market Trend News





Uranium's all time high of \$148.00 was set in May of 2007. After the high it dipped to \$40ish in 2010 and then back up to \$70+ in 2011. Then the Fukashima nuclear accident occurred in Japan, which was of course very negative for Uranium, pushing it down to a \$17.50 low in 2016.

Why the recent push in the last couple years?

[CNBC: Uranium prices could rally past 16-year highs as the world's largest producer runs short] [YahooFinance: 22 countries want to triple nuclear power. Is there enough uranium to go around?] [IG: Macro Intelligence: nuclear power's new dawn, uranium market hits 16-year high]

Will Uranium continue to rocket or will we see a correction?

Have a Great Week!

📙 Argentina Lithium & Energy Corp

JAN. 2024 19 PAGE PRESENTATION

Jan. 22nd: Argentina Lithium Drilling Continues to Produce Strong Lithium Results at the Rincon West Project



INTERESTING INTERVIEWS & ARTICLES



Chat With Traders Keeping the Lost Art of Order Flow Trading Alive · Gary Norden

LOST ART OF Order Flow Trading



Rick Rule: I Was Early on Uranium, Here's Where I'm Looking Next



Proactive Investors Uranium Market Surge: Sprott Asset Management CEO Reveals Insights for 2024



C rux Invester Why \$100 Uranium is Just The Start of a Long Bull Run



VISUALIZING THE TOP GLOBAL RISKS IN 2024



PREDICTION CONSENSUS: WHAT THE EXPERTS SEE COMING IN 2024

READ FULL STORY

66 If 2023 was a year of big, impressive, generalized AI chatbots, 2024 will be a year

BY: NICCOLO CONTE

of the narrow and specialized.





INTERESTING INTERVIEWS & ARTICLES





January 16th, 2024

Top 10 Themes for 2024

> Paul Wong, CFA Market Strategist

Jacob White, CFA ETF Product Manager Sprott Asset Management LP



Global Shipping: Choking Points Tracy Shuchart interviews Ross Kennedy and John Konrad

VISUALIZING ALL THE NUCLEAR WASTE IN THE WORLD





BY: PRANAV GAVALI

READ FULL STORY



Argentina Lithium & Energy is focused on acquiring high-quality lithium projects in Argentina and advancing them towards production to meet the growing global demand from the battery sector. The Company's management group has a long history of success in the resource sector of Argentina with a strong track record of government & community relations.

SHARE STRUCTURE

As of December 31, 2023

MANAGEMENT

MILES RIDEOUT

CONNIE NORMAN Corporate Secretary

DIRECTORS

and Director

Director

Director

Director

Director

JOSEPH GROSSO

Chief Financial Officer

Chairman of the Board

JOHN GAMMON, PH.D.,

MR. NIKOLAOS CACOS, M.I.M.

MARTIN BURIAN, ICD.D, CPA

DAVID A. TERRY, PH.D., P.GEO

MR. NIKOLAOS CACOS, M.I.M. President and CEO, Director

Vice President Exploration

DARREN C. URQUHART, CPA, CA

Issued	131,158,649
Warrants	70,742,737
Options	11,341,000
Fully Diluted	213,242,386

PARTNERED FOR GROWTH



Invested: US\$90M in ARS\$eq

Ownership in LIT: 19.9% (in Argentina subsidiary with

exchange right to LIT shares provided)

Offtake Guarantee: Up to 15,000tpa

For additional details see the original news release dated September 27, 2023

KEY PROJECT HIGHLIGHTS



 Claims covering +67,000 hectares on 4 salars in the Lithium Triangle.

over 7 years, extendable

- Projects strategically located in pro-mining provinces Salta and Catamarca with year-round access & near key infrastructure.
- Aggressive exploration programs including advancing toward first resource estimate at Rincon W.
- Recently completed first drill program at Rincon W returning moderate to high grades of lithium over long intervals, including:
 - 287 to 402 mg/L Li over 258m starting at 83m depth (2 intervals not sampled, 42m & 33m)







PROJECTS



Four under-explored projects in the heart of the Lithium Triangle in Argentina.

RINCON WEST

- •>5,000ha (~50% wholly-owned and 50% under option)
- Adjacent to Rio Tinto Ltd. and Argosy Minerals lithium development projects*
- Excellent infrastructure including international highway, electric power corridor
- 1st drill program completed; results include:

287 to 402 mg/L Li in 258m interval (RW-DDH-009) (2 intervals not sampled, 42m & 33m) and

329 to 393mg/L Li in 153m interval (RW-DDH-006) and **334 to 382 mg/L Li in 132m interval** (RW-DDH-004) and **337 to 367 mg/L Li in 123m interval** (RW-DDH-002) (40m not sampled)

• 2nd drill program underway + permitting for pump tests

POCITOS

- •>26,000 ha (~50% wholly-owned and 50% under option)
- Excellent infrastructure: International railway to Pacific ports crosses the property; Provincial highway and major gas pipeline nearby
- •New 170 line-km TEM survey underway

ANTOFALLA NORTH

- >10,000ha (Including wholly-owned & under option)
- Major lithium producer Albemarle has large holdings starting 500m to the south*
- Geophysical survey identified high-conductivity targets in upper 100 metres, additional targets at depth
- 110 line-km TEM survey planned to delineate brine targets, with drilling planned to follow in early 2024 (pending permitting)

INCAHUASI

- 100% interest in over 25,000 hectares
- Located north of Lake Resources' Kachi Project*
- Maximum values 409 mg/L lithium and 1.56% potassium recovered in near-surface sampling (to 8m depth)
- 4 drill-holes confirmed lithium-bearing brines (average to date 109 mg/L Li, 6718 mg/L K)



DISCLAIMER: This brochure contains forward-looking statements, including but not limited to comments regarding predictions and projections. Forward-looking statements address future events and conditions and therefore involve inherent risks and uncertainties. Actual results may differ materially from those currently anticipated in such statements. This fact sheet has been reviewed and approved by David Terry, Ph.D., P.Geo., a Director of the company and a Qualified Person as defined by NI 43-101. *Proximity to other mining projects in the area does not provide any assurances with respect to the prospects at the Company's projects.



Argentina Lithium & Energy Corp. Suite 411 - 837 West Hastings Street Vancouver, BC Canada V6C 3N6 Tel: 604-687-1828 | Email: info@argentinalithium.com

Argentina Exploration Office Sobremonte 579, 5500 Mendoza Argentina Tel: + 54 261 425 9567 | Email: adminar@argentinalithium.com



C REATING A PRE-TRADE CHECKLIST FOR SWING TRADING OR DAY TRADING

BY: CORY MITCHELL DECEMBER 28, 2023

For each strategy you trade, have a pre-trade checklist. Before placing your orders, go over the checklist to make sure that the trade meets your strategy guidelines. It is a quick spot-check to make sure you're allocating your money to a good cause.

Your strategy guidelines are laid out in your <u>trading plan</u>. So the checklist is a summarized version of your strategy.

I recommend that traders utilize four "documents" for their trading:

- A trading plan which outlines how, when, and why you trade.
- A <u>daily routine</u> that helps us implement our plan through daily consistency.
- A <u>pre-trade routine</u> that gets us in the proper mind frame for trading.
- A pre-trade checklist or cheat sheet that we can refer to while trading to help us follow our trading plan. This is the focus of this article.

Here is a one-page summary outlining how to make and implement a trading checklist. More details are provided below, as well as checklist examples.

Creating a Checklist for Trading

A checklist for trades **helps us follow the strategies outlined in our Trading Plan. Don't trade without it.** It may only take 1 second for some traders, a minute or 2 for others.

It's a written document (may need to be memorized) covering **what elements must be present or not present to take a trade**. Checklists, when abided by, **reduce mistakes, improve performance**, **keep us out of trouble**.

Checklists vary based on strategy and time frame.

- A day trader's checklist may to be done mentally in rapid market conditions. It may only contain a few points and a take a second or two go through.
- A swing trader or investor may have time for a more thorough checklist, maybe even physically putting checkmarks on a page for each criteria their trade idea passes.

Here are some things to include in a checklist. Pick or add ones important to your strategy.

- Are market conditions (volatility, trend) right for this trade?
- Are there major news events that may occur during the trade? (Economic or earnings)
- Correct entry point based on strategy?
- Is the stop loss reasonable for the potential reward? (risk/reward)
- How am I getting out of this trade? (Not a check mark question, describe)
- Is my position size correct? (Day traders may estimate. Is it estimated?)
- Am I violating any of my Trading Plan rules?

Here are some additional checklist items. May not apply to everyone. **Only use if these issues are causing you problems in your trading.**

- Am I allowed to trade? (Not on a forced break due to recent losses)
- Am I placing this order in the correct hours/my established trading time?
- Is it within my max number of positions I can hold at one time?
- Is it within my leverage tolerance?
- Did I find this trade through the proper means? (Not a "tip" but from my own research)
- What should I remember during the trade? (Key point you've struggled with recently)
- Am I in the right mind frame for this trade? (Not revenge trading, angry, over-confident)

A big list, but some points may already be answered. A swing trader should know market conditions before they even consider a trade. Checking news is done in the Pre-Trade Routine. We know our entry and exit rules, we're just confirming them.

Cory Mitchell, CMT TradeThatSwing.com

TRADETHATSWING.COM

Example Pre-Trade Checklist for Swing Trading Contraction Patterns in Stocks

<u>Contraction patterns</u> are one of my favorite swing trading setups for stocks.

This is my checklist, which is focused on things I want to remember before I take a trade. You may need to remember different things, such as checking <u>position size</u>, or that your <u>stop loss</u> is in the right place, etc. Therefore, this is just an example. The checklist is the bullet-point items. I have added a few comments below each one to help you understand why I chose these particular items.

• Stock is on my scan list?

This helps avoid taking random trades or trading based on "tips". If the stock doesn't fit certain criteria, I don't want to trade it.

<u>Market Health Indicators</u> say ok to trade?

I only want to only take long trades when the market is healthy. If conditions or choppy or the stock market is plummeting, I will day trade or consider short trades. I won't be buying stocks.

• Contraction following strong uptrend (not chop)?

Uptrend, contraction, that's the strategy. If the price has been chopping sideways for 2 years and just happens to form a contraction pattern within that chop, that's not the strategy.

Contraction size is the <u>same or smaller than prior</u> contractions?

If a contraction is too large relative to surrounding price action, it often signals a reversal to the downside or an extended period of sideways movement is forthcoming.

• Down wave 2 drops to near the upward turning point of down wave 1?

This helps avoid "seeing what you want to see". The waves must meet certain parameters. If down wave 2 is really tiny compared to down wave 1, the pattern is usually incomplete and needs more time. Wave 2 down still has to form.

• Contraction longer than 1 month (from first wave peak)?

Short-term patterns can be great, but I have found they don't work great for this particular strategy. The price needs at least a month to coil up, often 2 or 3 months, for a nice strong move upon breakout.

• Historic price moves indicate at least 3:1 <u>reward:risk</u> potential (with room to spare)?

I don't want to assume I'm in a great trade. I want the average moves of the stock to determine what the profit potential is.

• No earnings within a week of entry? If slower mover, 2+ weeks?

I don't hold through earnings. The trade needs enough time to work and potentially hit the target before I close it the day before earnings.

• 3 day+ consolidation, or 2 day+ with false downside breakout?

I need a valid <u>trigger</u> to initiate the trade.

Top quality pattern? (not just now, but based on ALL prior trades taken)

It's not about just taking the best pattern that is out there right now, because they all could be crap. I want my capital to go into the best possible setups. If I have to wait, I wait.

Am I in the right mind frame to do this analysis and place this trade?

Did I do my pre-trade routine before analyzing these trades and placing these orders? Am I calm? And not over-eager, jacked-up, over-confident, anxious, etc?

That's the checklist

The questions need to be answered Yes/Correct in order to take the trade.

This is not an exhaustive list of all the criteria for the strategy. It is just the ones that I like/need to remind myself of. You may forget or miss other things, so you may opt to include those things instead.

Interested in stock trades that last one to three weeks? My <u>Complete Method Stock Swing Trading Courses</u> covers how to find and buy stocks right as they are starting a potentially explosive move.

Example of a EURUSD Rounded Top/Bottom Pattern

RTs and RBs are exceptional patterns/strategies that work on the EURUSD 1-minute chart. The strategy is covered in-depth in the <u>EURUSD Day Trading Course</u>. And check out the quick summary version on this <u>Twitter thread</u> I wrote.

The checklist below is not exhaustive of all the components of the strategy. It's the elements that I like to remind myself of. You may need to be reminded of other elements (where you commonly make mistakes), and thus you would create your own checklist.

When trading a 1-minute chart, we don't have time to physically check off a bunch of items. If day trading, memorize your list. As the pattern is forming, mentally check off each item. Even though you have it memorized, have it written beside you while you trade. Read them every so often while trading to remind yourself what you're looking for.

• Enough movement to warrant trading?

If the price is barely moving the last couple hours, I'm not trading. I don't assume it will start moving more. If it does, then I can trade.

Slowing into high(RT)/low(RB)?

The point of the pattern is that the trend slows and reverses. Without the slowing, the reversal is more questionable, even if it does happen.

Strong reversal?

If the price chops its ways to a reversal, the move has less conviction than a strong swift move.

• Trade trigger within or very close to the existing pattern?

If the trade trigger occurs far away from the rest of the pattern, the move I wanted to be in has already happened. The opportunity is gone; the trade didn't set up. Await another opportunity, such as a TC (another pattern covered in the course).

Clean waves?

Ideally, the pattern is composed of rhythmic waves. If the movements within each wave are choppy, then there will likely be multiple triggers and it's harder to decide which to take. Avoid chop.

The pattern is composed of actual price waves. Not just some sideways candles that happen to make a tiny mountain shape.

• Are people screwed?

The best trades are when people need to flood out of their existing positions which pushes the price in our expected direction. If the price has been chopping around, no one probably cares about the RT or RB. They aren't hurting. After a nice trending move, or after a <u>false</u> <u>breakout</u> of support or resistance, if that RB or RT forms, plenty of people will need to get out.

Small trigger candle/stop loss for the price movement?

If the SL is too big, it's not worth taking. There should be enough movement that the target, which is a multiple of the stop loss, can be easily hit.

Want to learn how to day trade the biggest market in the world? My <u>EURUSD Day Trading Course</u> shows you how with patterns that repeat, over, and over, and over again, every day.

Example of Checklist for Swing Trading Forex Price Structures

Here is the short-term form checklist for trading <u>forex price structures</u>. What each of these means is discussed in more detail below. I wrote this section a number of years ago.

For more details on trading price structures, mainly Channels using a regression (draws our channel automatically) then check out the <u>Forex</u>. <u>Swing Trading Course</u>.

1) Lines drawn and accurate according to rules?

2) Price near structure edge on the hourly daily or weekly chart?3) Price is weakening, slowing, consolidating, or has a false breakout near the structure edge?

4) Target is reasonable (near the other side of the structure) as price has been moving rhythmically between the channel high and low?5) Reward-to-Risk greater than 3:1?

- 6) <u>1% risk</u> or less (position size)?
- 7) Won't over-correlate me with other positions?

8) What trailing stop loss method will I use, if any? (state method, and how it will be implemented)

9) Checked the economic calendar for events that could occur during the trade?

The questions need to be answered Yes/Correct in order to take the trade.

This checklist is designed only for trading forex price structures and may not applicable to other strategies or markets. Have a checklist for each market and time frame you trade.

Want to learn how to day trade stocks? It only takes about 30 minutes a day (trade longer if you wish). The <u>Price Action Stock</u> <u>Day Trading Course</u> shows you how.

By Cory Mitchell, CMT

Disclaimer: Nothing in this article is personal investment advice, or advice to buy or sell anything. Trading is risky and can result in substantial losses, even more than deposited if using leverage.

Drill Results Courtesy of Junior Mining Hub

RESEARCH AND REPORTS

RESEARCH

Top Gold Drilling Highlights

News	Date ↑↓	Company	†↓ Project	†↓.	Au (g/t)†↓	From (m) †↓	Interval (m) 📬	Grade x Width	îĻ	Market Cap ᡝ	Location $\uparrow\downarrow$
ľ	1/22/2024	Snowline Gold Corp. 5.21 🔮 -0.20 (-3.70%)	Rogue		2.12	3.7	382.4	811 Au total		\$754.19M	Yukon, Canada
19	1/15/2024	Snowline Gold Corp. 5.21 🔮 -0.20 (-3.70%)	Rogue		2	3.5	383	766 Au total		\$754.19M	Yukon, Canada
œ	1/16/2024	Tudor Gold Corp. 0.88 🔮 -0.02 (-2.22%)	Treaty Creek		1.21*	1002	570	690 AuEq total		\$201.21M	British Columbia, Canada
1	1/16/2024	U.S. Goldmining Inc. 5.814 • 0.314 (5.71%)	Whistler		0.99*	0.41	599.74	594 AuEq total		\$72.09M	Alaska, USA
1	1/24/2024	Goldmining Inc. 1.14 🔮 -0.02 (-1.72%)	Whistler		1.06*	53	547.15	580 AuEq total		\$201.60M	Alaska, USA
	1/18/2024	Collective Mining Ltd. 3.91 🔮 -0.03 (-0.76%)	Guayabales		0.81*	19.5	646	523 AuEq total		\$237.12M	Colombia
13	1/25/2024	Orla Mining Ltd. 4.56 🔮 -0.10 (-2.15%)	Camino Rojo		2.40*	532	124.5	299 AuEq total		\$1.43B	Zacatecas, Mexico
1	1/22/2024	Radisson MIning Resources Inc. 0.205 0.00 (0.00%)	O'Brien		81.83	323.25	3	245 Au total		\$65.51M	Quebec, Canada
1	1/18/2024	Lumina Gold Corp. 0.365 🔮 -0.015 (-3.95%)	Cangrejos		2.47*	0	85	210 AuEq total		\$151.78M	El Oro, Ecuador
œ	1/24/2024	Mako Mining Corp. 2.45 🔮 -0.03 (-1.21%)	San Albino		51.78	62	4	207 Au total		\$161.26M	Nueva Segovia, Nicaragua

Top Silver Drilling Highlights

Use Control + To Zoom

JUNIOR MINING HUB

News	Date ↑↓	Company ît	Project ↑↓	Ag (g/t) ↑↓	From (m) ↑↓	Interval (m) 📬	Grade x Width ↑↓	Market Cap ↑↓	Location $\uparrow \downarrow$
1	1/16/2024	Dolly Varden Silver Corporation 0.72 0.00 (0.00%)	Kitsault Valley	357*	204.05	93.95	33540 AgEq total	\$194.45M	British Columbia, Canada
13	1/18/2024	Aya Gold & Silver Inc. 10.55 🕜 0.12 (1.15%)	Boumadine	763*	131.6	38.3	29223 AgEq total	\$1.29B	Maroc / IEΨΟ٤Θ / المغرب
19	1/22/2024	Coeur Mining Inc. 2.71 🔮 -0.06 (-2.17%)	Silvertip	3053*	173.9	4.9	14960 AgEq total	\$1.04B	British Columbia, Canada
œ	1/15/2024	Defiance Silver Corp. 0.12 • 0.01 (9.09%)	San Acacio	217*	73.44	33.76	7326 AgEq total	\$27.52M	Zacatecas, Mexico
19	1/23/2024	Americas Gold and Silver Corporation 0.30 😍 -0.01 (-3.23%)	Galena Complex	5787*	N/A	0.9	5208 AgEq total	\$65.12M	ldaho, United States
19	1/17/2024	Terra Balcanica Resources Corp. 0.03 🔮 -0.005 (-14.29%)	Viogor-Zanik	499.00*	22	3.8	1896 AgEq total	\$2.98M	Republika Srpska, Bosnia and Herzegovina
1	1/15/2024	Equity Metals Corporation 0.095 0.00 (0.00%)	Silver Queen	220*	273	2.5	550 AgEq total	\$14.87M	British Columbia, Canada
10	1/24/2024	Core Assets Corp. 0.19 🚱 0.005 (2.70%)	Blue	116	0	4.55	528 Ag total	\$16.11M	British Columbia, Canada
	1/19/2024	Blackwolf Copper and Gold Ltd. 0.145 • 0.015 (11.54%)	Harry	374	67.32	0.47	176 Ag total	\$17.77M	British Columbia, Canada

RESEARCH

RESEARCH AND REPORTS



Top Copper Drilling Highlights

١	News	Date ↑↓	Company ↑↓	Project	†↓	Cu (%) †↓	From (m) ↑↓	Interval (m) $\uparrow \downarrow$	Grade x Width	\downarrow Market Cap $\uparrow\downarrow$	Location $\uparrow\downarrow$
	1	1/25/2024	Filo Corp. 21.58 🕜 0.33 (1.55%)	Filo del Sol		1.01*	192	1298	1311 CuEq total	\$2.82B	San Juan, Argentina
	œ	1/18/2024	ATEX Resources Inc. 0.85 🔮 -0.01 (-1.16%)	Valeriano		0.48*	864	1122	538 CuEq total	\$149.19M	Region de Atacama, Chile
		1/16/2024	Arizona Sonoran Copper Company Inc. 1.45 • 0.05 (3.57%)	Parks/Salyer		1.78	458	159	283 Cu total	\$158.09M	Arizona, United States
	œ	1/22/2024	Surge Copper Corp. 0.085 0.00 (0.00%)	Berg		0.35*	12	627	219 CuEq total	\$16.83M	British Columbia
	œ	1/22/2024	Hercules Silver Corp. 0.87 0.00 (0.00%)	Hercules		0.40	338.85	460.76	184 Cu total	\$203.58M	NULL
	œ	1/23/2024	Copper Fox Metals Inc. 0.19 🔮 -0.01 (-5.00%)	Schaft Creek		0.57*	481.8	206.14	116 CuEq total	\$106.15M	British Columbia, Canada
	œ	1/16/2024	Benton Resources Inc. 0.175 • 0.005 (2.94%)	Great Burnt		5.03	129.03	22.59	114 Cu total	\$30.11M	Newfoundland and Labrador, Canada
	œ	1/24/2024	Koryx Copper Inc. 0.075 • 0.005 (7.14%)	Haib		0.49*	130	202	99 CuEq total	\$15.15M	Karas, Namibia
		1/23/2024	Trigon Metals Inc. 0.195 🔮 -0.01 (-4.88%)	Kombat		5.56	10	15.5	86 Cu total	\$39.00M	Otjozondjupa Region, Namibia
	œ	1/23/2024	Probe Gold Inc. 1.31 🔮 -0.04 (-2.96%)	La Peltrie		0.13	5.5	513.5	67 Cu total	\$212.43M	Quebec, Canada

Top LiO2 Drilling Highlights

Use Control + To Zoom

News	Date ↑↓	Company	↑↓ Project	†↓	Li2O (%)↑↓	From (m) †↓	Interval (m) $\uparrow\downarrow$	Grade x Width	†↓	Market Cap †	Location 1
1	1/18/2024	Brunswick Exploration Inc. 0.52 0.00 (0.00%)	Mirage		1.80	3.8	37.2	67 Li2O total		\$100.92M	Quebec, Canada
1	1/22/2024	Pan American Energy Corp. 0.57 • 0.01 (1.79%)	Big Mack		1.49	9.26	32.34	48 Li2O total		\$39.27M	Ontario, Canada
œ	1/16/2024	Li-FT Power Ltd. 5.76 • 0.02 (0.35%)	Yellowknife Lithium		1.26	52	27	34 Li2O total		\$227.10M	Northwest Territories, Canada
œ	1/23/2024	Li-FT Power Ltd. 5.76 • 0.02 (0.35%)	Yellowknife Lithium		1.40	72	23	32 Li2O total		\$227.10M	Northwest Territories, Canada
1	1/23/2024	Lithium Ionic Corp. 1.03 🔮 -0.04 (-3.74%)	Bandeira		1.31	98.93	24.01	31 Li2O total		\$142.33M	Minas Gerais, Brazil
1	1/16/2024	Imagine Lithium Inc. 0.035 0.00 (0.00%)	Jackpot		1.08	19.23	15.77	17 Li2O total		\$9.70M	Ontario, Canada
1	1/16/2024	Beyond Lithium Inc. 0.19 🔮 -0.02 (-9.52%)	Ear Falls		0.46	13.4	36.25	17 Li2O total		\$5.52M	Ontario, Canada
1	1/16/2024	Bradda Head Lithium Limited 0.04 0.00 (0.00%)	San Doming	ю	1.27	27.43	7.28	9.2 Li2O total		\$15.62M	Arizona, United States
0	1/24/2024	Bradda Head Lithium Limited 0.04 0.00 (0.00%)	San Doming		1.70	31.39	5.4	9.2 Li2O total		\$15.62M	Arizona, United States

Equivalency values are provided by news release and are not verified by Junior Mining Hub. Drilling results are not true width, but core length. "From" is represented by the top of interval, or vertical depth reported in the news release. Please click the news release link to confirm values (these are not guaranteed) and gain additional context. Junior Mining Hub does not provide investment advice or instructions, products or services. It is essential that you should not rely solely on the information contained on the platform, including information shared by other users of the platform and services. Click here to see our complete Terms of Use and Privacy Policy Agreements.

MTNEWS GUEST ARTICLES

T EN FRUGAL LIVING TIPS THAT REALLY WORK: WARREN BUFFETT'S MONEY-SAVING HABITS

BY: STEVE BURNS DECEMBER 31, 2023

Regarding frugal living and money-saving strategies, few names resonate as profoundly as Warren Buffett. Renowned for his investment acumen, Buffett's approach to personal finance and frugality offers invaluable insights for anyone looking to manage their money more effectively.

This article delves into ten practical tips inspired by Buffett's habits, providing a roadmap for those seeking to embrace a more financially prudent lifestyle. From embracing modest living to intelligent investment choices, these tips encapsulate the wisdom of one of the world's most successful investors and one of the few frugal billionaires.

Here's a list of ten frugal living tips inspired by Warren Buffett's lifestyle, habits, and teachings:

- 1. Live Below Your Means: Buffett lives in a modest home bought in 1958 and drives an ordinary car he purchased nine years ago. He believes in spending what is left after saving, not vice versa.
- 2. Avoid Debt: He advises against unnecessary debt, especially high-interest ones like credit card debt, as it's crucial to <u>pay off such debts before considering</u> <u>investments</u>.
- 3. Invest Wisely and in Cash-flowing Assets: Buffett's strategy includes investing in assets that generate passive income, like businesses he acquires for <u>Berkshire Hathaway</u> or stocks with dividends in their corporate portfolio.
- 4. Value-Based Spending: Focus on the value of purchases rather than just the price. It's about getting the most out of what you spend, whether it's on dining out or everyday items.
- 5. Maintain a Frugal Mindset: Despite his wealth, Buffett is known for his frugal lifestyle, demonstrating that frugality is a mindset.
- 6. Track Your Expenses: Buffett meticulously tracks his expenses, emphasizing the importance of knowing where every dollar goes.
- 7. Buy Quality, Not Quantity: He believes in buying quality goods that last longer rather than cheaper items that need frequent replacement.
- 8. Self-Reliance: Buffett encourages learning new skills to reduce dependency on others for services you can do yourself. Everyone has their own talent and <u>skill set</u>.
- **9. Generosity**: While <u>living frugally</u>, Buffett also believes in helping others through charitable giving.
- **10. Pay Yourself First**: Prioritize saving a portion of your income before addressing other expenses.

NEWTRADERU.COM



These tips reflect Buffett's approach to personal finance, focusing on long-term value, smart spending, and the importance of <u>saving and investing</u> wisely.

Keep reading for a deeper dive into these <u>frugal living tips</u>, money-saving habits, and how to implement them into your life and finances.

Embrace A Modest Lifestyle

<u>Warren Buffett's</u> choice of residence and transportation reflects his commitment to a modest lifestyle. He lives in a relatively modest home he bought in 1958 and drives a 2014 Cadillac XTS he purchased new, a far cry from the luxury vehicles often associated with billionaires.

This <u>car choice mirrors Buffett's</u> philosophy of prioritizing functionality and value over extravagance. Buffett famously said, "Do not save what is left after spending, but spend what is left after saving." This approach to living below one's means, regardless of income level, is a fundamental principle of frugality. His frugal mindset when he was young enabled him to build his early wealth and <u>retire a millionaire before he was 30</u>. Of course, that didn't last long.

The Wisdom Of Avoiding Debt

Buffett strongly advises against unnecessary debt, especially high-interest debt from credit cards. He believes in paying off such debts before considering any investments, as the interest on these debts can quickly overshadow potential investment returns. Buffett's warning, "If you buy things you do not need, soon you will have to sell things you need," underscores the perils of falling into a debt trap due to impulsive spending. Buffett believes you should <u>save money</u> to buy assets, not spend money or, worse, go into debt on depreciating consumer goods. If you do, you're doing your finances backward, making yourself broke.

Smart Investment Strategies

Investing wisely is a hallmark of Buffett's financial strategy. He advocates <u>investing in assets that generate</u> <u>passive income</u>, such as dividend-paying stocks or rental properties. This approach aligns with his belief that money should work for you, even while you sleep. Buffett's focus on creating income streams that don't require active involvement is a key to <u>building long-term</u> <u>wealth</u>. He does this with all the capital he saves on living expenses; he creates wealth through smart investments. This is the end game of <u>frugal living and intelligent money</u> <u>habits</u>: investing.

Prioritizing Value Over Price

Buffett's investment philosophy of focusing on value over price extends to his spending habits. He urges consumers to consider the long-term value of their purchases rather than just the upfront cost. This principle is encapsulated in his quote, "Price is what you pay. Value is what you get."

One can make more financially sound decisions by assessing an item's quality, durability, and utility. Buffett doesn't believe in wasting money; he wants to see the value in every purchase. This excellent filter for <u>personal</u> <u>finances</u> makes following a budget more manageable. Ask yourself, "Is this purchase worth the price I'm paying?

Cultivating A Frugal Mindset

Despite his immense wealth, Buffett maintains a frugal mindset. He is known for his simple <u>daily routines</u> and avoidance of lavish spending. This approach demonstrates that frugality is not about penny-pinching but about making thoughtful and deliberate financial choices.

Buffett is fortunate that he's naturally not materialistic and even leans toward being a minimalist. Most people must fight their impulses to buy <u>things they don't need</u> <u>with money</u> they don't have. Buffett is happiest doing simple things like watching Nebraska football or playing bridge on his computer. Buffett doesn't want the trouble of owning a yacht or having multiple homes to upkeep.

He likes to keep it simple for an easy life. One of his few indulgences is that he loves to fly by private jet, so he bought the NetJets company to profit from it.

The Importance Of Expense Tracking

Buffett is meticulous about tracking his expenses, which is crucial for effective financial management.

Keeping a close eye on where every dollar goes helps identify unnecessary expenditures and adjust spending habits accordingly. This discipline in financial tracking is essential for anyone looking to improve their money <u>management</u> skills. Buffett sees all money as investment capital and future donations to the Gates Foundation for doing good in the world, so he has always watched every penny.

One time, when Buffett and Kay Graham landed at La Guardia in the 1980s, Graham was in a hurry to make a telephone call and asked if he had a dime. Buffett fished a quarter out of his pocket. Not wanting to waste fifteen cents, he started outside to change it, like any other multimillionaire from Nebraska.[1]

Choosing Quality Over Quantity

Buffett's approach to purchases emphasizes quality over quantity. He believes it's often worth paying more upfront for items that will last longer and offer better value in the long run. This philosophy <u>saves money over time and</u> <u>aligns with sustainable living practices</u>. <u>Warren Buffett</u> once said: "Price is what you pay, value is what you get." This would mean not buying low-value junk with your money, whether clothing, food, or transportation. Being cheap is not the same as being frugal and cost-conscious.

The Power Of Self-Reliance

Buffett encourages learning new skills to reduce dependency on others. This self-reliance is not only financially prudent but also empowering. It aligns with his investment strategies, where understanding and controlling your investments is critical. "The best investment you can make is in yourself." – Warren Buffett. Your skills, knowledge, experience, and know-how will pay you dividends for life. Find your niche and master it.

Generosity In Frugality

"If you're in the luckiest one percent of humanity, you owe it to the rest of humanity to think about the other 99 percent" – Warren Buffett. Buffett's frugality is balanced with a strong sense of generosity. He is a significant proponent of giving back, as evidenced by his commitment to philanthropy. This aspect of his financial philosophy highlights the importance of using one's resources to impact the world positively.

Warren Buffett's Pledge: "More than 99% of my wealth will go to philanthropy during my lifetime or at death." [2]

The 'Pay Yourself First' Principle

A cornerstone of Buffett's financial advice is the principle of paying yourself first. This means prioritizing savings and investments before any other expenses. By consistently setting aside a portion of income for future needs, one can build a solid financial foundation and ensure long-term stability. Warren is a huge believer in the idea that people need to pay themselves first. If not, it's easy to pay everyone else and forget about saving for yourself! Do not save what is left after spending, but <u>spend what is left after saving." – Warren Buffett</u>.

Key Takeaways

- Opt for simplicity in lifestyle choices, mirroring Buffett's preference for a humble abode and practical vehicle.
- Prioritize debt elimination, especially high-interest liabilities, before venturing into investments.
- Embrace investments that yield passive income, ensuring your finances grow even during rest.
- Focus on the long-term worth of purchases, assessing their enduring value rather than immediate cost.
- Maintain a mindset of economical living, demonstrating that careful spending is a conscious choice, not a forced one.
- Vigilantly monitor expenditures to identify and cut down on non-essential spending.
- Invest in durable, high-quality items that promise extended utility over cheaper, short-lived alternatives.
- Develop self-sufficiency skills to decrease reliance on external services, enhancing financial and personal independence.
- Balance frugality with philanthropy, understanding the importance of contributing to the greater good.
- Adopt the 'save first, spend later' approach, securing your financial future by prioritizing savings.

Conclusion

This exploration into Warren Buffett's frugal habits reveals a profound philosophy centered around prudent financial stewardship. It underscores the significance of discerning spending, the wisdom in avoiding fiscal burdens, and the merit of investing in assets that offer enduring returns.

Buffett's lifestyle exemplifies a harmonious blend of simplicity, prudence, and generosity, guiding anyone aspiring to achieve financial well-being and independence. Integrating these principles into our daily lives allows us to navigate the path to a more secure financial journey.

<u>Warren Buffett's frugal living tips</u> go beyond mere costcutting. They are about making wise financial decisions, prioritizing long-term value, and understanding the importance of financial independence. By adopting these principles, anyone can improve their financial health and work towards a more secure and fulfilling financial future.

- Steve Burns

Trading Tips - Ashford Trader @StratDevilDog

SIMPLE PRICE ACTION @StratDevilDog





THE SECRET TO TRADING HEAD AND SHOULDERS @StratDevilDog



61.8% on the right shoulder



C EO.CA: THE CHAIRMAN'S BRIEFING JANUARY 25TH, 2024 <u>CEO.CA</u>

"Gold will be around, gold will be money when the dollar and the euro and the yuan and the ringgit are mere memories."

- Richard Russell

Metals/Crypto Prices

CEO _A CA	Price	1 Week	YTD
Gold	\$2,013.40	0.25%	-2.73%
Silver	\$22.78	0.33%	-7.21%
Copper	\$3.87	3.51%	-2.04%
CAD/USD	\$0.74	-0.11%	-2.40%
Bitcoin	\$39,548.16	-7.37%	-9.19%
Ethereum	\$2,200.31	-13.32%	-6.48%

*Metal and cryptocurrency data as of 4:00pm ET yesterday.

COVERAGE FROM THE CONFERENCE FLOOR!

ARCHER EXPLORATION	BEYOND LITHIUM
CALLINEX MINES	CANALASKA URANIUM
CASSIAR GOLD	CHURCHILL RESOURCES
DOLLY VARDEN SILVER	FARADAY COPPER
GALIANO GOLD	HANNAN METALS
HOT CHILI	KOBO RESOURCES
PALAMINA	RED PINE EXPLORATION
STANDARD URANIUM	STRIKEPOINT GOLD
SUN SUMMIT MINERALS	TERRA BALCANICA
WEST RED I	

Archer Exploration
Beyond Lithium
Callinex Mines
CanAlaska Uranium
Cassiar Gold
Dolly Varden Silver
Faraday Copper
Hot Chili
Klondike Gold
Palamina
Standard Uranium
StrikePoint Gold
Sun Summit Minerals
West Red Lake Gold

In Today's Briefing

Gold

As gold continues to chop sideways, in search of a potent catalyst that'll launch it on a trajectory towards all-time highs north of \$2.1k, a number of analysts and hedge funds are betting it won't happen anytime soon with the current strength in the Dollar, recent hawkish comments out of the Fed, and shifting interest rate expectations (<u>some analysts</u> believe the metal has already priced in Fed rate cuts) - <u>Hedge funds</u> turning bearish on gold and silver as short bets continue to rise.



"The CFTC's disaggregated Commitments of Traders report for the week ending Jan. 16 showed money managers decreased their speculative gross long positions in Comex gold futures by 3,402 contracts to 130,931. At the same time, short positions increased by 1,828 contracts to 47,702 contracts."



In <u>last week's Briefing</u>, we pointed to the breakdown in the senior gold producers, suggesting how the ugly reversal pattern printed on the GDX may prove a big-ass bear trap. It may indeed be a trap as the miners attempt to claw their way out of that steep rout - a rout initially triggered by multiple misses on the Barrick Gold earnings front.



The miners were off to a stellar start early in Wednesday's session, on the cusp of closing said trap, then came under intense selling pressure when the metal (suddenly) got smacked amidst price action some characterize as "inexplicable" - <u>Gold sells off; big futures player likely selling</u>.

The senior producers have a lot of ground to reclaim to get back on a firm footing.

Uranium

U3O8 - the Wong and the White

With spot uranium holding at the triple-digit line, expectations remain high for a continuation of a bull run that has richly rewarded those who positioned themselves early. Though volatility will undoubtedly make its masterpiece before the curtain on this drama closes (Bill Shakespeare reference), the bulls remain firm in their conviction that this act is far from over - <u>Uranium miners posed to extend gains on supply crunch,</u> <u>Sprott says</u>.

According to Sprott, U3O8-mining stocks are set to extend their run as supply constraints pressure the energy-dense metal even higher. In a report published last Wednesday, Sprott market strategist Paul Wong and ETF product manager Jacob White stated, "The long-term fundamentals for uranium are bullish, and price momentum is likely to continue into 2024."

With 22 countries having pledged to triple nuclear capacity by 2050, Wong and White went on to add that "the era of inventory destocking, the primary source of secondary supplies, is over."

Another bullish fundamental underpinning this reactive metal is the recent passage of the Prohibiting Russian Uranium Imports Act by the US House of Representatives, which could put the kibosh on deals between utilities and Russian firms. Also cited as a bullish underpinning: Kazakhstan's "chronic inability to meet production guidance" and the recent coup in Niger. "As these gain traction, uranium and uranium miners may be the ultimate beneficiaries, especially in light of the fundamental supply-demand deficit in the market," Sprott added. Clearly, there's no shortage of supportive fundamentals.

For now, some of the high fliers among the quality names are taking a breather after establishing a steep tilt on their price charts. Below is a snapshot of bellwhether Cameco Corp.



Nunavut Takes Control

Tomorrow (Jan. 25), Canadian Prime Minister Justin Trudeau and Nunavut Premier P.J. Akeeagok will put signatures to paper on a land transfer agreement—the largest in Canadian history—that will give Nunavut control over its reserves of gold, diamonds, iron, cobalt, and rare earth metals. Nunavut is the last of the three Canadian territories to wrest control of its resources from the federal gov't.

Significantly, the agreement transfers all mining royalty revenue from the Fed to the coffers of this high Arctic territory. It's been a long road to reach this point as talks were initiated in 2014 - <u>Canada to give</u> <u>mineral-rich Arctic region of Nunavut control over its resources</u>.

There are currently four operating mines in the territory, including Agnico Eagle's <u>Meadowbank</u> operation near Baker Lake and its <u>Meliadine</u> mine in the Kivalliq District. Incidently, Agnico <u>recently received a</u> <u>negative ruling</u> from the Nunavut Impact Review Board (NIRB) concerning the company's application to expand Meliadine with its proven and probable reserves pegged at 3.8 million ounces of Au (19.5 million tonnes grading 6.5 g/t gold).



This agreement could goose exploration and development in this vastly underexplored territory as the Nunavut government will undoubtedly want additional tax revenue. However, a lack of infrastructure and some of the harshest weather on the continent will challenge those companies looking to grow their production profiles in the region.

Bluestone Gets Approval For Cerro Blanco

Shares in Bluestone Resources (BSR.V) went on a serious high-volume tear after it dropped the following headline - <u>Bluestone Announces Approval of Environmental Permit Amendment for Cerro Blanco Project</u>.

This environmental approval comes as new Guatemalan President Bernardo Arévalo, marked as an "anticorruption crusader," was sworn into office last week (Arévalo's opponents tried to use the courts to prevent him from taking office after his landslide victory last summer).



Bluestone envisions transitioning its <u>Cerro Blanco Project</u>, with its 3.1 million (M&I) ounce count, from an underground to an open pit operation, citing improved economics and a safer production profile. According to a 2022 feasibility study, the deposit, located near the El Salvador border, will produce 2.7 million ozs gold and 10.2 million ozs of silver over its 14-year mine life. The study also shows an after-tax NPV (5%) of \$1.1 billion and an IRR of 30%.

Though there appears to be local support for Cerro Blanco's (open pit) development, environmentalists contend the project will pollute the Güija lagoon and Lempa River, the primary source of H2O for San Salvador, the Salvadoran capital.

To mitigate concerns, the company's open-pit configuration for Cerro Blanco will include the use of dry stack tailings and an independently monitored water treatment plant.

Bluestones CEO Peter Hemstead: "The design for Cerro Blanco reflects safe and responsible mining practices and sustainable socio-environmental management that can contribute significant economic growth, infrastructure, training and job opportunities to Guatemala."

The project, acquired from Goldcorp in 2017, is 26% owned by the Lundin family trust (Goldcorp drilled 43,000 meters and built 3.4 kilometers of underground works at Cerro Blanco back in the day).

Bluestar is currently conducting a strategic review of its assets, a review that may include the sale of individual projects, a merger, or an outright sale of the whole enchilada.

The serious high-volume tear noted above...



Iamgold Pushes Higher on Côté Progress

Earlier this week, lamgold reported gold production of 465,000 ounces, which fell within the top end of guidance (410,000 to 470,000 ozs). The company also offered a brief update on progress at its <u>Côté Gold Project</u> in northeastern Ontario. - <u>IAMGOLD Reports Fourth Quarter 2023 Production Results</u> and <u>Commissioning Progress at Côté Gold</u>.

Last month, <u>the company reported</u> that Côté project construction was over 92% complete and that eleven of its fourteen CAT793F autonomous haul trucks are busy stockpiling ore. This week, the company confirmed that initial production remains on track for March 2024.

Côté's Proven and Probable reserve base currently stands at 233 Mt grading 0.96 g/t Au for 7.17 million ozs (resources in all categories amount to 19 million ozs). Once it ramps up to full production, the mine—a joint venture between lamgold (60%) and Sumitomo Metal Mining (40%)—will rank as the third-largest gold mine in Canada.

Average production over its sixteen to eighteen-year mine life is expected at 365,000 ozs a year (495,000 ozs for its first six years). A 2022 economic study shows an after-tax NPV (5%) of \$1.1B and an IRR of 13.5%. Payback = five years.



President and CEO Renaud Adams: "At Côté Gold, pre-commissioning and commissioning activities are progressing well. Pre-commissioning of the primary crushing circuit is ongoing with full commissioning of the first mined rock delivered to the crusher via our autonomous haul trucks planned for later this week. Next steps include commissioning of the secondary crushing circuit, followed by the grinding and wet circuits towards our target of initial production towards the end of the quarter. This stage of iterative testing and project advancement is critical in order to position the project for a successful and steady ramp up of gold production through the year. Côté Gold is expected to be the third largest gold mine in Canada with an expected mine life exceeding 18 years, repositioning IAMGOLD with a strong foundation of gold production, lower cost profile and exceptional growth opportunities in Canada."

Steppe Steps Up in Mongolia

Steppe Gold (STGO.TO) recently announced its intention to acquire all of the issued and outstanding common shares of Boroo Gold LLC in an all-paper deal that will add over 4,000,000 AuEq ozs to its existing resource base - <u>Steppe Gold to Acquire Boroo Gold to Create Mongolia's Leading Gold Producer</u>.

Combining Boroo's 60,000 ozs of production with Steppe's modest 30,000 ozs will create the largest Au producing entity in Mongolia at 90,000 ozs per annum. Production is expected to rise to roughly 160,000 oz annually in 2026 as Steppe's <u>ATO Gold Mine</u> expansion plans kick in (ATO's ounce count currently stands at 2.45 million AuEq ounces).

Bataa Tumur-Ochir, Chairman and CEO of Steppe Gold, stated: "The Boroo Gold acquisition will establish Steppe Gold as Mongolia's largest and leading gold producer. Our production is expected to triple over the next two years to 90,000 ounces and 160,000 ounces by 2026, increasing our financial strength to repay the non-dilutive US\$150M project financing for the ATO



Gold Mine Phase 2 Expansion and to advance our exploration portfolio. It also provides shareholders with improved optionality at our Tres Cruces gold project in Peru while maintaining our focus on growing our production profile in Mongolia."

Hits of the Week

The Globe and Mail had reported that Juana Barceló, president of Barrick's (GOLD) Pueblo Viejo operations in the Dominican Republic, was in Panama recently and met with First Quantum (OTCPK:FQVLF) officials, citing a former advisor with the Panamanian government as the source - Barrick denies report it recently met with First Quantum in Panama - Globe & Mail

Endeavour Mining Plc is stripping its former Chief Executive Officer Sébastien de Montessus of US\$29.1 million in renumeration after he was fired earlier this month for "serious misconduct." Endeavour fired de Montessus earlier this month, citing serious misconduct over an alleged irregular payment instruction of US\$5.9 million tied to an asset sale. De Montessus has since said he instructed a creditor of Endeavour to make the payment in 2021 to a security company to offset money owed for essential security equipment - Endeavor Mining Says Fired CEO to Lose \$29.1 Million in Pay

In one instance, according to the indictment, Lewis told a girlfriend to invest in a biotech company in July 2019, before the results of a clinical trial by the company were made public. He then allegedly logged into her bank account himself and used \$700,000 to invest into the company, eventually netting a profit of \$849,000 - <u>Billionaire Joe Lewis pleads guilty to insider trading</u>

Chile's state-owned Codelco, the world's largest copper producer, submitted an environmental permit request on Thursday to modify its Chuquicamata Subterranea project at a cost of \$720 million - <u>Chile's Codelco to invest \$720 million more in Chuquicamata copper mine</u>

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Tradingview

Tradingview is an excellent online charting platform as well as a social network for traders and investors to exchange ideas.

Glossary

Diamond Hands

Slang term for an investor who is ready to hold a position for the end goal, despite the potential risk, headwinds and losses.

Doji Candle

Doji Candles look like a cross because the financial instrument's open and close for the time period are close to equal.

Fibonacci Retracement (Fib)

These are levels in the chart where support and resistance are likely to occur. The levels are 23.6%, 38.2%, 61.8%, and 78.6%. 50% is often added but is not an official level. The levels are calculated from two points chosen by the user, usually an extreme low and an extreme high.

FLEM & DHEM

Fixed Loop Electromagnetic and Down Hole Electromagnetic Surveys

FOMC

The Federal Open Market Committee consists of 12 members and is the U.S. Fed's monetary policy making body. It is responsible for formulation of a policy designed to promote stable prices and economic growth.

FOMO

Fear Of Missing Out

Naked Shorting

It is the illegal practice of shorting stock that is not borrowed.

Nonfarm Payrolls

Is an official statistic released by the U.S. department of labor, usually on the first Friday of the month. It is a measure of the number of workers in the U.S. excluding farm workers and those employed in private households or non-profit organisations.

Shorting

Borrowing stock, selling it in the market to hopefully buy it back at a lower price, making profit from the difference in price, and then returning the borrowed stock.

Short Squeeze

When a company's stock starts to quickly rise because people shorting the stock are trying to cover their losing positions to prevent further loss.

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