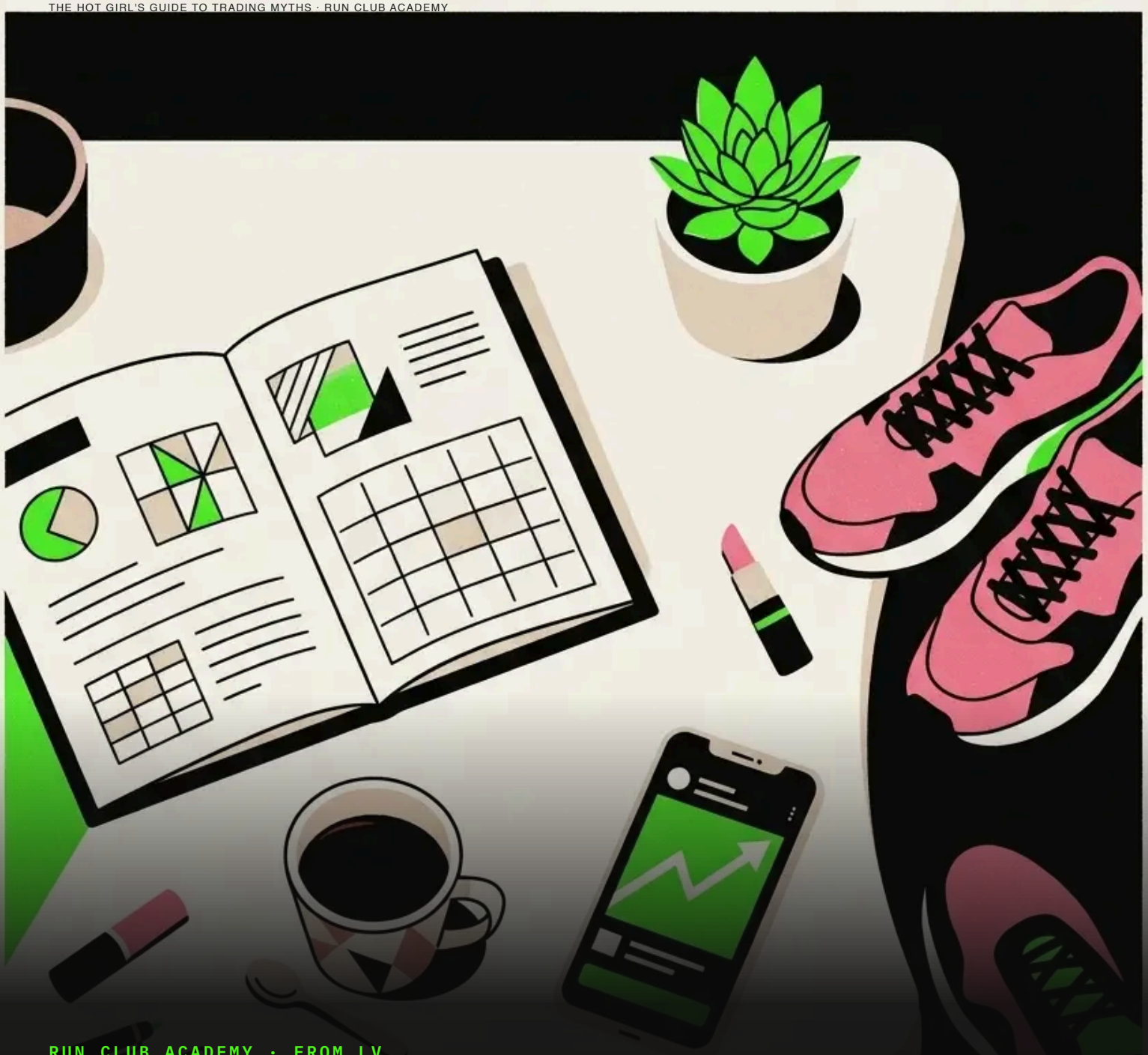


RUN CLUB ACADEMY · FROM LV

THE HOT GIRL'S GUIDE TO TRADING MYTHS

Twelve things people told you about trading that kept you on the sidelines, and what's actually true.

FROM LV · EDUCATION, NOT ADVICE

BEFORE YOU START

HI, IT'S LV

Before I ever placed a trade, I believed half the things in this guide. I thought you needed to be a math genius, rich already, glued to six screens. None of that turned out to be true, and some of the myths that sound comforting ("just trust your gut") are the ones that cost people the most.

So here are the twelve I hear the most, starting with my top two. Each one gets the truth and a hot girl rule you can screenshot.

Same promise as always: this is education. Nothing in here tells you what to buy or sell.

— LV

> **Options involve risk and aren't suitable for everyone. Education, not financial advice.**



MYTH · LV'S TOP PICK

01 YOU HAVE TO BE GOOD WITH NUMBERS

Myth: "You have to be good with numbers."

THE TRUTH

I was never the math girl. Here's the secret: the math in trading is mostly addition, subtraction and percentages, the same math you already do splitting a dinner bill or checking whether 30% off is actually a deal.

Your broker and your chart do the arithmetic for you. What you actually need is pattern recognition (does this look like what I've seen before?) and discipline (did I follow my plan?). Those are skills, and skills get built by reps, not by being born good at algebra.

The one number you can't skip: how much you're willing to lose on a trade before you walk in. That's one sentence of math, and it matters more than anything else on the screen.

HOT GIRL RULE: Know your exit before your entry. That's the only equation you have to memorize.

MYTH · LV'S TOP PICK

02 YOU HAVE TO START WITH A LOT OF MONEY

Myth: "You have to start with a lot of money."

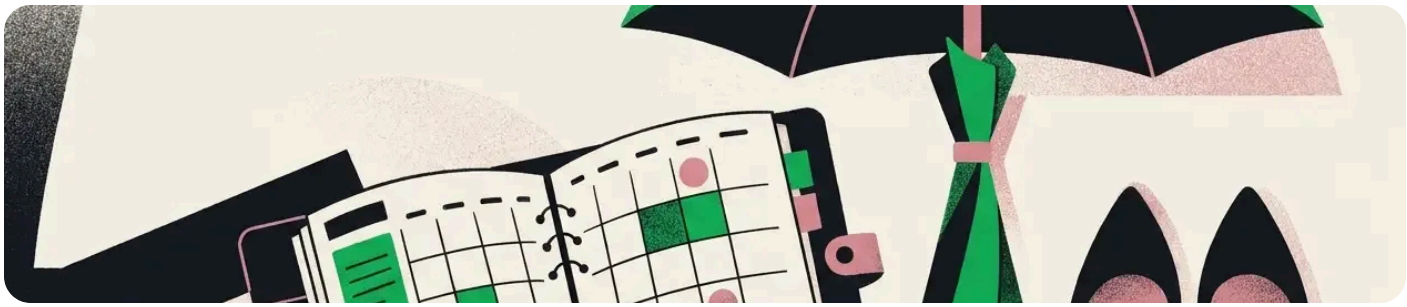
THE TRUTH

Nope. Most brokers let you open an account with very little, and some let you buy fractions of a share. The amount you start with isn't what makes you a trader. How you handle it is.

Honestly, starting small is the smart move. Every beginner makes beginner mistakes, and you want those lessons to be cheap. A mistake on a small account is tuition; the same mistake on a big account is a crisis.

Put in only money you can afford to lose completely. Not rent money, not the emergency fund. If losing it would wreck your month, it's too much.

HOT GIRL RULE: Start with money you could lose without crying. Grow your skills before you grow your size.



MYTH

03 IT'S TOO COMPLICATED FOR SOMEONE LIKE ME

Myth: "It's too complicated for someone like me."

THE TRUTH

Everything looks complicated on day one. So did contouring, so did your first job, so did driving. Trading has its own vocabulary, and once you learn the words, the ideas underneath are pretty simple: price goes up, down or sideways, and you decide what you'll do in each case.

The trick is learning in order. Candles before patterns, patterns before indicators, a plan before real money. People get overwhelmed when they try to learn all of it in one weekend from twenty different videos.

One lesson at a time, one chart at a time. That's how I learned it and that's how I teach it.

HOT GIRL RULE: Don't learn everything. Learn the next thing.

MYTH

04 IT'S JUST GAMBLING

Myth: "It's just gambling."

THE TRUTH

It can be, if you treat it that way. Clicking buy because you have a feeling, with no plan and no exit, is gambling with extra steps.

The difference is process. A trader has a reason for the entry, a planned exit if she's wrong, a size she can live with, and a journal of what happened. That doesn't make the outcome certain (nothing does), but it turns random bets into decisions you can review and improve.

And to be completely honest with you: the risk is real either way. Options especially can go to zero. A plan doesn't remove risk; it helps you decide how much of it you take.

HOT GIRL RULE: If you can't explain why you're in and where you're out, you're not trading. You're hoping.



MYTH

05 TRUST YOUR GUT

Myth: "Trust your gut."

THE TRUTH

Your gut is amazing at reading a room and spotting a fake friend. It is terrible at trading. Fear tells you to sell at the worst moment; excitement tells you to jump in right after the move already happened.

Experienced traders do develop a feel for charts, but that feel comes from hundreds of reviewed trades, not vibes. Until then, let a checklist make the decision and let your gut take notes.

When you feel a strong urge to act right now, that's usually the signal to slow down.

HOT GIRL RULE: Feelings are data, not instructions. Check the checklist, not your mood.

MYTH

06 YOU HAVE TO WATCH THE SCREEN ALL DAY

Myth: "You have to watch the screen all day."

THE TRUTH

Staring at a chart for eight hours doesn't make you better. It usually makes you overtrade, because boredom starts looking like opportunity.

Most traders pick a window that fits their life, plan their levels ahead of time, and use alerts so the chart taps them on the shoulder instead of the other way around. I'll show you how to set alerts in the TradingView guide.

Some days the best trade is no trade. Closing the app is a skill too.

HOT GIRL RULE: Plan the levels, set the alerts, live your life.



MYTH

07 YOU NEED TONS OF TOOLS AND INDICATORS

Myth: "You need tons of tools and indicators."

THE TRUTH

Ever seen a chart with twelve indicators, four colors of lines and a rainbow on top? You can't see the price anymore. More tools usually means more conflicting opinions, not more clarity.

I use a small, consistent set (you'll find them in my indicators guide) and I learned what each one actually measures. A few tools you understand beat a dozen you copied from someone's screenshot.

Everything you need to start is free: a charting app, a broker, a notebook.

HOT GIRL RULE: If you can't say what an indicator measures in one sentence, take it off your chart.

MYTH

08 BUY WHAT YOU LOVE: A GOOD PRODUCT MEANS A GOOD STOCK

Myth: "Buy what you love: a good product means a good stock."

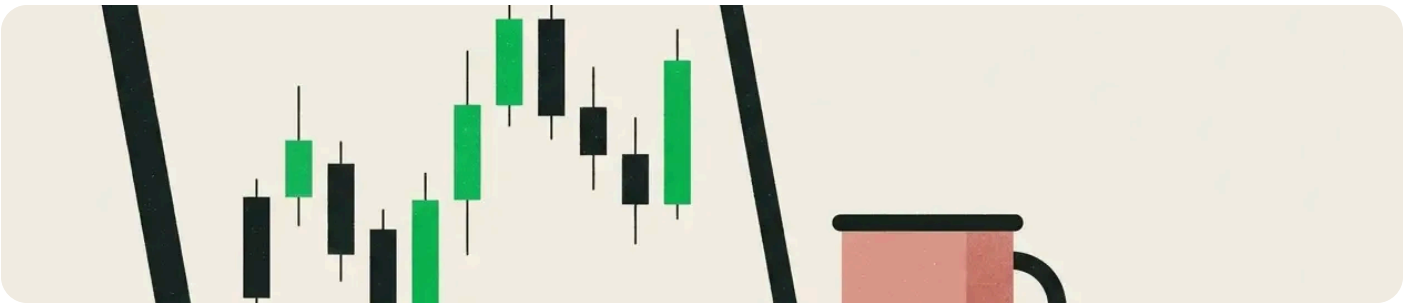
THE TRUTH

Loving a brand is not a trade plan. A company can make your favorite lip gloss and its stock can still fall, because the price already expected great sales, or the market overall is dropping, or the company spent too much to get there.

Stock prices move on expectations: what buyers and sellers think comes next, compared with what's already priced in. A great product is one piece of that story, not the whole thing.

Love the brand at the checkout. Read the chart at the desk.

HOT GIRL RULE: Your favorite brand still has to pass your checklist.



MYTH

09 IF IT DROPPED A LOT, IT MUST BE CHEAP

Myth: "If it dropped a lot, it must be cheap."

THE TRUTH

A price that fell 50% can fall another 50%. Things usually drop for a reason, and a lower price doesn't mean it's done dropping. Traders call grabbing at a falling price "catching a falling knife" for a reason.

Cheap and expensive only make sense compared with something: the trend, the company's numbers, the levels on your chart. Without that, "it used to be higher" is just nostalgia.

Wait for the chart to show buyers actually stepping in (a level holding, a trend changing) instead of guessing where the bottom is.

HOT GIRL RULE: Down isn't the same as discounted. Let the chart show you a floor before you stand on it.

MYTH

10 IT'S TOO LATE TO START

Myth: "It's too late to start."

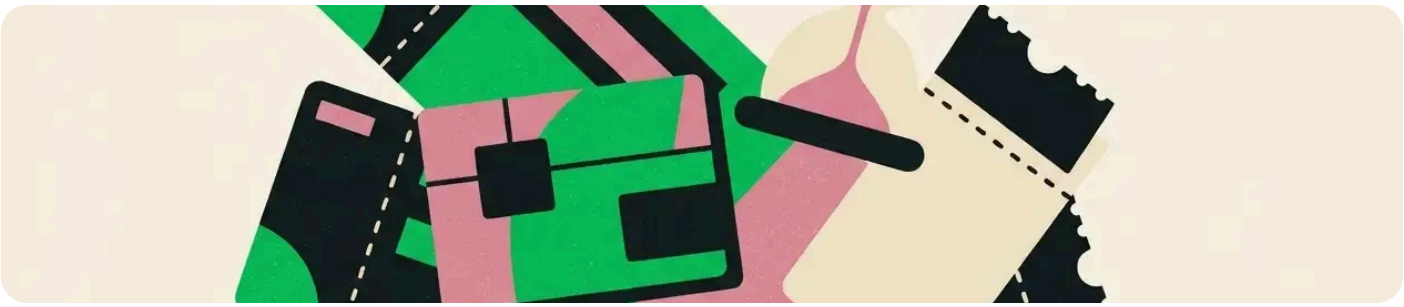
THE TRUTH

There's always someone saying you should've started years ago. Markets open again every weekday. The chart patterns you'll learn have been showing up for generations and will keep showing up.

Starting later actually comes with perks: more free education than ever, practice tools like paper trading, and apps that make the setup take minutes.

The best time to start learning is when you're ready to take it seriously. If that's now, it's now.

HOT GIRL RULE: You're not late. You're right on time for your own timeline.



MYTH

11 ONE BLOWN ACCOUNT MEANS YOU'RE DONE

Myth: "One blown account means you're done."

THE TRUTH

Plenty of traders lost money early. I've had my own losses, and I talk about them openly, because losses are part of this and pretending otherwise is how people get hurt.

What matters is what you do next: stop, go back to your journal, figure out what broke (usually size, or no exit plan), and practice the fix with small size or on paper before you go again.

A blown account is a very expensive lesson. Don't waste it by skipping the lesson part.

HOT GIRL RULE: Losses happen. Repeating the same loss is the part you control.

MYTH

12 YOU HAVE TO BE PERFECT

Myth: "You have to be perfect."

THE TRUTH

Nobody nails every trade. Not me, not anyone. Losing trades are a normal cost of trading, like a store paying rent. The goal is keeping each loss small and planned, not avoiding losses forever.

Perfectionism makes traders freeze at the right setup and then chase the wrong one to make up for it. Follow your rules, accept the result, journal it, move on.

Progress looks like: fewer impulse trades, smaller mistakes, better notes. That's the glow-up.

HOT GIRL RULE: Don't chase perfect. Chase consistent.

KEEP GOING

LEARN IT WITH ME

START THE FREE COURSE →

Free course: runclubacademy.com/begin/

Free live class: runclubacademy.com/webinar/live/

Book a call with the team: runclubacademy.com/book/

Follow me on Instagram: instagram.com/lvtheartist

TradingView (my charts): runclubacademy.com/go/tradingview — LV may earn a commission or reward when you sign up through these links.

My live trade alerts are a separate, optional add-on on Whop (**whop.com/the-run-club-611b**). Not included in any Run Club program, and you don't need them for anything in this guide.

— LV

Options involve risk and aren't suitable for everyone. Education, not financial advice. Nothing here tells you what to buy or sell, and no result is promised. Tools, indicators and levels describe what price has done; none of them predicts what it will do. You can lose all of the money you put into an option.

TRCA LLC, doing business as Run Club Academy. TradingView is an independent company; its name and features are described for education only and may change. Questions: therunclublv@gmail.com · **runclubacademy.com**