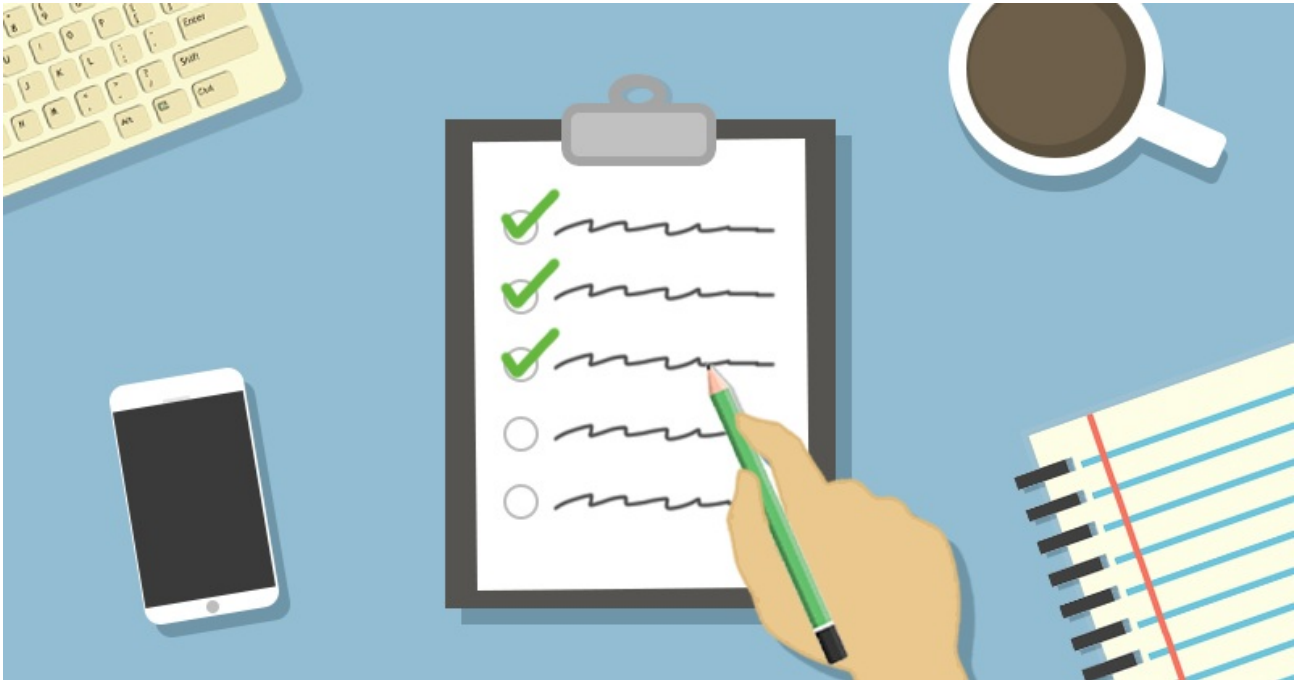


# How To Get Started Trading Options

Here is a list of things you need to get started trading options.



- ☐ Maybe spend some time learning from Tasty Trade (great resource) <https://www.tastytrade.com/tt/>
- ☐ Pick a broker. I think Tradier is the best for options. (<https://tradier.com>)
- ☐ Deposit some money. I think \$2,000 is a good starting point.
- ☐ Pick a strategy. I often work from something like this. <https://options.cafe/blog/how-often-the-spy-falls-more-than-5-in-a-30-day-period-and-why-you-should-care>
- ☐ Trade. But trade small. Just put on one lot at a time. Even if commissions eat up your gains. Just learn.
- ☐ Keep a log of your trades.