



# All New Options Trader's HOT LIST!



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READ THIS NOW TO FIND SUCCESS TRADING  
OPTIONS

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# Welcome Traders!

My name is Mike Rykse, and I'm the Options Specialist at NetPicks. I have been an active trader in the markets since 2002 and have traded just about every market available (stock, options, futures, forex, bonds).

Without a doubt, my favorite area of the market is trading options. Personally, that's where I've seen the most success.

I've personally developed numerous options trading systems and educational courses over several years. All are designed to provide traders, like you, the tools you need to be successful trading the options markets.

My programs have been used by thousands of traders in over 100 countries over the last 13 years.



While working with thousands of traders over the years, I have learned some tricks of the trade. I believe these insights can make a big difference in your trading results over time.

**Trading can be difficult.** But, having a specific process and tool set can help you become a successful trader right away.

Like any successful business, the traders seeing the most success stick to a plan. Whether you're trading full time or part time you need to treat Options Trading as a business.

It means having a plan in place to guide you every day. A big part of the plan is knowing the markets you trade like the back of your hand.

In this eBook I'm going to share a portion of my hot list - which is simply a list of the BEST stocks to monitor for options trades!

I'm going to show you how to focus on a small universe of stocks. This focus will help you find consistent returns in just minutes each day. I'll share the exact names that I focus on. You'll see why I choose the names for my watch list and how I trade these options for profit!

Keep an eye on your email account as I'll be sending you some more info on Options trading in the next few days...

If you have any questions I can help with, as you work through this training, please feel free to contact me directly. You will find my contact info below. I look forward to hearing from you.

Happy Trading!

Mike Rykse

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# Introduction

As I write this, there's uncertainty around the economy, inflation, employment, Fed action, market direction and the fear of war.

Just watch the financial news for 5 minutes - or pick up a recent copy of the Wall Street Journal, and you'll see what I mean.

Market Volatility is climbing and this gives traders, like you and me, the opportunity to find successful trades.

The key is to do so in a safe way with a diversified watch list of stocks and mix of risk defined options strategies. I'll cover some of them in this eBook. (You'll always find more trade ideas and options articles and know-how at our website: [www.NetPicks.com/trading-tips](http://www.NetPicks.com/trading-tips))

The goal of every trader is to make money. It could be you are looking for a supplemental source of income... or more.

Supplementing retirement, buying the vacation home, getting the kids through college, are all huge cash demands - and a little extra money often goes a long way.

Bottom line there are many different reasons for trading, but the goal is always the same: ***We all want to make money!***

I bring this up as it will drive everything we do as traders.

It's easy to get caught up in the ups and downs of trading. Don't worry about catching every move in the market... you don't want your emotions clouding your judgment or overriding your trading plans. You'll just end up losing money.

My goal is to grow my account size. I've set some simple rules for myself, and that allows me to remain calm, and not worry about catching every big move in the market.

**I care about making money and want to focus on a plan to help me accomplish that goal.**

Where do we start?

We're going to focus on a small universe of stocks. We'll cherry pick our trades each day from this focused list, with the goal of earning a consistent return with our trading.

These are some of the very same stocks I focus on in my own trading.

You'll see why I choose the names for my watch list and how I trade them. Most importantly, you'll see why having a focus list of stocks is critical for success trading.

***Ready to take the next step in your trading and start making successful trades in a systematic way?***

Let's Dive in...

## How To Pick Stocks For A Hot List

Here's a tip I rarely see on the internet...

We teach all of our students to focus on a small list of stocks and ETF's every week. Don't change the list. Get to know these stocks really well.

As you know the human brain is conditioned to spot patterns.

As you spend more and more time focused on a small group of stocks, you'll start to see things and "Feel" things about these stocks. That's your subconscious brain working hard.

So how do we pick the best stocks for our watch list?

Here's a rough checklist I go through.

- 1) Find stocks that have movement - too little movement and you won't see many trading opportunities
- 2) Find stocks with lots of liquidity
- 3) Find stocks that have Options with lots of liquidity (Volume and Open Interest)
- 4) Find stocks that trade weekly options (If you can) - This gives you more options - when it comes to picking options!

- 5) Identify 10 to 30 stocks (you can expand this over time) - so you have a robust group to monitor

It's really not that complicated.

You just need to remember - the key is to find stocks and ETFs to help you identify solid options trades.

## 10 Of My Favorite Hot List Stocks

Ok, this part of the report was the hardest to narrow down.

I've been trading for years, and when I started my Hot List was short and sweet. But now that I've become accustomed to watching and learning the trading habits of these stocks... My Hot list is now over 100 names!

But, I knew I needed to narrow it down for you.

So, here's **the best of the best** when it comes to my Options Trading Hot List.

Key Stocks and ETFs I watch every day:

- 1) Apple (AAPL)
- 2) Amazon (AMZN)
- 3) Nvidia (NVDA)
- 4) Chevron (CVX)
- 5) Disney (DIS)
- 6) JP Morgan (JPM)
- 7) Meta Platforms / Facebook (META)
- 8) Nasdaq 100 Index (QQQ)
- 9) S&P 500 Index (SPY)
- 10) Bitcoin ETF (BITO)

If you make sure to watch these 10 stocks and ETFs every day, you'll get a great feel for the market and more specifically how these shares act. The insight you'll gather will go a long way to making you a better trader!

Speaking of trading - let's get to some trade ideas...

# How to Trade These Hot List Stocks

There are dozens of ways to trade options around these hot list stocks... The world is your oyster!

You can use basic options strategies or super complex ones... Now, I don't have room here to cover every type of trade... so I'll highlight the basic trades I like to focus on.

For example...

## Trading Long Calls and Long Puts

This is the most basic trade you can make.

As you know when you go "Long" that means you're buying the option. So buying a long call, you feel that the stock will go up... and when you buy a long put you feel the stock will go down.

While this trade is the most basic, it also gives you the potential for the biggest profits!

The challenge is you need to be right, not only about the direction of the stock, but also how quickly that move will happen. Mess up on either of those decisions, and you run the risk of your option expiring worthless.

There are other types of trades, like...

## Trading Vertical Spreads

First, what is a vertical spread?

It's when you simultaneously buy one option and sell the same option at a slightly higher or lower strike price.

Why put on this type of trade?

Simple - it lowers your risk on the trade by lowering your overall entry price.



For example when looking at my hot list, I might find great stock with a \$40 strike call trading for \$3. At \$3 price per contract, the total cost is \$300 to buy the call option. BUT, I'd love to reduce the cost if possible. If I find a \$45 Strike call that's selling for \$1. I can sell that call option and collect a dollar.

By buying the \$40 call for \$3 and selling the \$45 call for \$1 I'm able to lower my total cost to \$2 (a 33% discount!). I'm putting this trade on all at once using the same monthly expiration dates for both contracts.

What's great is when you get comfortable with Vertical spreads, you can mix and match to accomplish different goals.

For example you can roll out a debit spread where your total cost is reduced. Like the example above.

OR

You can roll out a credit spread which actually puts money in your pocket instantly - for taking on a bit of risk.

Some vertical spreads get complicated and often traders make up fancy names for these spread types. The key is you're always buying one option and selling another.

Regardless of trading Long Calls and Long Puts, or trading vertical spreads... Let me share a few things to help your success in trading.

## **Quick Rules for Success In Options Trading**

Every trader needs a system or set of rules for trading... It's how to become consistently successful... here's a few quick rules I follow:

- 1) Wait for your system to indicate you have a valid setup.
- 2) Make sure the Options you want to trade have 30x the Open interest.
- 3) Always have target exit points BEFORE buying
- 4) Determine the timeline for the trade
- 5) Always Double the timeline when looking at expiration dates
- 6) Pick your options strike price based on trade type
- 7) Manage the trade according to your plan

Ok, let's wrap this up...

# Conclusion

Is this list a magical formula to instant riches?

No, it's not.

However, it's a way for you to stay active in the markets - in less than 10 minutes - on a daily basis.

We could add in a dozen or two dozen more stocks to this list but it won't make the list any more powerful. It's a huge advantage for us to focus on a small list of stocks... then you can trade with more confidence.

Don't be afraid to use this small Hot List and roll out different options strategies. Being open to using long calls and puts as well as debit and credit spreads will allow you to react to all different types of market conditions. This will lead to better consistency with your results.

Ultimately, you'll be putting more money in your pocket!

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