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Binary options are an all-or-nothing option type where you risk a certain amount of capital, and you lose it or make a fixed return based on whether the price of the underlying asset is above or below (depending on which you pick) a specific price at a specific time. If you are right, you receive the prescribed payout. If you are wrong, the capital you wagered is lost. That definition has expanded though. Back in 2009, the US-based Nadex exchange created options that allow traders to buy or sell an option at any time up until expiry. This creates a wide range of scenarios, as a trader can exit for less than the full loss or full profit. No matter which binary options you trade—Nadex options or traditional binary options—"position size" is important. Your position size is how much you risk on a single trade. How much you risk shouldn't be random, nor based on how convinced you are a specific trade will work out in your favor. View position size as a formula, and use it for every trade. Professional traders usually risk no more than 1% of their capital per trade.Minimizing your risk allows you to make many mistakes without losing all of your capital.Calculate your position size on every trade as you're starting.As you progress, you don't have to recalculate your position with every little fluctuation in your account; you can pick a simple, round number and trade that every time. How much you risk on a binary option trade should be a small percentage of your overall trading capital. How much you want to risk is up to you, but risking more 5% of your capital isn't recommended. Professional traders typically risk 1% or less of their capital. If you have a $1000 account, keep risk to $10 or $20 (1% or 2%) per binary options trade. Risk 5% ($50 in this case) is the absolute maximum and isn't recommended. When you start trading you'll want to make as much money as you can, as quickly as you can. Making some quick cash is why many people attempt trading. Avoid this impulse though. Risking a lot on each trade is more likely to empty your trading account than create a windfall. Most new traders don't have a trading method they tested and practiced, and therefore have no idea if they are a good trader or not. Better to risk small amounts of capital on each binary options trade, to test your trading methods and hone your skill, and then gradually increase the amount you risk to 2% once consistent. Binary options have a maximum fixed risk. This lets you know in advance how much you could lose if the asset (called the "underlying," which the binary option is based on) doesn't do what you expect. For binary options, the risk is the amount you wager on each trade. If wager $10 on a binary option trade, your maximum loss is $10. Some brokers offer a rebate on losing trades; 10% for example. If this is the case, your maximum is only $9, calculated as: maximum loss + rebate = trade risk -$10 + ($10 x 10%) = -$10 + $1 = -$9 Nadex binary options don't have rebates on losing trades, but if you buy an option at 50, and it drops to 30, you can sell it for a partial loss, instead of waiting for it to drop to 0 (or move above 50, which would produce a profit). Ultimately though, at expiry, the Nadex option will be worth 100 or 0. Therefore, when determining your risk you must assume the worst case scenario. Nadex binary options trade between 100 and 0. With each digit representing a $1 profit or loss. If you buy one option at 30 and it drops to 0, you have lost $30. If you sell one option at 50 and it goes to 100, you have lost $50. You can trade multiple contracts to increase the amount you make or lose. This is a tutorial on position size, not Nadex options. You know how much you are will risking risk (percentage of account, converted to a dollar amount) and you know how much money you could lose in a binary options trade. Now, tie the two together to calculate the exact amount of money you can wager on a trade. If you have a $3500 account, and you're risking 2% per trade, the maximum you want to lose is $70. If the broker offers no rebate on losing trades (this is the norm), then only risk up to $70 on the trade. In the "Amount" box on the binary options trading platform, input $70 (in this case). That means you are willing to risk $70 on the trade. If the broker offers a rebate, for example, 10%, then you can increase your position size by the amount of the rebate...in this case 10%. Because of the rebate, you can risk $77 on a trade ($70 plus 10%). If you lose you will receive a $7 rebate, so your maximum loss is still only $70, which is in line with your 2% risk parameter. For Nadex binary options you have an extra step because you can purchase an option at any price between 0 and 100, which affects how much you could lose. Assume you have a $5500 account and are willing to risk 2% per trade. That means you can lose up to $110 per trade and still be within your risk parameter. Don't take a trade where you could lose more than $110. Assume you want to trade a gold binary options contract, because you believe the price of gold will rise today. You can buy the option at 50. If you are right, and gold is higher than the strike price (price level of gold that determines if you are right or wrong) when the option expires, the option will be valued at 100. You make a $50 profit on each contract you buy. If gold is below the strike price when the option expires, its value is 0, and you lose $50 on each contract. Therefore, your risk is $50 for each contract you trade. You are allowed to lose up to $110 per trade, so you can buy two contracts at $50. If you lose on the trade you will lose 2 x $50 = $100. This is below the $110 allowed. You can't buy three contracts though because that exposes you to a $150 loss. A $150 loss is more than your established risk tolerance. When you're starting out, calculate your ideal position size for each trade. Even when actively day trading there is time before each trade to quickly determine how much to wager based on your percentage risk tolerance and the trade you are considering. This repetition will serve you well, and when you are losing money the dollar amount you can risk will drop (as the account value drops) and when you are winning the dollar amount you can risk will increase (as the account value increases). Note that your percentage at risk doesn't change, but as your account value fluctuates the dollar amount that percentage represents does change. As your account stabilizes you may trade the same amount on every trade, regardless of the fluctuations in your account. For example, the balance in my trading accounts stays the same. I withdraw profits at the end of each month, and any drops in the balance are usually quickly remedied by a few winning trades. Therefore, there isn't the need to make tiny changes to my position size on every trade. If your account value stays around $5000 (because of profit withdrawals, or profits and losses balance each other out), and you risk 2% per trade, then risk $100 per trade. Don't reduce or increase this amount by a few dollars every time your account fluctuates slightly above or below $5000. The point of only risking 1% or 2% of the account is that you can lose 100 or 50 trades in a row before you are cleaned out. That's a good level of safety...if you are using a researched, tested and practiced strategy. Not constantly changing your position size for every minor fluctuation in account value also allows you to make quick trading decisions in fast moving market conditions. If you know you can risk $100 on a trade, you can just act, instead of calculating if you can actually risk $105 or only $95. In the long-run, it won't matter too much. Once you are creating a good income for yourself, and you are happy with your account size (withdrawing profits over that amount) then it is quite likely you will trade the same position all the time, and it will rarely change. First, establish the percentage of your trading capital you are willing to risk on a single trade. Ideally, this should be 1% or 2%, with the absolute maximum being 5% (not recommended). For a normal binary options trade, this dollar amount gives you your maximum position size. For a Nadex option, also consider your maximum risk on the trade, and then calculate how many contracts you can take to stay within your risk limit. In the beginning, calculate your position size on every trade. It's a good skill to have. As your account balance stabilizes—as you improve as a trader—you may opt to use the same position size all the time, regardless of the minor fluctuations in account value from day to day. The two most frequent questions I get from Millennial Money readers are "what do you invest in" and "what are the best investing strategies?" I've received over 300 of those emails in the past month alone.The best investing strategies are one where you can maximize your return while minimizing your risk, and while you can invest in literally anything, the best investments I've found are stocks, bonds, and real estate.Below is the investing strategy I've used and still use to this day to build wealth. I've outlined some of these ideas before in my millennial millionaire strategy and millennial money portfolio posts, but this post focuses exclusively on investing.Nothing I did or do is magic. I don't day trade, buy calls, short sale, buy tax liens, broker debt, or invest in any type of hedge funds. A few readers think I must have won the lottery and that it's impossible to go from $2.26 to over $1 million in 5 years.Unfortunately, in the United States, a majority of the population thinks the only way you can actually get rich is by winning the lottery.This is why Americans spend over $70 billion on lottery tickets each year, which is more than we spend on books, music, movies, video games, and sports tickets combined! Whaaa?The average person spends over $800 per year on lottery tickets and some people even believe they are investing when buying these tickets.The decision to invest instead of buying lottery tickets over a 10 year period.Simple math shows that if they put that $800 into the Vanguard Total Stock Market Index Fund each year over the past decade they would have $13,071, but many of them are broke.The primary reason why people don't invest is that they think investing is complicated, it's too risky, or they think it's gambling. A lot of people are also afraid. So in this beast of a post, I am going to outline my investing strategy and why you should stop thinking about a saving rate and start thinking about an investing rate.These are tried and true investing principles that have not only worked for me, but they've actually worked for millions of people to help them build wealth and reach financial independence.While everyone's personal situation is unique, there are some general principles here you should pay attention to if you want to build wealth. In This Article Beware: A lot of Investing Advice is Shady and Just GamblingI hear more terrible investing ideas, than good ones. I was just at a wealth expo and 90% of what the speakers shared was not only wrong, it was dangerous and destructive. I watched as over 6,000 people listened to pitches for everything from tax liens to software the speaker promised only picked winning stocks (just click the green arrows!).It was all crap and a majority of the audience fell for it – lining up to pay thousands of dollars on speculative investing products that promised 30%+ per year. Thousands of people fell for it. They were swindled by slides that showed manipulated data (like screenshots and links to random articles over 15 years old).It was crap, but people lined up to buy it all. They will very likely all lose their money on strategies that don't work.I've also had family members who have gotten screwed by financial advisors who promised returns of over 30% per year. They are usually dudes with nice suits and big smiles, who talk about how many assets they have under management or that they are "conflict free". If a dude looks sleazy than he probably is and if anyone promises you any type of return over 12%, 99% of the time they are probably playing you.Sure, there are great financial advisors out there (I'm not hating), but a lot of people who sell investing products or work with money, just want your money. I've watched too many people get screwed to just stay silent.That's one of the primary reasons I started this website because there's just so much confusing and misleading information out there. Don't fall for the scams or crappy investments.A vast majority of these you can invest for yourself. It's not that hard and I will show you what I do below.5 Tips to Avoid Crappy Investments NEVER buy a financial or investing product from someone you just met Getting returns over 12% per year is ridiculously hard and if anyone promises you a return they are probably full of it. If it sounds too good to be true, it is. If you don't understand it, don't invest in it. Period. If one of your friends recommends an investment that's making them a ton of money, they are probably suckers too. Most "investments" people sell might have worked one time, if at all, and simply can't be recreated by you. If you see the "results not typical" on any marketing materials rip them up and run the other way! There are no "secrets of the super wealthy" that anyone will sell you for $500 or that you can actually take advantage of unless you have hundreds of thousands of dollars. I wanted to hit the guy that kept saying this onstage. The Best Investing StrategiesIf you made it this far in the post, you can totally do this. A lot of readers ask what they should do if they have $1,000, $5,000, or $10,000 to invest and these ideas all apply, BUT you should know, you DO NOT have to have a lot of money to start investing, you could start by investing your spare change with Acorns, or if you have an extra $100 to invest, you can start today!A great inexpensive platform is Ally Invest. You can get started with Stock and ETF trades for $4.95 with no account minimums. Mutual Funds are priced on a per trade basis at $9.95.Learn more about Ally Invest's platform.I Don't Invest in Anything I Don't Understand.I've worked super hard for my money and don't gamble it on investments I don't understand. So many people, especially now that they know I have some money, try to sell me stupid investments. I don't listen to pitches unless I solicit them. An investment has to be really compelling for me to go beyond my core investing strategy. A vast majority of my money has been made and still sits in the following investments.There's a big difference between long-term and short-term investing. A lot of people don't invest in stocks because they are afraid of losing money in the short term – which only really matters if you need the money in the short term. But if you are investing for the long term, then I don't know of any better investment than equities or real estate. Sure, stocks can go down, but over any 10 year period in history they are always up at least 7% per year when the gains and losses are averaged out. Here is how I invest for the long and short term.Long-Term Investing Strategy (10+ year horizon)I manage 100% of my long-term investments myself and still follow my daily investing habits – putting money into my investing accounts every morning when I'm drinking coffee. I don't work with any type of financial advisor or firm. It's actually pretty easy to do yourself with a bit of reading and emotional bulletproofing. A vast majority of the reason people get poor investment returns is because they get emotional. This is one of, if not the primary benefits of working with a financial advisor – they can help you control your emotions.You can also teach yourself, like I did, through reading investing books and blogs. A lot of anxiety and emotions around investing are simply due to a lack of knowledge. It only takes one book and you get it.If you only have the ability to read one investing book here's my favorite – The Coffeehouse Investor: How to Build Wealth, Ignore Wall Street, and Get On with Your Life.Once you realize how investing works – the opportunities and how to minimize your risk, it helps take the emotion out of it.All of my long-term investments are held in four different accounts, three of which are tax advantaged (Roth IRA, a 401k, and an SEP-IRA), meaning I get a tax benefit either when I deposit or withdraw the money.Taxes can take a massive chunk of the future earning of you investments, so it's important to minimize their impact as much as possible. This is why I always recommend maxing out your 401k, Roth IRA, and if you have a side hustle, your SEP-IRA before investing in anything else. One cool feature of most IRA accounts is that you can buy and sell stocks inside them.This is why I always recommend maxing out your 401k, Roth IRA, and if you have a side hustles, your SEP-IRA before investing in anything else. One cool feature of most IRA accounts is that you can buy and sell stocks inside them. I buy AMZN in my SEP-IRA.Unfortunately, since the IRS wants to get its money, there are contribution limits on any tax-advantaged retirement account.In 2017 I am able to put $5,500 in my Roth IRA (through a traditional IRA backdoor conversion), $18,000 in my 401k, and 25% of my side hustle income into my SEP-IRA.Then the money I have left over, I invest in my Vanguard brokerage account: 70% of my long term investments are in index funds. My two favorites are the Vanguard Total Stock Market Index Fund and Vanguard Total Stock Index Fund, but I invest in a few others highlighted here. About 80% of my index investments are in domestic funds, and 20% international. I'm heavily invested in equities for the long haul. The best thing about keeping money in these index funds is that I don't have to worry about it and they are low-tax since very little trading is done within them. Also, 90%+ of investors don't beat the stock market, so I prefer to track the market instead. Every dollar I invested when I started my financial independence journey in 2010 is now worth over 3 dollars today. That's an insane return for just a few clicks on my phone. 20% of my long term investments are in individual equities that I plan to hold for the long haul like Amazon, Apple, and Facebook. I invest in companies I use and believe in. I buy, but I don't sell stocks very often because I want to minimize my taxes and if you hold an investment for at least a year then it is only subject to capital gains tax – approximately 15-20%. I definitely don't day trade or recommend that anyone day trades – it's too risky and emotional for me. It also takes way too much time and most people loose money. Day trading is actually one of my biggest money mistakes. 5% is invested in physical real-estate and REITS. I am looking to invest in more real estate properties after my decision to buy instead of rent helped me make over $350,000 on a property in only 4 years. I am planning to keep investing at least 5% of my portfolio in real estate and starting to explore investing in multi-unit buildings (but finding a deal is tough and this type of investing comes with a lot of hassles). I'll keep you posted. Wanna get started in real estate investing without the hassle? Try Fundrise with historical returns 8.7% – 12.4%. Learn more: Are REITs a Good Investment? 5% is invested in non-traditional investments, like domains and art. While these can both be great long-term investments, both of these are more speculative – but I know them well, so can make educated purchases. I have made a lot of money investing in domains and only recently started investing in art, but look to expand both. I'm a huge fan of domain investing. Please note: This percentage distribution fluctuates quite a bit during the year, depending primarily on the value of the individual equities that I own and my real estate property. As I continue to build more wealth I am planning to pursue other diversification opportunities (those mysterious assets and alternative classes the wealthy may or may not make money on!).As you make more money, diversification becomes more important, since you don't want too much of your money in one type of investment. Right now I am probably a bit over-exposed in equities, but in my 30s, I have a long time horizon.That's it. I invest in things I understand with low fees and minimal taxes. Those are my 3 essentials for successful investing.Short-Term Investing Strategy (1-5 year horizon)I personally don't have anything that I am saving for in the short term, so a vast majority of my investments I am holding for the long haul. If I do decide to buy another property in the next few years, then I will plan to take that money out of my brokerage account, or start building a cash reserve once I have a new purchase goal. But since I am not sure that I will buy anything large in the short-term, then I am keeping my investments focused on a longer-term time horizon.A lot of my early retirement calculations are based on mostly staying invested in equities and expecting a 6% compounded annual return over the next 30 years. I personally think that a lot of people sit on too much cash, but that's a personal decision and for a lot of people, it helps them sleep at night. I sleep better knowing my money is making money, and even if I lose money in the short term, over time I will come out way ahead!But, if you do want to save for a vacation, home, car, or make an investment in the next 1 to 5 years, then I don't recommend you put your money into 90%+ equities like me. That's likely too risky since stocks can go up and down wildly over any short term period. The last thing you want is your investment to decline 20% right before you find the perfect house or are ready to take that vacation.So for short-term investing, I recommend you keep your money in a bond fund like the Vanguard Total Bond Market Index Fund or a certificate of deposit (CD) at your local bank. These two options are definitely better than keeping your money in a savings account at 0.1% interest, where you are actually going to lose money due to inflation.Another option if you are willing to take on a bit more risk is a balanced index fund like the Vanguard Wellesley Income Fund, which invests in approximately 60% bonds and 40% stocks, so you can generate a higher return (with slightly higher risk). Over the past 5 years, the Wellesley has returned 6.98% per year!Alright, that's it. Pretty simple. Following this investing strategy and managing my investments myself were essential in helping me reach $1 million in five years. My investments also continue to grow and I'm still benefiting from the compounding of the money I started investing in 2010.Please remember that I am not a financial advisor and that any investing comes with risk, but I hope this helps you on your journey to financial independence and beyond.What do you invest in?To learn more about investing in my book Financial Freedom: A Proven Path to All The Money You Will Ever Need Share: Share this article on Facebook Facebook Share this article on Twitter Twitter Share this article on LinkedIn LinkedIn Share this article on Whatsapp Whatsapp Share this article via Email Email

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