# From Gold to Full-Time Trading: Sofea’s $1M Funded Journey

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## FROM GOLD TO FULL-TIME TRADING: SOFEA'S $1M FUNDED JOURNEY

### 1. Executive Summary

Sofea, a Malaysian trader, shares her decade-long journey from retail trading in 2011 to becoming a full-time funded trader through Axi Select's Pro M program with $1M in capital allocation. Her core transformation came from shifting away from high-win-rate intraday scalping toward swing trading on higher timeframes with a focus on profitability over frequency. The interview emphasizes that consistency, risk management, and psychological discipline — not win rate — are the foundations of sustainable trading success.

### 2. Key Concepts

[1:51] Instrument specialization: Focusing on a single instrument (gold) allows deep behavioral understanding and reduces costly mistakes like entering the wrong trade
[3:52] Win rate vs. profitability: A high win rate is less important than ensuring wins are larger than losses in aggregate
[4:08] Timeframe shift: Moving from intraday to daily (D1) swing trading reduces emotional noise and prevents overreaction to small price movements
[5:00] Ego and loss aversion: Refusing to cut losing trades is driven by ego, and is cited as the primary cause of account blow-ups
[7:33] Gradual mindset change: Discipline does not come from one moment; it builds progressively through repeated cycles of loss and recovery
[8:06] Holistic discipline: Physical, spiritual, and mental routine (prayer, exercise, diet) directly supports trading consistency
[9:08] Live account importance: Trading on a live account creates genuine alignment of interest between the program and the trader, unlike demo-based prop firms

### 3. Trading Strategies Mentioned

### Swing Trading on Gold (D1 Timeframe)

**Strategy Name:** Higher Timeframe Swing Trading — Gold Focus

**Entry Rules:**

- Wait for high-probability setups on the Daily (D1) chart
- Only trade one instrument (XAU/USD — Gold) to maintain behavioral familiarity
- Avoid forcing trades; prioritize patience over frequency

**Exit Rules:**

- Not explicitly detailed, but implied to involve holding trades across sessions and weekends
- Trades are held until the swing target is reached rather than scalped out quickly

**Risk Management:**

- Accept small, frequent losses as the cost of doing business
- Ensure each winning trade is large enough to cover multiple prior losses
- Do not remove or widen stop losses under emotional pressure
- Review all trades every weekend when markets are closed

**Example Given:**

- Sofea describes a ranging market period where repeated losses compounded and she did not cut exposure, resulting in a large drawdown that nearly caused her to quit trading entirely

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## 4. Actionable Takeaways

- Specialize in one instrument until you understand its behavior deeply before adding others
- Switch your performance metric from win rate to overall profitability (risk/reward ratio)
- Trade from the Daily (D1) timeframe to reduce emotional reactivity to intraday noise
- Always place and honor your stop loss — never pull it when a trade goes against you
- After a loss, do not immediately try to "make it back"; follow your rules and wait for the next valid setup
- Build a weekly trade review habit every weekend: identify what went wrong and how to improve
- Maintain physical and mental routines (sleep, exercise, diet, spiritual practice) to keep your mind sharp for trading
- Monitor your edge/performance score within your program to track risk and skill improvement over time
- Treat trading as a marathon, not a sprint — do not abandon a sound process during a losing streak
- If you drop back a stage in a funded program, recommit to your original rule set rather than changing strategy impulsively

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## 5. Important Timestamps

[1:07] Sofea explains she started trading in 2011 as a fresh graduate and only recently resigned her job to trade full time
[1:51] Sofea reveals gold is her sole instrument and explains why specialization is critical
[3:45] The interviewer asks about the moment traders go from gambling to consistent trading — Sofea confirms she went through this
[3:52] Sofea describes her early flaw: high win rate but one large loss wiping out all gains
[4:08] Sofea explains her shift to D1 swing trading and refocusing on profitability over win rate
[5:00] Sofea admits ego caused her to hold losing trades and she blew countless accounts learning this lesson
[6:32] Sofea recounts her hardest period — a ranging market, repeated losses, and nearly quitting trading
[7:21] Sofea describes discipline as a gradual progression rather than a single breakthrough moment
[8:06] Sofea introduces the role of spiritual and physical routine in maintaining trading discipline
[8:36] Sofea recounts how she found Axi Select through a friend in late 2022 and was initially skeptical
[9:08] Sofea explains why live-account trading gave her confidence in the program's legitimacy
[11:35] Sofea describes the moment she knew the program was real — successfully withdrawing a payout to her bank account
[12:12] Sofea explains her mindset after dropping back from Pro M: "if I've done it once, I can do it again"
[13:01] Sofea's closing advice: stay consistent, watch your score, review trades weekly, and treat it as a marathon

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## 6. Vocabulary/Terms Defined

**Pro M:** The highest stage of the Axi Select capital allocation program, granting the trader access to $1,000,000 in live trading capital with profit sharing

**Axi Select:** A funded trader program by Axi that uses live (not demo) accounts, profit-sharing, and simplified drawdown rules to give skilled traders access to institutional-level capital without requiring them to risk their own large capital base

**Drawdown:** The decline in account equity from a peak to a trough; Axi Select uses a total drawdown limit from the starting balance rather than a daily drawdown rule

**Win Rate:** The percentage of trades closed at a profit; Sofea argues this metric is less meaningful than overall profitability

**Risk/Reward Ratio (implied):** The relationship between the size of average losses and average wins; Sofea's approach prioritizes wins being larger than the sum of preceding losses

**Swing Trading:** A trading style that holds positions for multiple days or weeks, targeting larger price moves on higher timeframes such as the Daily chart

**Intraday Trading:** Trading where all positions are opened and closed within a single trading day; Sofea used this early in her career before switching to swing trading

**Edge/H Score:** A performance metric within the Axi Select platform that measures trading skill and risk quality to help traders understand where they can improve

**Capital Allocation Program:** The structure within Axi Select where the firm allocates real capital to funded traders and shares in the profits generated

**Ranging Market:** A market condition where price moves sideways between support and resistance without a clear directional trend; particularly difficult for trend-following swing traders

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## 7. Quotes & Insights

> *"When I focus solely on gold, I can really understand the ins and outs — like you try to understand your spouse, what will he do when he's in a bad mood."*

[1:51] Sofea on why specialization beats diversification for retail traders

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> *"My win rate is not high, but I will make sure that when I get losses, losses, losses — the next win has to be bigger than my losses to cover back."*

[4:27] The single most important mindset shift in Sofea's trading career

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> *"I've burst countless accounts — I learned it the hard way."*

[5:49] Honest acknowledgment that real learning came from real pain, not theory

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> *"I realized that I need to change my strategy — I was making a lot of wins but once I made a loss, it was a big loss and wiped out all my wins."*

[3:56] Classic retail trader trap: high win rate masking a catastrophic risk/reward problem

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> *"It's a marathon, not a sprint. You have to keep going, keep going."*

[13:45] Sofea's closing message — the most transferable principle from her entire journey

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> *"The common fallacy outside the industry is that if you are a good trader, you must be right more often than not — but that's not the case."*

[5:23] Greg reinforcing Sofea's insight: edge comes from how you manage losses, not from always being right

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> *"Every week when the markets are closed, that's the time you have to review your trades and see where you went wrong. How can I get better?"*

[13:50] Sofea's concrete weekly habit for continuous improvement

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