Terms

CoCH (Cash on cash return)

CoCR shows the actual return a trade generated on the cash you had on the line (risked)

CoCR = Return / Capital required x 100

EG: $150 (return) / $5,000 (capital required) = 3.0% (CoCR)





Sell Cash-Secured Puts

Collect Premium Income

Assigned Shares

Sell Covered Calls

Collect Premium Income

Shares Called Away

Capital Gain

THE OPTIONS WHEEL

Recurring Income Engine

wait

s

you

What are Options?

60Seconds to FIRE



VIX and Options Premiums

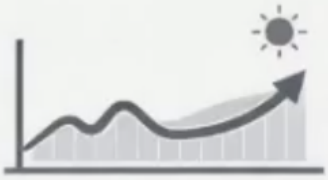
Understanding the Relationship Between Market **Fear and** Fear and **Option Pricing**

Calm Market

VIX: 10–15

Low market volatility

Cheap options



Normal Market

VIX: 15–20

Moderate volatility

Moderate option premiums



Fear or Panic Market

VIX: 25–40+

High market volatility

Very expensive options



Higher VIX = Higher Option Premiums

Options sellers often benefit from higher volatility environments

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