



# 11 Hot Stocks For Options Trades

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# **11 Hot Stocks for Options Trades**

**PLUS, three trading  
strategies every trader  
needs to know**

ZenectWealth.com

By David Goldstein

# The HOTTEST STOCKS for Options Trades

Make Money by focusing on these stocks!

I don't know about you, but I believe the goal of trading is to make money.

Seems obvious... but that's not always the case.

For example, many people constantly chase the next shiny toy. They're looking for that next tip or trick to make money.

The reality is, making money in trading comes from the basics. Like a professional football player practices blocking and tackling every day... The professional investor needs to focus on his basics too.

One easy way to avoid getting distracted is to focus on a few simple strategies... and better still, apply those strategies to a few well known stocks.

**There's a reason why traders have "Watch lists!"**

This allows you to tune out all the noise in the markets and focus on a few core things.

What you'll find is you really get to know the names on your Watch list- really well.

Below is my watch list - which offer great price movement, and more importantly liquidity in the options markets.

Is this my full list?

NOPE.

It's just a good starting spot for stocks for you to keep an eye on.

## How to Assemble The Perfect Stock Watch List...

To be honest, there is no perfect watch list.

The stocks change all the time. Stocks get hot. Stocks get cold.

Market momentum can take over and really influence the stocks you should be watching.

So let's just jump in...

One of the first things I do is look at what stocks have big trading volumes.

Why?

Because if you can't trade an option - because liquidity is low - then there's no point spending your time trading at all.

So, I start by looking around at what stocks have big options trading volumes... Here's a quick rundown of the top ten ETFs ranked by overall options volumes (I found this on the optionscharts.io website)

Symbol	Name	↓ Option Volume
SPY	SPDR S&P 500	10,180,613
QQQ	Invesco QQQ Trust, Series 1	4,809,052
IWM	iShares Russell 2000 ETF	865,556
FXI	iShares China Large-Cap ETF	480,710
HYG	iShares iBoxx \$ High Yield Corp	479,245
TQQQ	ProShares UltraPro QQQ	461,614
SQQQ	ProShares UltraPro Short QQQ	328,734
TLT	iShares 20+ Year Treasury Bond	318,394
SLV	iShares Silver Trust	269,305
GLD	SPDR Gold Trust	267,263

As you can see many of these ETFs trade big volumes.

Let's look at stocks now (Again, from the optionscharts.io website):

Symbol	Name	↓ Option Volume
NVDA	NVIDIA Corporation	2,280,469
TSLA	Tesla, Inc.	2,176,190
AMD	Advanced Micro Devices, Inc.	1,941,289
AAPL	Apple Inc.	1,796,528
META	Meta Platforms (Facebook)	697,346
PLTR	Palantir Technologies Inc.	579,471
AMZN	Amazon.com, Inc.	528,466
MARA	Marathon Digital Holdings, Inc.	496,699
NYCB	New York Community Bancorp, Inc	443,372
MSFT	Microsoft Corporation	375,122
SOUN	SoundHound AI, Inc.	367,644
PFE	Pfizer, Inc.	318,247
SMCI	Super Micro Computer, Inc.	310,216
DELL	Dell Technologies Inc.	304,034
GOOGL	Alphabet Inc.	303,157
TSM	Taiwan Semiconductor Manufactur	293,996
SNOW	Snowflake Inc.	279,155
FSR	Fisker Inc.	270,856
NIO	NIO Inc.	265,779
INTC	Intel Corporation	263,714

An interesting list right!

Another thing you want to look at is the overall stock movement.

The more a stock moves the more “Volatility” there is... and that means options prices will be higher. No sense trading options for a few pennies when we can trade options for a few dollars - RIGHT!

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The last thing you should consider is the history and knowledge around the stock.

Understanding what the company does, when it's earnings announcements are, what kinds of news will impact it more than others... These are all critical things to keep an eye on.

Remember the longer you focus on these watch list stocks, the better you'll know them and the more comfortable you'll be.

So let's get to that list...

## The Hot Stock List for Options Trades...

Here's the top 11 names on my list... in no particular order:

Apple (Symbol: AAPL)

Meta (Symbol: META)

Tesla (Symbol: TSLA)

Netflix (Symbol: NFLX)

PayPal (Symbol: PYPL)

Nasdaq ETF (Symbol: QQQ)

Disney (Symbol: DIS)

S&P 500 ETF (Symbol: SPY)

JPM Morgan (Symbol: JPM)

Chevron (Symbol: CVX)

Bond ETF (Symbol: TLT)

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# How To Trade The Hot List For Profit - 3 Strategies Every Trader Should Know

OK - we've got our watch list.

I'm sure you've already added your favorite names to my list from above. Just a word of warning... Don't make your list larger than 20 or 25 names... it's just too many stocks/ETFs to watch on a daily basis.

Remember we want to keep things simple - not overly complicated.

Alright... this gets to the fun part... Trading strategies.

I really focus on and use 3 strategies for trading my watch list.

Those strategies are:

- Long Puts and Calls
- Vertical Spreads
- Credit Spreads

Now I assume you already know how to place these types of trades... If not, visit our website [zenectwealth.com](http://zenectwealth.com) and you'll find information about all those trade specifics.

Let's look at some specific ways to use these trade strategies to profit.

## Long Puts and Calls

Buying puts and calls is the simplest strategy in options trading... All you need to do is have conviction for which way a stock is trending.

Let's say you've been watching META stock for a while and it looks like it's going to trend higher. Once you figure out where you think the stock is going to go you can simply purchase call options.

If you think the stock is going lower you can buy put options.

Super simple...

Now here's a few tips.

When buying puts and calls, if you use short term options (like ZERO DTE, weekly, or monthly options) you probably want to buy options that are close to "in the money".

They will be more expensive, but the probability of hitting a winning trade is improved.

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That said if the trend you see is longer term, feel free to buy farther out of the money options - just be sure to buy longer dated contracts... so you can capture as much of the move as possible.

One professional trader I know likes to double his expected time horizon on Long Options. In other words, if he thinks the stock is going to move in the next 2 weeks - he buys an option that expires in 4 weeks or more!

When it comes to Vertical spreads things are very different...

## Vertical Spreads

Vertical Spreads are best used when you believe a stock will move a particular direction... but not too quickly.

A vertical spread is where you buy one strike, and at the same time sell a different strike... with the same expiration dates.

Because you are both buying and selling options, your cost to purchase an option can be lower - by 30% to 50%!

Now here's a tip...

When you place these kinds of trades, you're often giving up the unlimited upside for buying at a lower cost basis.

For example, if a stock is trading at \$40... you might buy a \$45 call and sell a \$50 call. The premium from the call you sell offsets the call you bought... lowering your overall exposure.

Just remember - any movement above the \$50 mark - the profits will go to someone else!

These types of trades are best when you believe a stock is moving solidly in one direction or another - but not too quickly!

There's another type of trade that puts cash in your pocket instantly...

## Credit Spreads

Credit spreads are best used when you think a stock might stay flat or show limited movement.

Credit spread is a term used to describe the direction of cash flows when executing a spread trade.

When the simultaneous buying and selling of options results in a cash inflow (credit) to your account, it's called a credit spread.

**In other words, the options you buy cost less than the options you sell.**

Here's an example:

Say the XYZ stock is trading at \$56...

You SELL or go Short 1 XYZ \$60 call collecting \$1.00 in options premium. Then you BUY or go Long 1 XYZ \$65 call paying \$0.25 in options premium.

You just created a credit spread. You'll receive \$0.75 per share or \$75 per options contract.

So, your maximum gain is \$75, and you collected that instantly. **Easy money!**

If the stock stays below \$60, and the option expires, you keep the money. However if the stock runs higher, in this case over \$60 you could lose money.

Remember every trade has risk... so the max loss is the value of the high strike less the low strike less the premium. (High strike - low strike - net premium received)

Back to our example... \$65 less \$60 less \$0.75 = max loss is \$4.25.

Now you know your max loss and max gain. Obviously you can select different time frames and different strike prices to adjust those numbers to suit your risk profile.

## Conclusion To 11 Hot Stocks for Options Trades

I just shared with you 11 of the top names on my watch list. These are great stocks and ETFs to watch for options trades.

I also outlined 3 simple options trade strategies you can use on any of these stocks.

Once you develop some conviction around the direction the stock is moving... simply pick the best strategy and place your trades.

Good Trading,

David Goldstein



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