

Preparation

1. Have you removed all external distractions?
2. What are the conditions surrounding your current trading environment (i.e. potential distractions around your workstation; is your current life situation simple?)
3. Is your internal state calm & peaceful, or anxious & frustrated? What was the last thought to run through your mind? If troubled, have you taken the time to write (compartmentalize)
4. Lock into a state of heightened presence
5. Have you done affirmations?
 - a. Recall The Virtues of the Disciplined Trader
 - b. Visualize & Affirm: The Consistent & Profitable Trader
6. Did you recall your Market Beliefs & 5 Fundamental Truths with conviction:
 - a. Losing is a Natural Consequence of the Game
 - b. The only objective you have is to identify your edge and do what needs to be done
 - c. You must completely accept the inherent risk of trading (psychological and material)
7. Recite Core Requirements of Trading Strategy
8. Reflect on a Quote

Virtues:

- Tranquility "Be not disturbed at trifles, or at accidents common or unavoidable."
- Order "Let all your things have their places. Let each part of your business have its time."
- Patience Let the natural occurrence of events happen in its time
- Adaptability Be wary of what you know, and open to what you don't
- Gratitude Remain appreciative on the experiences & people that shape your history
- Humility Assume a state of inferiority; "imitate Jesus"
- Acceptance Surrender to the reality or outcome of any situation
- Decisive Act with conviction & courage through all decisions with uncertain outcomes

Quotes List

1. The goal of apprenticeship is the transformation of your character and mind
 2. Traders are not born nor created but instead create themselves
 3. A clever scalper is an observer more than a participant
 4. Trading is a reflection of your *psych*
 5. Scalping is all about probability, not about outcome
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7:45 am - Morning Checkpoint

- Economic Calendar
- Range of Day

10 am - Midpoint Checkpoint

- Mini Short Break: 2-5 Min

Technical Steps

STEP I: Market Conditions

1. Volatility:
 - a. Average Bar Height
 - b. Speed of Market
 - c. Market Height
2. Environment (Range, Trend, Round Number)
3. Dominant Pressure

STEP II: Entry Conditions

STEP III: Entry/Exit

1. Boiling Point - Pre-Breakout Tension
 - a. Candlestick
 - b. Squeeze (EMA)
 - c. Price Action (e.g. Tease Breaks, Structure)
 2. Tipping Point - S/R Exit
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Decomposition

Trend

- swing-origin, strength, length, number
- pullback-origin, strength, length

Range

- pressure set up within relative hh,hl,ll,lh (start with opposing side of break)
- swing-origin, strength, length
- h & w

**Origins: round number, clusters, trap, major s/r line,

**Strength: slope, clusters, bar height

Entry Conditions (Pros & Cons)

- Supporting/Blocking Clusters
- Major S/R Level
- Round Number
- Trend: Retracement Level
- Ranges: Rally Highs/Lows

Plotting

- S/R - Dashed Line ; Signal - Solid Line
- Plot Relative to 'Market Pace' and Tension (# of touches, previous breakout, larger pattern)