

Peace Team. Here is some journaling from the 10-16-25 NY session on MNQ. I was glad to be patient and follow the rules. I did not take a trade, yet price moved about an hour later though, and that is how the market works some time. That said: “How could someone profit from the market if the charts are left open while doing some other things, working or just resting?” (other than if a Teacher is sharing trades)

Here is an example from after I closed the morning “intraday session”, and I did not get these price moves, yet I am learning about how to catch trades later. All in good time:

The 15 min and 5 min chart FVG is a good way to filter things. Check the chart periodically, to see if there is an FVG on 5 min or 15 min (set alert if retrace), and then if there is a retrace to the FVG, then wait for a 1 minute chart retrace/engulfing confirmation.



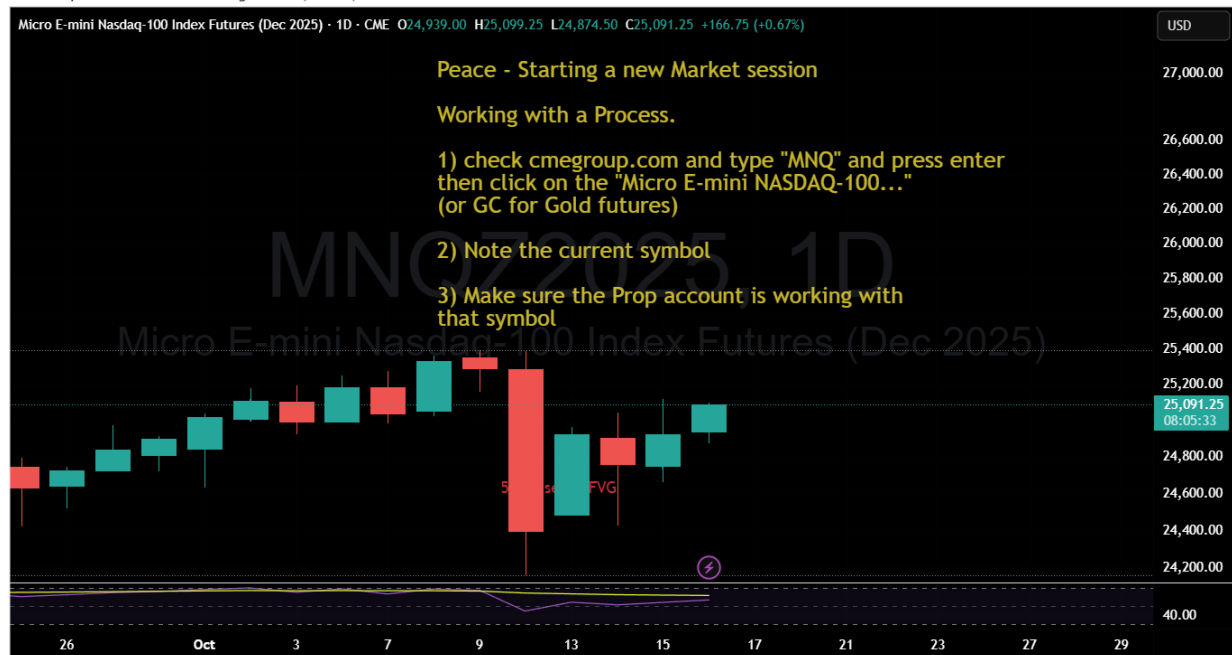
Peacethruprocess created with TradingView.com, Oct 16, 2025 12:51 UTC-4



Anyway. Today was positive for me. The point is that when I was in front of the charts, my the vibe was peaceful. Peace of mind is the goal. Be safe. Take care. Peace.

Here are the charts with “Before Market Open” thoughts and then journaling (all trend lines could be moved to the next day’s session, so as to save time in the future).

Peacethruprocess created with TradingView.com, Oct 16, 2025 08:54 UTC-4



TradingView

Peacethruprocess created with TradingView.com, Oct 16, 2025 08:56 UTC-4



TradingView

Peacethruprocess created with TradingView.com, Oct 16, 2025 09:02 UTC-4



TradingView

Peacethruprocess created with TradingView.com, Oct 16, 2025 09:05 UTC-4



TradingView

Peacethruprocess created with TradingView.com, Oct 16, 2025 09:08 UTC-4



TradingView

Peacethruprocess created with TradingView.com, Oct 16, 2025 09:11 UTC-4



TradingView



TradingView



TradingView

Peacethruprocess created with TradingView.com, Oct 16, 2025 09:40 UTC-4



TradingView

Peacethruprocess created with TradingView.com, Oct 16, 2025 09:46 UTC-4



TradingView

Peacethruprocess created with TradingView.com, Oct 16, 2025 09:47 UTC-4



TradingView

Peacethruprocess created with TradingView.com, Oct 16, 2025 09:49 UTC-4



TradingView

Peacethruprocess created with TradingView.com, Oct 16, 2025 09:50 UTC-4



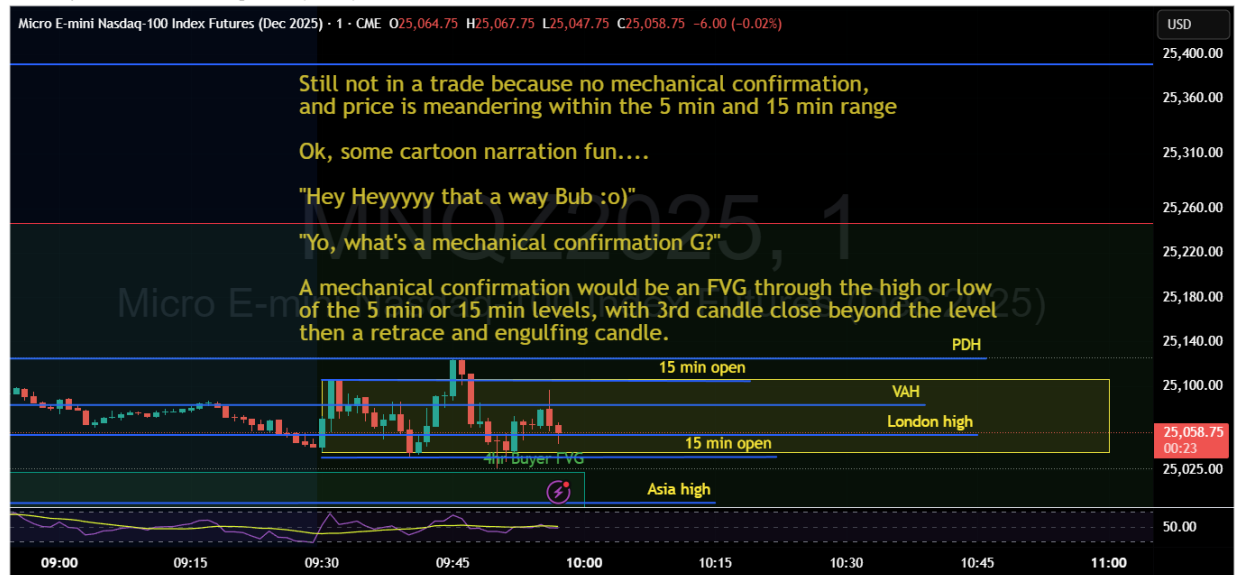
TradingView

Peacethruprocess created with TradingView.com, Oct 16, 2025 09:51 UTC-4



TradingView

Peacethruprocess created with TradingView.com, Oct 16, 2025 09:57 UTC-4



TradingView

Peacethruprocess created with TradingView.com, Oct 16, 2025 10:02 UTC-4



TradingView

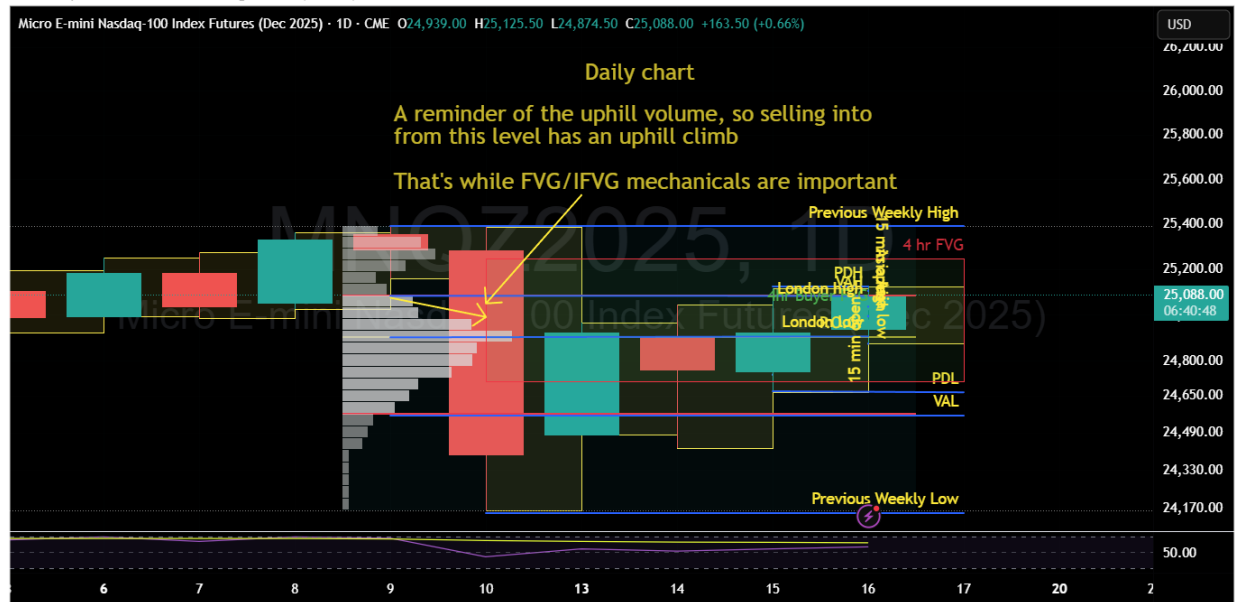


TradingView



TradingView

Peacethruprocess created with TradingView.com, Oct 16, 2025 10:19 UTC-4



TradingView

Peacethruprocess created with TradingView.com, Oct 16, 2025 10:21 UTC-4

