

Peace. Here is some chart journaling on a **“REGROUP trading day”** - MNQ, for 1-22-26.

This is an important moment (to me), because after 1 full year of trading live, with an Evaluation Account, I realized something :o)

Price always moves when I am not watching the charts.

**So, I will now try an improved approach:**

Before Market Open, I will still be marking “Key Levels” to locate “Areas of Interest” where there might be a price move rotation, then its allllllll about letting the MFB indicator alert of Order Flow Intention. (“OFI” – sounds like a cartoon character for charts – “Look Team, OFI says there is market intention now” – or something fun).

**The goal:**

To let the MFB indicator “Read price”, and I will choose when to open only high probability trades at Key levels (or Areas of Interest)

If I want, continue to enjoy tuning into a Live Stream, to verify if “Areas of Interest” are valid, and just in general, trading concepts are a great Fellowship to get the mind off of all the things going on in the world. Peace.



TradingView



TradingView



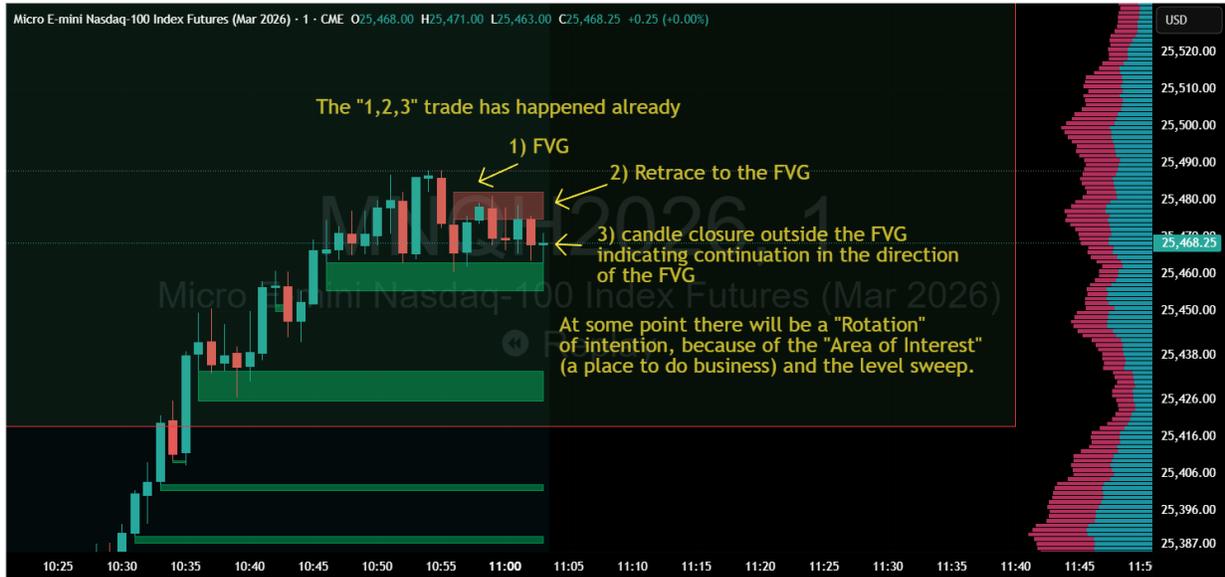
TradingView



TradingView



TradingView



TradingView



TradingView



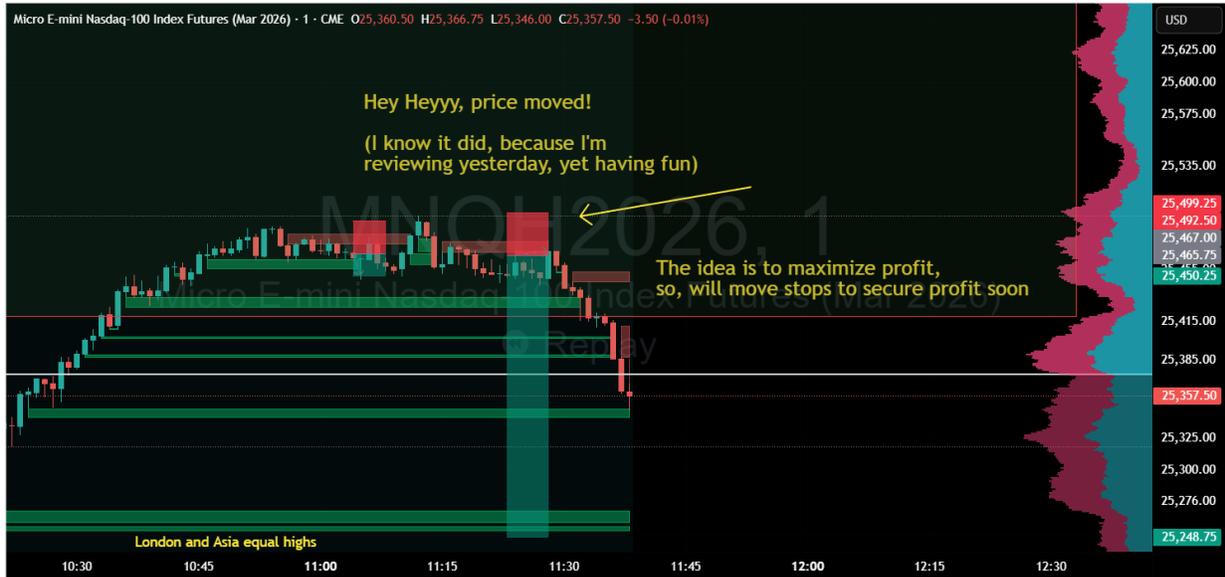
TradingView

Peacethrprocess created with TradingView.com, Jan 22, 2026 09:10 UTC-5



TradingView

Peacethrprocess created with TradingView.com, Jan 22, 2026 09:14 UTC-5



TradingView



TradingView



TradingView

Peacethrprocess created with TradingView.com, Jan 22, 2026 09:21 UTC-5



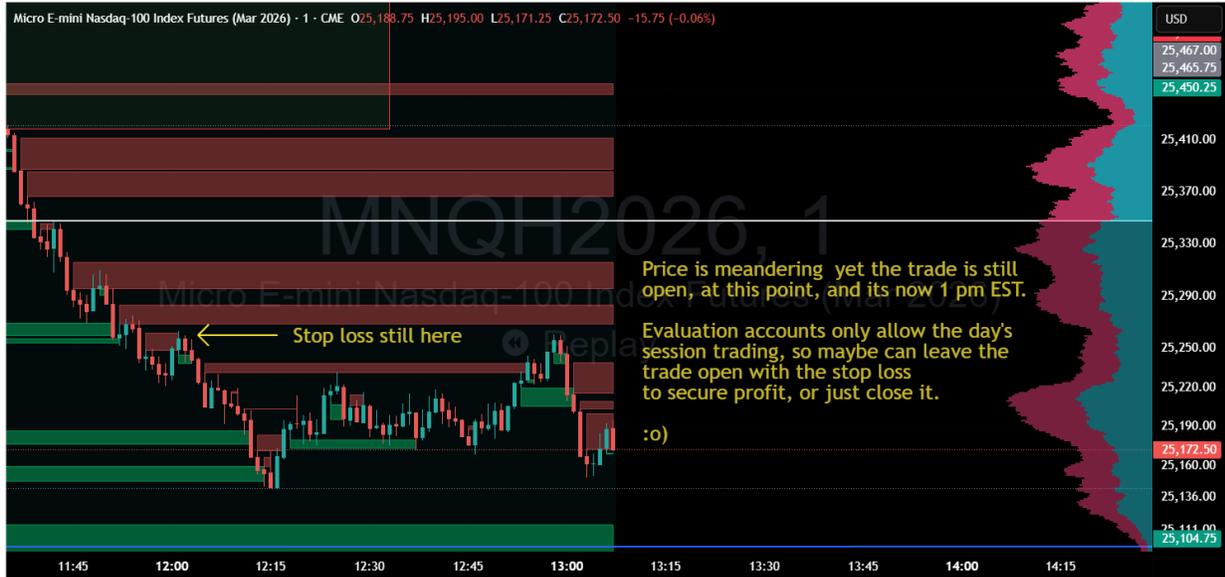
TradingView

Peacethrprocess created with TradingView.com, Jan 22, 2026 09:22 UTC-5



TradingView

Peacethrprocess created with TradingView.com, Jan 22, 2026 09:26 UTC-5



TradingView

Peacethrprocess created with TradingView.com, Jan 22, 2026 09:32 UTC-5



TradingView