<u>Wellness Trading Plan</u>

Peace – I decided to put together a new Trading Plan PDF, in order to help organize my “Work Life Mindset” for the NY session. (applies to any session window)

This structural and mechanical approach to trading is important to me, because I find that a trading session is often stressful.

<u>So, how might I nurture an Intention to have a peaceful trading session?</u>

Is there a way to trade peacefully, and to learn the “Probabilistic Mindset” necessary, without having to spend years adjusting to the “Gaps of understanding” that need to be addressed before trading with “Positive Expectancy”?

Well, the “MFB” indicators are meant to help establish a **mechanical decision process for trade entries –**

I have been working with the **<u>“Inner Game” book series</u>** to bring an “Awareness” to the trading session.

(I recommend the “Inner Game of Tennis” or “Golf”)

The author calls **<u>“Self 1” is the “Instructions voice”, that assumes a “Certainty”</u>** which should lead to success - then that assumption of certainty judges results and causes self doubt.

The author calls **<u>“Self 2” the natural potential – “Flow State”.</u>**

“Self 1” gets in the way of “Self 2” trying to find a probabilistic flow.

Trading successfully requires a **“Probabilistic Mindset”** and “Self 1” ruins the potential for understanding that reality.

In order to **keep “Self 1” busy with things**, the “MFB” indicators provide plenty of analysis for “Self 1” to consider (if consulting with the Trade assistant).

All that “Self 2” has to do is find peace with the process of taking high probability trade signals, and learning the mechanics of trade management.

(Take the trade, don’t judge the results in a never ending certainty “System switching” loop, and remember that winning will involve a series of trades over time – Losses will be necessary, so learn to accept losses – peace)

1) Observe

2) Take 2 or 3 Trade entries per session

3) Accept Results

4) Journal - Let the session be what it was – Peace -

Patience is the EDGE.

The Process is the win – A mechanical strategy process is the PEACE.

1) Before the session open – check to make sure the symbol is current for MNQ:

https://www.cmegroup.com/markets/equities/nasdaq/micro-e-mini-nasdaq-100.contractSpecs.html

2) **If the Tradovate (or other Evaluation platform) needs setting up, that should all be done pre-market** – many times I have missed trades when not having the charts ready.

3) Log in to Tradovate on Tradingview, so that the trades will appear.

4) Make sure alerts are set on **“Universal MFB – Flow/Sweep/FVG-123 Setup” for 5 min charts** (I am working with the “MFB – M.A.P.” approach because of the “Sound logic” – even just a 5 min CISD is ok)

Everything after the part where the indicators are scanning for trade entries during the first 1 hour and ½ (or 2 hours) from market open**, the Trader is simply managing the trade entries.**

<u>RISK MANAGEMENT –</u>

For the **“Universal MFB…”** indicator the 1 to 2 Risk/Reward trade entry lines are clear –

I am working with the 2 min chart for FVG trailing stop and trade management.

If price reaches near the 2 R on a trade (or a clear FVG beyond trade entry), then the stop loss moves near the candle closest to the 2 R level, or to the nearest FVG. That’s it . Otherwise, the trader is on **<u>“Peace mode” – Only a stop loss is being used, no take profit line.</u>**

The idea is to Maximize the Probability of Success.

<u>“Probability Maximization”</u>

Peace -