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# What To Focus On Right Now

In this mentorship the main focus is understanding the 4 pillars, consolidation, expansion, retracement and reversal.

Understanding comes from exposure and exposure creates experience

A. creating daily price action logs with price charts

1. daily chart - 12 months no less than 9 months view
2. 4 hour chart - 3 months view
3. 60 minute chart - 3 weeks view

# 4) 15 minute chart - 3 to 4 days view

B. Resist the urge to forecast price movements right now

1. Do - note where price shown a quick movement from a specific level
2. Do - note recent highs and recent low that haven't been retested yet
3. Do - note areas on the charts where price has left "clean" highs or lows
4. Do - note what days weekly high and lows form & what killzone it formed it
5. Do - note the daily high and daily low every trading day & what killzone it formed in

Deal with 1 pair

First thing you want to do is mark the most recent highs and lows where markets have shown a willingness to repel from, daily TF

Next drop into 4h TF, do the same thing and look for areas where its too clean. And note where the market has moved quick away from a level the FVGs

Next, go to the l h TF. On the lh chart look at the individual days over the course of 1 or 2 weeks.

Intraday highs and lows, a good bellwether chart.

Keep this chart seperate from the lower timeframes when we go down, otherwise the lower timeframes will be too busy

Use 3 different charts

1 . executable chart

2. MTF, 15m

# 3. HTF

Then go to the 15m chart and do the same thing you did on the HTF charts but only for the last 3/4 days, note the PDHs and PDLs and the days of the week