Yesterday was a tricky day. I’m a day trader and I really didn’t want to take a trade. I didn’t listen to myself, and I took two trades: MSTR and APP. MSTR did 16%. And my APP trade was hinged on news that the S&P 500 would be announcing a few new stocks for inclusion and APP was supposed to be one of them. Against my better judgement, I bought a call contract and sold it shortly after at break-even out of fear that it was a bad idea. Well guess what? It wasn’t a bad idea, and the trade went over a hundred percent. And why yes, I did get impulsive and buy back the same contract at double the price an hour before close. BAD IDEA… Let’s not talk about why.