



Nov 14

Grade: B

PnL: +\$0

AM Temp Check

Sleep Quality: 67

- **Visualize full-size execution.**

Picture taking one clean A+ setup at *full size* without hesitation.

→ Say out loud: "**My job is to express the setup, not to protect my comfort.**"

- **Rate emotional readiness (1-10).**

If below 7, journal what's affecting confidence and reduce the number of trades — not the size per trade.

Pre-Market Preparation

Highlighted = Focus

Nothing looks great. Prob no trades at the open.

- ~~Full scan of PM Movers~~
- ~~Meditation (gratitude + mu shin), Reminders, Principles~~
- ~~Visualization~~
- ~~Emotional readiness = 7~~
- ~~Load SPY options and UPRO. Get the rep.~~

Do The Right Thing. Execute orders and collect data.

Stock	ATR	PM Structure	<u>Catalyst</u>	Plan
WYFI	4	None	FSS/BD	Watch for a turn at 18.5 on a FMU
SPY	7.5	None	CB/VR	Watch for intraday patterns
PLTR	10	None	FSS	Watch for a rejection or push through 169
AMAT	8	None	FSS/DB	Watch for a turn at 212-13 on a FMU
			<u>Continuation</u>	
SNDK	21	None	SDP	Watch for a rejection at 242-5

Execution Checklist

- Does it meet my A/B/C criteria?
- Is the stop clearly defined?
- Am I calm, not trying to "avoid loss"?
- Am I about to size smaller than my plan says? (If yes → *pause, breathe, execute full size or skip the trade entirely.*)

Trading Summary

No trades

Opportunities

SNDK - Technical - CB

RVOL: 2

RR: 1:2

I wasn't sure how to categorize this one because a Continuation would normally indicate that it was heading in the same direction as the previous day, when it was a catalyst. In this case, buyers stepped in and took over for most of the day. I really liked how price behaved as it was building a wedge over VWAP and 2D VWAP. The break of that consolidation offered a nice 1:2 RR opp. This was tricky since price had already moved over 1 ATR into 263 from 235. I was watching for a FSS short around 243 and luckily stayed out but didn't consider switching my thesis to long.

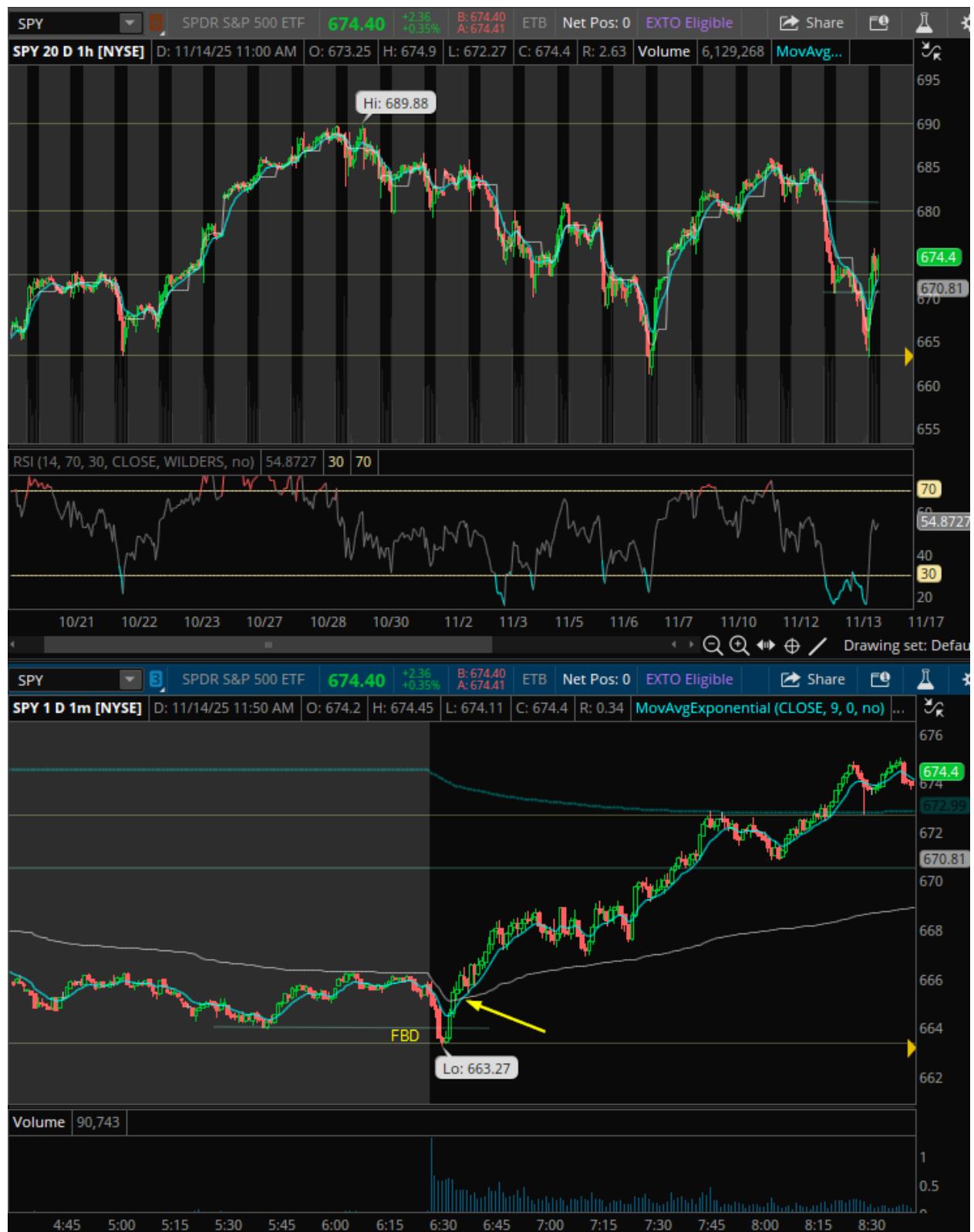


RR: 1:5 (XO)

SPY gapped down almost a full ATR overnight. At the open, price quickly dropped under PML and trapped, then turned and moved 10 points higher (>1 ATR) with about 30 mins of consolidation in between legs. I was hoping to see price trap 661 before turning. The 9 x VWAP was a clean entry following the sweep of ORL, which also aligned with ORB.

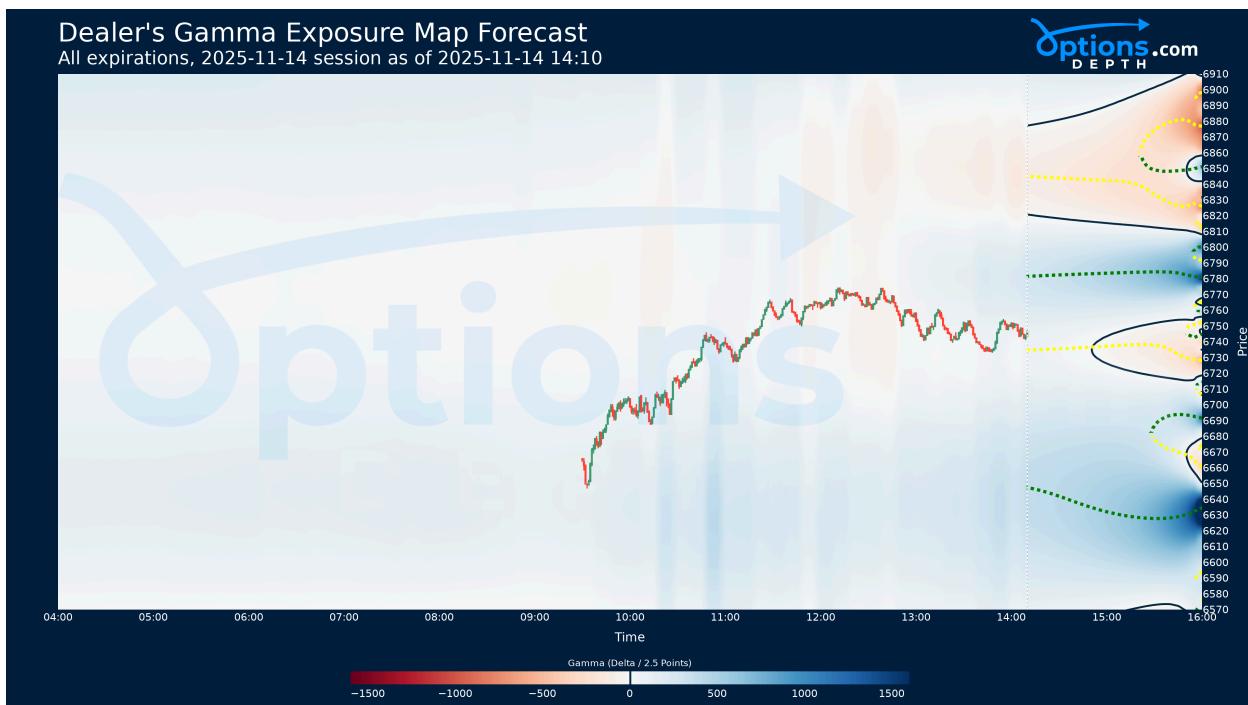
Note: This consolidation between 7 - 7:25 opened up a few nice wedge breaks across the board. When SPY/QQQ consolidates like this, maybe scan for falling wedges on bigger names. SNDK, NVDA made some nice 1:2+ RR wedge breaks.

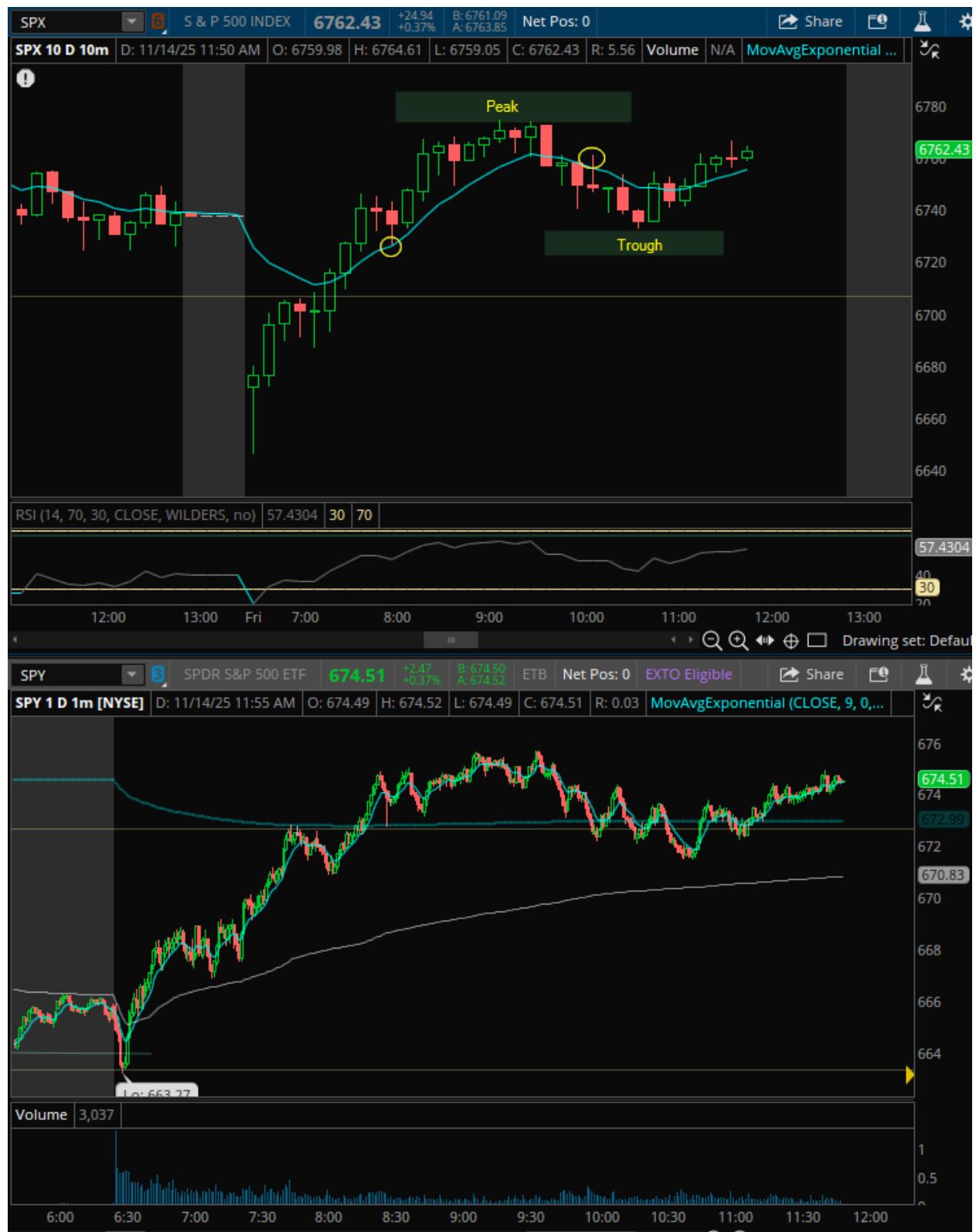
Top Opp



Gamma - Today, the gamma environment was pretty wide open, but SPX had a Gamma peak at 6780, which aligns with SPY at 675. This provided a place to short the market, targeting 670-672, which aligned with SPX at 6730, which was a Gamma trough. Also, I marked a few places where SPX tapped the 9 on 10. Since it was trending this seemed relevant.

I don't trade these yet, but I'll start with UPRO and most likely try to scale in. SPX is a little different, so I will need looser sell rules. I learned with MES that hard stops are a recipe for disaster. Even trails can get swept easily on SPX. I have to be ok with engaging price almost the whole time and set alerts at the stop zone as opposed to OCO or hard stops. Also, 1-2 min may not be ideal. 5-10 min seems easier, especially with SPX.





TSLA - Catalyst - VC

RVOL: 1.2

RR: 1:5

TSLA bulls trying to step in under 400 to defend after getting hammered yesterday and overnight. Bears took this down 10% in 24 hours. This VC would be tough for me to enter as a new trade but small size would make sense here. Market alignment helped as SPY was breaking out of consolidation at the same time. Shortly after, buyers found more support around 2D VWAP, providing a place to add.



HOOD - Catalyst - CB (with active FBD)

RVOL: 1.2

RR: 1:2

HOOD struggled at 120 yday, which was a KL on the HTF. It flushed in PM, then recovered fast, creating a FBD situation. Price consolidated over 120, and just under 2D VWAP, making a nice opportunity to get long over 122. With an active FBD and a AVWAP breaking, this was a higher quality Consolidation Break.



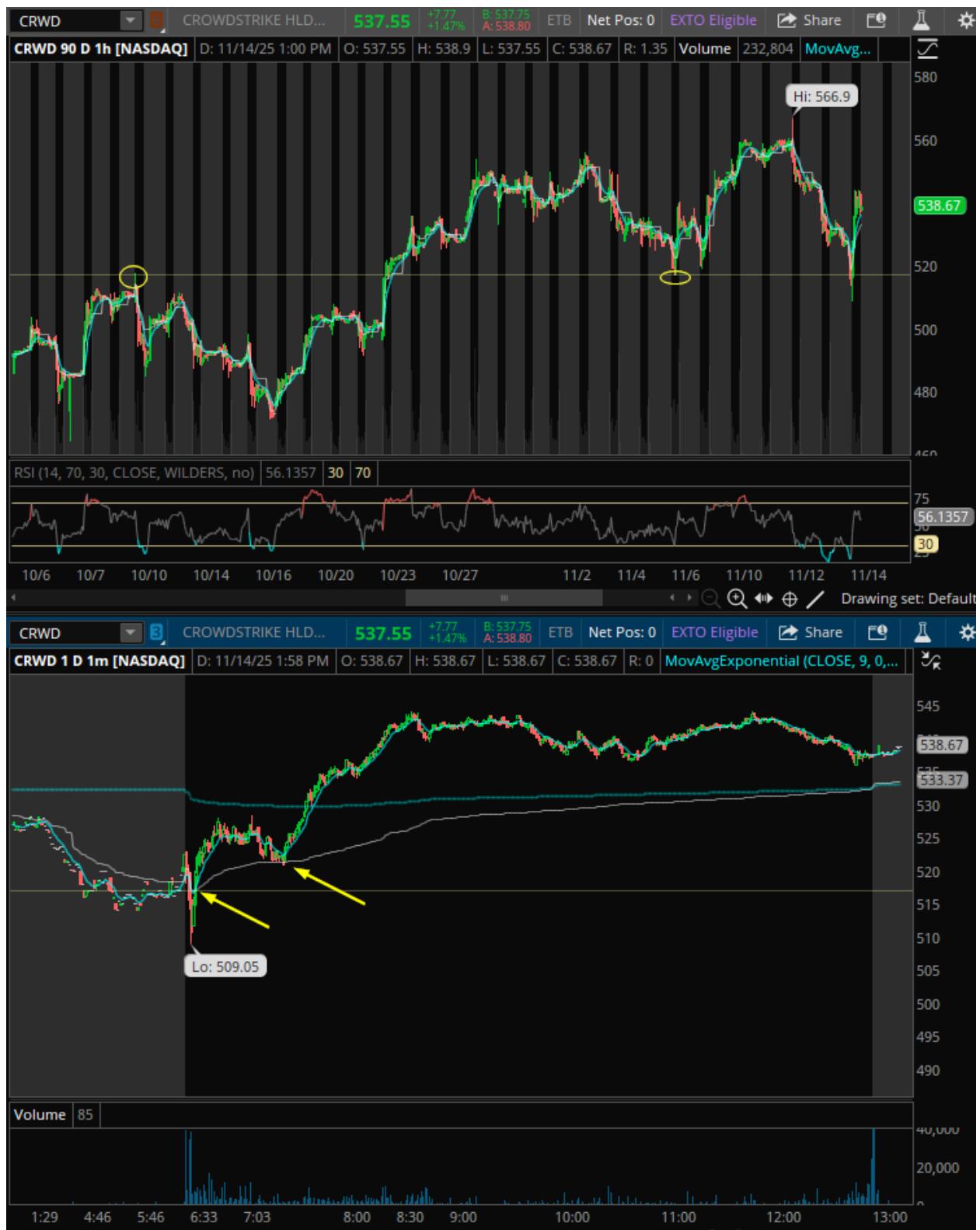
CRWD - Catalyst - FBD + VC

RVOL: 0.8

RR: 1:2

CRWD has been a leader over the last few weeks. 516 has acted as key level of support after flipping from resistance in July and early Oct. Price gapped down with the market and at the open, trapped under 516 and pushed back over Opening High within 7 minutes. 517 - 520 would have been an aggressive area to enter but offered the best RR. Price popped to 528 then backtested VWAP before launching and trending >1 ATR. The VWAP Continuation offered the best RR and paired with the market breaking higher. I made this a top opp despite the volume.

Top Opp





Market Overview

Big trend day up, closed right at VWAP. See above for more on SPY and gamma.

Daily Reflection

Another low quality day on high quality sleep. Remember: What you trade is more important than how you trade. I need to focus on better names. Focusing on SNDK at the open was ok but I wasted a LOT of time on WYFI.

+	Spent time observing SPY/UPRO and trying to wrap my head around Gamma.
+	I did my best to protect capital and stay open-minded after burning the first hour.
+	Completed my daily routine and reflected.
-	I was staring at WYFI waiting for a breakdown when it was building a wedge and showing me a nice long thesis. Wasted time on this while a bunch of names set up.

-	I traded SPY options on paper but I really don't want to review this because I messed up on my sizing and OCO. Kind of a waste of energy. I should have just traded UPRO live.
Takeaway	Focus on sleep next week. Take one good trade. Keep an eye on SPY and gamma.

▼ Sell Rules

1/3 - Strength

1/3 - PT1 (~0.5 ATR or KL)

1/3 - Mechanical trail (5-15m bar // 5m 9ema // 2bar on OD/momo)

▼ Size Key

A : \$500+ (1.5%)

B : \$300 (1%)

C: \$200 (0.6%)

▼ Setup Key

SDP - Second Day Play

XO - 9ema x VWAP Cross Over

CB - Consolidation Break (wedge / flag)

VR - VWAP Reclaim

VC - VWAP Continuation

GNG - Give n Go

FSS - Front Side Short

OD - Opening Drive

BTO - Back through Open

FBO/FBD - Failed Breakout/Breakdown

ABCD - Intraday setup using ORH and ORL

▼ **Daily reminders from Marcus Aurelius:**

1. **Control what you can, accept what you can't.**
2. **Your mind shapes reality;** events aren't good or bad, only your judgments.
3. **Life is short; live with purpose.**
4. **Virtue is the only true good** (wisdom, justice, courage, self-discipline).
5. **Other people's faults are theirs, not yours.** Respond with patience
6. **Don't chase fame, wealth, or comfort;** they vanish quickly.
7. **Do your duty fully, without complaint.**
8. **See things in perspective;** today's troubles are tiny against time and the universe.
9. **Act with kindness and fairness.** We are all part of one human community.
10. **Remember death.** Use it as motivation to live rightly, today

▼ **The 5 Fundamental Truths of Trading:**

1. Anything can happen.
2. You don't need to know what is going to happen next to make money.
3. There is a random distribution between wins and losses for any given set of variables that define an edge.
4. An edge is nothing more than an indication of a higher probability of one thing happening over another.
5. Every moment in the market is unique.

▼ The 7 Principles of Consistency:

1. I objectively identify my edges.
 2. I predefine the risk of every trade.
 3. I completely accept the risk or I am willing to let go of the trade.
 4. I act on my edges without reservation or hesitation.
 5. I pay myself as the market makes money available to me.
 6. I continually monitor my susceptibility for making errors.
 7. I understand the absolute necessity of these principles of consistent success
- and, therefore, I never violate them.
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Brian Shannon - Market Analysis and Crypto