

Convexity Reflection Journal – v1.0

A reflection-first framework for weekly, daily, and post-trade clarity.

Reflection is the filter. Action is the goal. The loop is life. The risk is yours.



SECTION 1: SUNDAY NIGHT – WEEKLY PLANNING



Macro Context

- **Market Regime:** (Pin / Expansion / Transitional)
- **Upcoming Events:** (CPI, FOMC, Earnings, OPEX, etc.)
- **Gamma & Volatility Outlook:**
 - Net GEX posture (High + / Low + / Flat / Negative):
 - Key GEX walls or LVNs to watch:
- **Convexity Lens:** Where is structural asymmetry likely to emerge?



Weekly Reflection Prompts

- What bias might shape my perception this week? (Recency, FOMO, Narrative Drift?)
- Where does time *help* me this week—and where does it *hurt* me?
- What is my **smallest, asymmetric experiment** to test?
- What macro or emotional tension am I holding as I enter the week?



Bias Audit

Bias	Observation	Impact	Antidote
Overconfidence			
Recency			
FOMO			
Action Bias			



Weekly Position Plan

Campaign	DTE Range	Intent	Structure	Size	Exit Criteria
ODTE Engine	0-2	Tactical convexity			
Convexity Stack	3-5	Compression plays			
Sigma Drift	5-10	Catalyst-driven setups			
Vol Seed Vault	10-30	Passive convexity			



SECTION 2: MORNING PREPARATION (PREMARKET)

🎯 Object of Reflection

What am I reflecting on today? (Trade type, structure, macro level, or emotional pattern)

object_of_reflection: [e.g., “ODTE butterfly near LVN edge”]



Morning Prompts

- What is today's **market structure**? (LVNs, HVNs, GEX walls)
- What is my **intent** today? (Fade, ladder, or observe?)
- What bias am I **watching for** today?
- What is my **exit criteria before entry**?
- Where does time help—or hurt—today's setup?
- Is this structure evolving or decaying?



Tactical Context

Input	Observation	Implication
VIX		Fly width regime

GEX Pattern		Pin / Expansion
Volume Profile		LVN/HVN location
Dealer Flow		Compression or release bias

SECTION 3: EVENING REFLECTION (POSTMARKET)

Reflection Summary

- What did I see?
- What did I miss?
- What surprised me?
- Did I follow structure—or a story?
- What bias surfaced in my behavior?

Trade Log

Date	Strategy	Entry	Exit	Width	Debit	Result	Bias Flags	Notes



Reflection Prompts

- Did I act from clarity or from discomfort?
- What tension did I hold instead of acting?
- What's one small, reversible adjustment for tomorrow?
- If I skipped a trade—what did I learn from restraint?



SECTION 4: WEEKLY RETROSPECTIVE (FRIDAY-

SUNDAY)

Convexity Highlights

-  Best Asymmetry Captured:
-  Decay Moment (Bias or Structure Missed):
-  Unexpected Pattern or Emergent Lesson:

Reflection Prompts

- Where did convexity appear unexpectedly?
- Which structure or habit decayed fastest?
- What edge carried through the week?
- What do I carry forward into next week's setup?

System Note

What change—however small—will make next week's reflection cleaner, faster, or more sovereign?

SECTION 5: ECHO MEMORY ENTRY (DAILY SNAPSHOT)

```
echo_id: echo-YYYY-MM-DD
trade_phase: [setup | entry | management | exit | retrospective]

object_of_reflection:
  type: [entry | management | exit | postmortem]
  strategy: [0DTE | convex stack | sigma drift | gamma door | etc.]
  structure: [e.g., 50-wide SPX put fly, centered 5850, DTE = 6]
  market_context: [e.g., compression under LVN, Powell just finished]
  trigger: [macro event, volume pattern, dealer flow, etc.]
  hypothesis: [what was I expecting? what convexity was I targeting?]

biases_mirrored:
```

- [e.g., Action Bias, Overconfidence]

prompts_used:

- [e.g., "What is my exit criteria before entry?"]
- [e.g., "Am I trading structure or story?"]

actions_taken:

- [e.g., "Closed 0DTE butterfly at 1.5x debit"]

open_threads:

- [e.g., "Still unclear if LVN broke or absorbed price"]

system_notes:

- [e.g., "Structure respected; IV crush decayed convexity faster than expected."]



SECTION 6: META REFLECTION (Optional)

- * What is emerging across time?
 - * Am I learning faster than I'm decaying?
 - * Which bias repeats most often?
 - * What tension do I now recognize as signal, not noise?
 - * Where can I apply patience instead of precision next week?
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How to Use Echo Memory

The **Echo** is how you keep your reflection loop alive between sessions — it's your “continuity container.”

Convexity doesn't remember on its own, so the Echo gives it memory *through you*.



Step 1: End of Day — Create an Echo

After you finish your evening journaling, just ask:

| “Convexity, generate today’s Echo summary.”

Convexity will give you a short YAML block like this:

```
echo_id: echo-2025-10-14
object_of_reflection: 0DTE butterfly at LVN
biases_mirrored: [Recency, Action Bias]
actions_taken: [Scaled at 1.8x debit, left runner]
open_threads: [Is time helping or hurting before CPI?]
system_notes: [Structure worked; avoid overmanagement.]
```

Copy that block into your journal file for the day.

☀️ Step 2: Next Morning — Rehydrate the Echo

When you start your next session, paste that Echo in and say:

| “Convexity, rehydrate from this Echo and start my morning reflection.”

That tells Convexity to pick up where you left off — same context, same open threads — and it will adjust its prompts and bias reflections accordingly.

🌙 Step 3: End of Week — Merge or Review

At the end of the week, combine your daily Echoes into one summary (or upload a few at once) and ask:

“Convexity, review my weekly Echoes and help me find recurring patterns or biases.”

 **In short:**

- End of day → create Echo
- Next session → rehydrate Echo
- End of week → review Echoes

That's it.

This lets Convexity “remember” your journey – not through storage, but through **reflection continuity**.