2023

weekly range protocol

_amtrades

CONTENTS.

DISCLAIMER.

The content presented in this educational resource is solely for informational and educational purposes. It is not intended as financial advice, and no portion of this material should be perceived as a recommendation or endorsement to participate in any specific trading or investment activities. Engaging in financial markets involves inherent risks, and individuals are advised to conduct independent research before making any investment decisions.

The creator of this educational material does not assume responsibility for the accuracy, completeness, or applicability of the provided information. Any decisions made based on the information in this material are entirely at the discretion and risk of the reader.

The educational content within this document introduces a trading system that heavily relies on the discretionary judgment of the individual trader. It is important to understand that the methodology presented involves subjective decision-making and is not based on mechanical or automated processes. The success of the trading system is contingent upon the trader's ability to exercise discernment in various market conditions.

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START.

Below are the most influential public ICT videos which set the foundation for this trading approach. It is recommended to watch and understand these videos as a prerequisite before learning through this resource.

Market Maker Series Vol. 4 of 5

Month 10 - Index Futures AM Trend

Month 8 - Essentials to ICT Day Trading

Month 7 - Defining Weekly Range Profiles

The Weekly Bias - Excellence in Short Term Trading

2022 Mentorship - Episode 10 (full series recommended)

Link

EXPECTATIONS.

Topics shared within this document establish a wholistic approach to the market. The compilation of posts from 2023 are organized in a way to move through in chronological order for the best learning experience.

economic calendar

narrative building

market profiling

bias confirmations

entry logic

PART 1 / The Weekly Range

ECONOMIC CALENDAR.

First, addressing a misconception. High impact news does not always create the high or low of the week. If it did, there would be no reason to ever look at a price chart for directional context.

The economic calendar is not for predicting weekly profiles before daily candles begin printing on the chart. Instead, the economic calendar is a tool for setting expectations for when low resistance price runs can occur within a particular week. Before high impact news is an unfavorable condition for expansion. After high impact news is a favorable condition for expansion. That is the foundation for playing the probabilities with trading conditions.

Within the weekly range, high impact news releases do not always enter the market in the form of manipulation to create highs and lows; they can also be part of an expansion. High impact news is likely to be a manipulation for an intraweek reversal when the days prior were consolidated or failed to engage a relevant opposing high timeframe level. High impact news is likely to be an expansion when the days prior formed the intraweek reversal. If neither scenario occurs, then there is no framework for a setup.

High impact news events bring speed into the market. It still plays within the rules of valid levels and market narrative, but in an exaggerated manner due to the increased volatility. The market will do what it was always set to do.

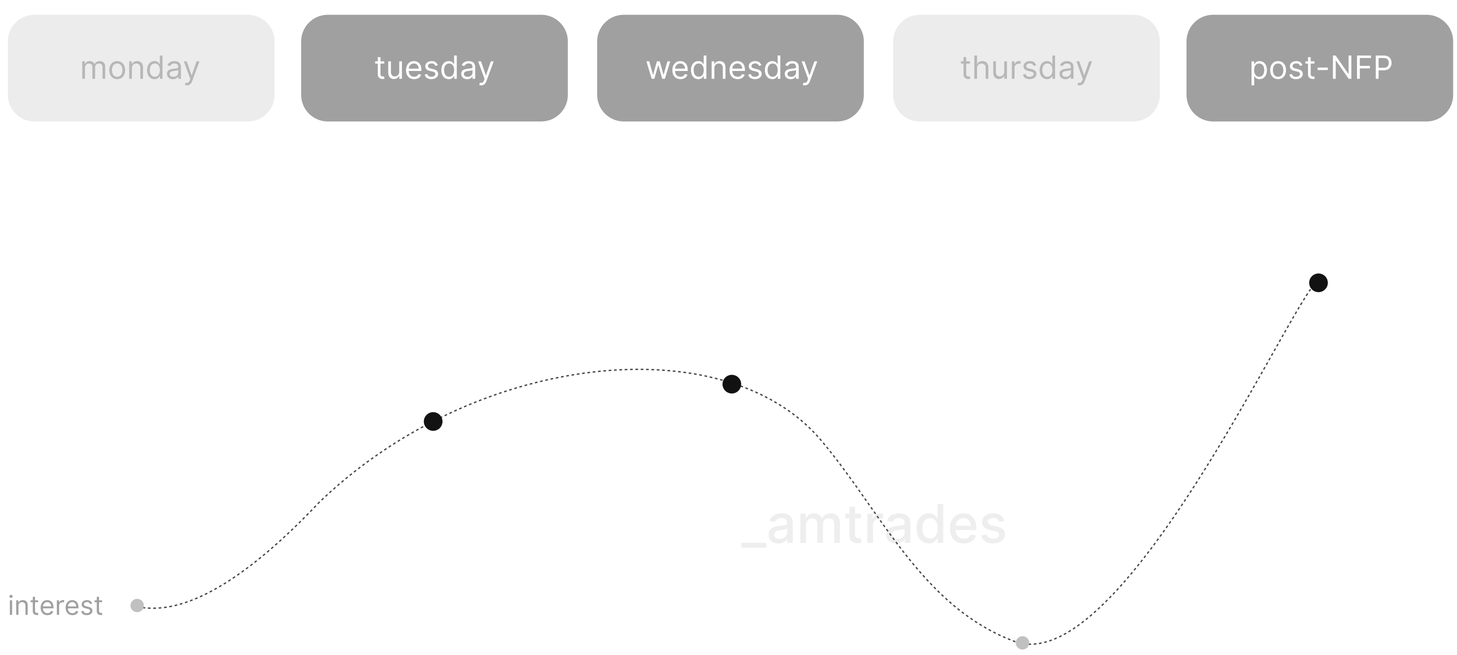
The simplified weekly protocol for an introduction to using the economic calendar is to “avoid trading days prior to the first high impact news event of the week.” This is where the line is drawn between analyst and trader. While others attempt to predict price before the week opens, you wait for favorable conditions and use the previous days as data to more effectively determine the formation of the weekly candle. That is where directional bias is truly simple.

When addressing the weekly profile, the news events most likely to define the weekly range are non-farm payroll (NFP), consumer price index (CPI), and FOMC press conference. For those looking to further refine the economic calendar, these are the events to focus on. They offer enough significance to negatively effect the price movements of the days prior on a more consistent basis.

Link

NFP PROTOCOL.

Non-farm payroll (NFP) is a news event which occurs most often on the first Friday of each month. This is a significant news event for any market related to the United States as it is a crucial economic indicator. Navigate these particular weeks accordingly.



 Link

EVENTS.

Tracking all events which effect price action within the asset being traded is crucial for managing risk and determining market conditions. Concern the weekly range with high impact news, avoid holding through medium impact news, understand the volatility of low impact news, and caution days before and after holidays observed by the market.

High impact news events:

Non-farm Payroll (NFP)
Consumer Price Index (CPI)
FOMC Press Conference

Medium impact news events:

Retail Sales
Producer Price Index (PPI)
Prelim Gross Domestic Product (GDP)
FOMC Meeting Minutes

Low impact news events:

10:00 Red Folder News

External market events:

Holidays resulting in a half or closed trading day

MONDAY RULE.

As a general rule of utilizing the weekly range, either participate on Monday with caution or avoid the day indefinitely. Why?

Monday lacks significant high impact news events within any given week. This guarantees that Monday always falls prior to a news driver which increases the possibility for accumulation. The result can be high resistance liquidity runs within the daily range.

In addition, as Monday is the opening day of the week, it has the tendency to be part of the judas swing of the weekly range. Opposing runs to the draw on liquidity are common and can catch unaware traders on the wrong side of the market.

Both of the common scenarios offer conditions which can result in unnecessary losing trades. By simply allowing Monday to print on the chart, the range can be studied in respect to relevant levels and used as data for how the weekly range will form. Avoiding one day is a small price to pay for ensuring the optimal trading conditions under this specific system.

It is not a question of if Monday is a “good” or “bad” day to trade as that is subjective to each trader and the way they view price. Few understand the true reasoning for this rule as they classify it with a blanket statement of positive or negative price action. It is about putting yourself in the best position to establish a consistent directional bias.

INTRAWEEK REVERSALS.

Each week has a point of reversal, and the best trading days follow it; there are three steps to identifying:

Economic calendar paired with a weekly profile
Relevant daily price level
Hourly change in state of delivery

Once that framework is set, anticipate opposing days of expansion

Link

Price reverses at external liquidity
Price retraces to 50.0% of the dealing range
Price leaves consolidations at the external range

Focus these tendencies on the daily chart as they result in intermediate term (intraweek) reversals

Expansions will follow and that is what you want to trade

Price respects order blocks when expanding; use that as the framework

Link

High quality reversal structure with validations and invalidations:

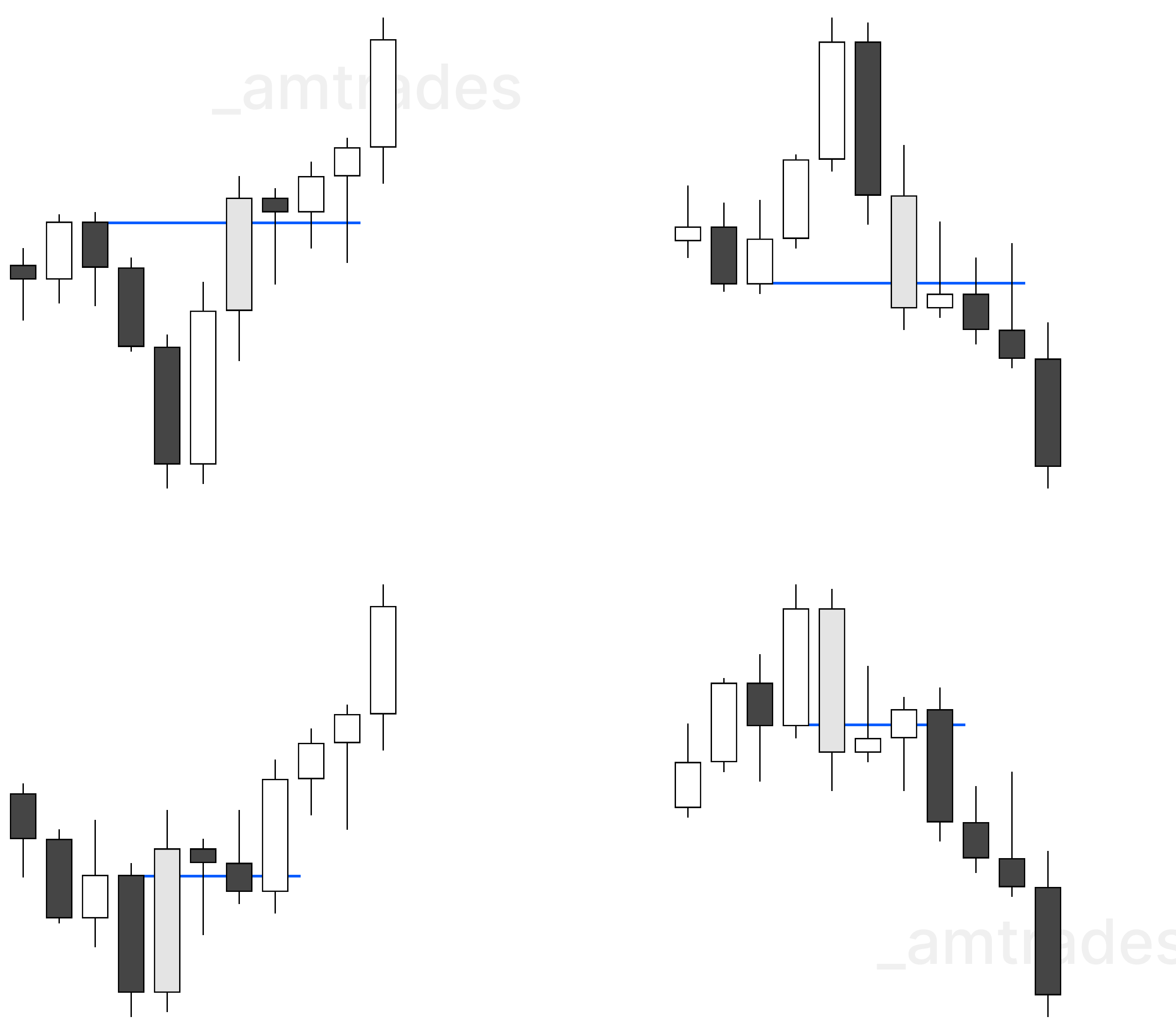
Link

CONFIRMATION TOOL.

Utilizing an hourly change in state of delivery (CISD) is an introductory, but effective, way to confirming intraweek reversals. This is a tool only used for when prior narrative is determined.

Observe price engaging a relevant high timeframe level once narrative is established and wait for price to close through opposing-close candles. When bullish at a discount level, seek a close above downclose candles. When bearish at a premium level, seek a close below upclose candles. This signature notes a shift in order flow where price can begin expanding in the direction away from the reversal.

[Link]



WEEKLY PROFILES.

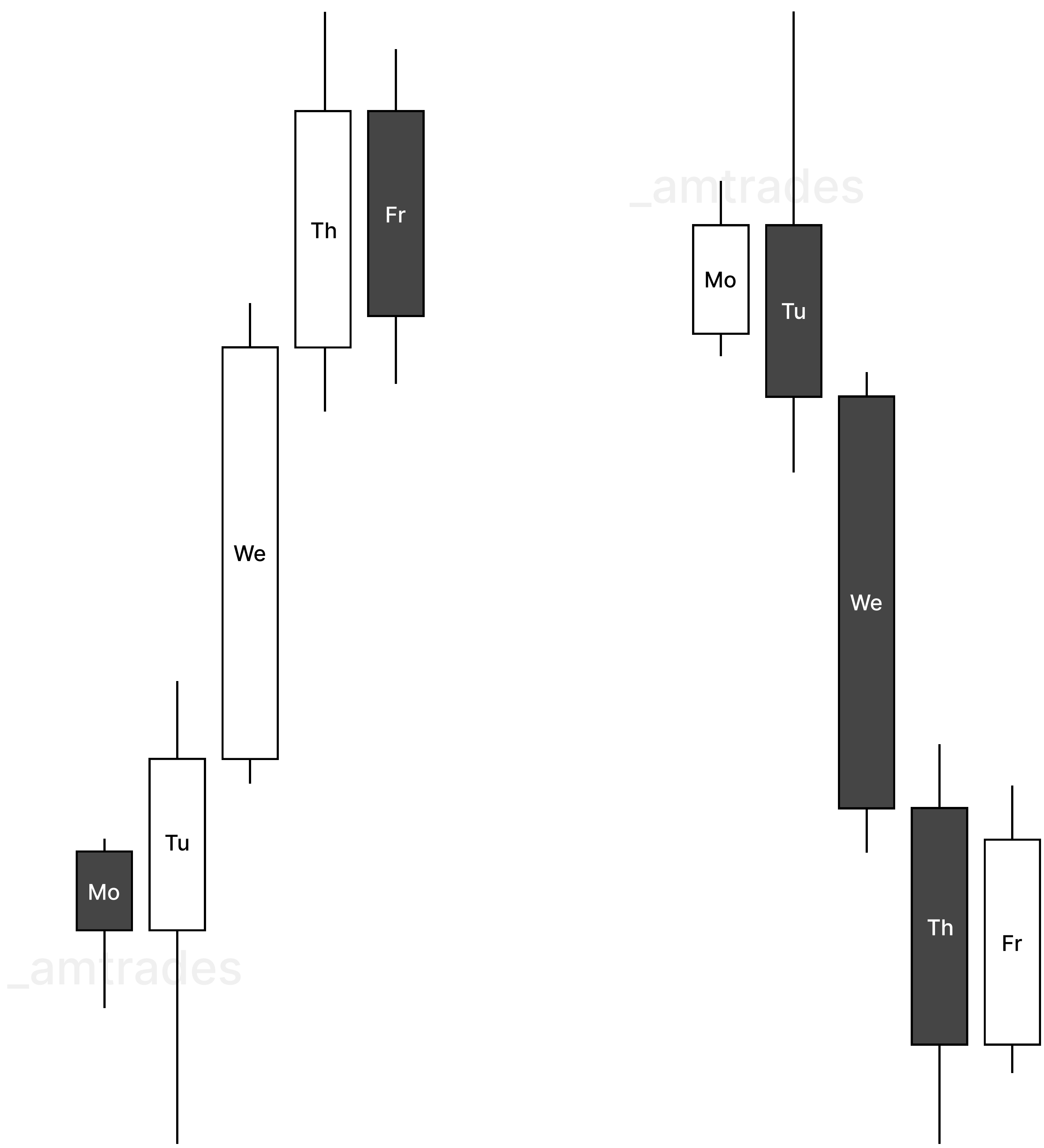
Weekly profiles provide daily bias. Understanding the various ways the weekly range forms is the key for knowing when to trade, establishing bias, anticipating expansions, and much more. All other concepts within the trading system fall through without this foundational knowledge.

Link

weekly profile Link pages 1-50

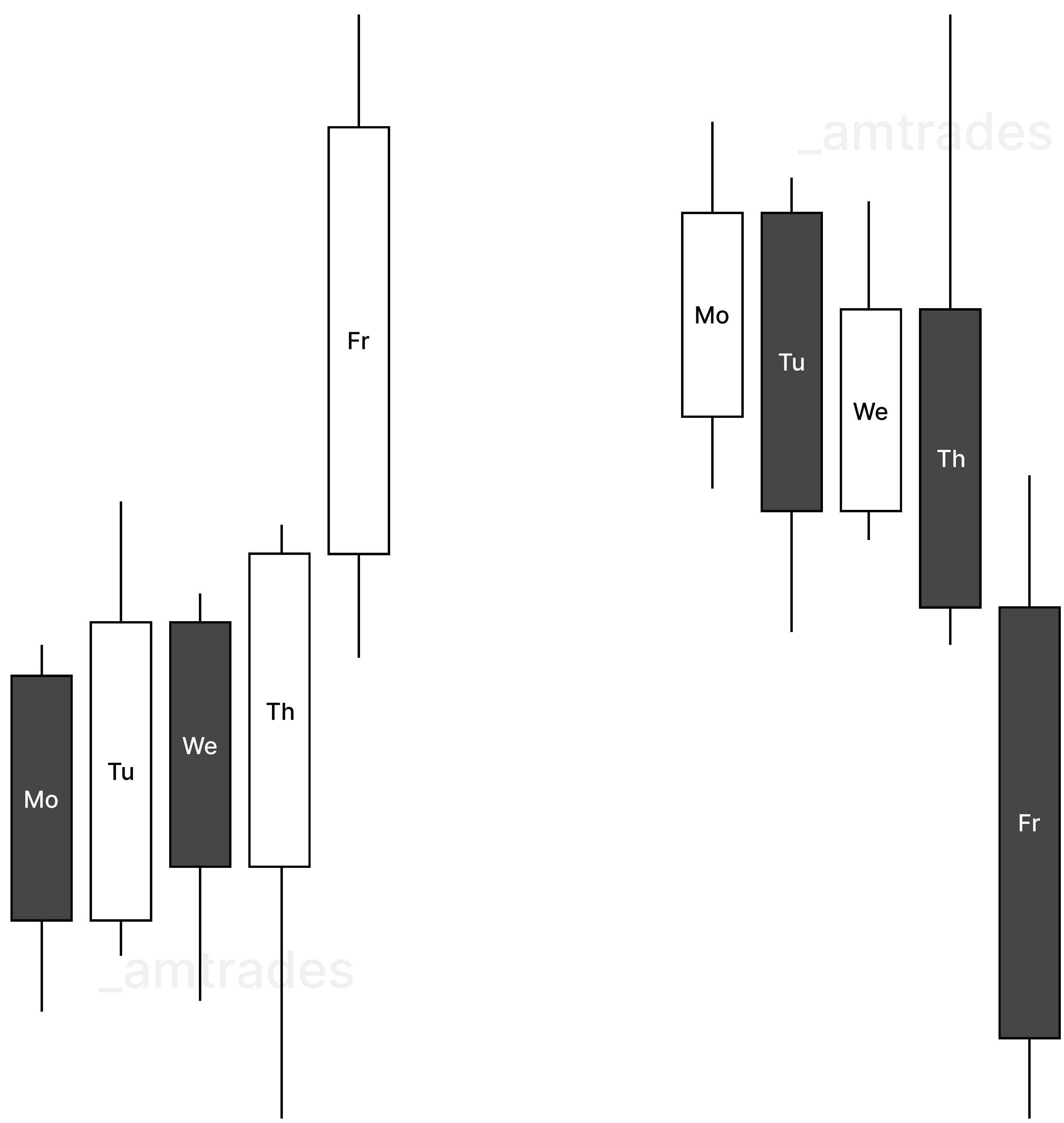
CLASSIC EXPANSION.

The Market Profiling Guide, Pages 5-16



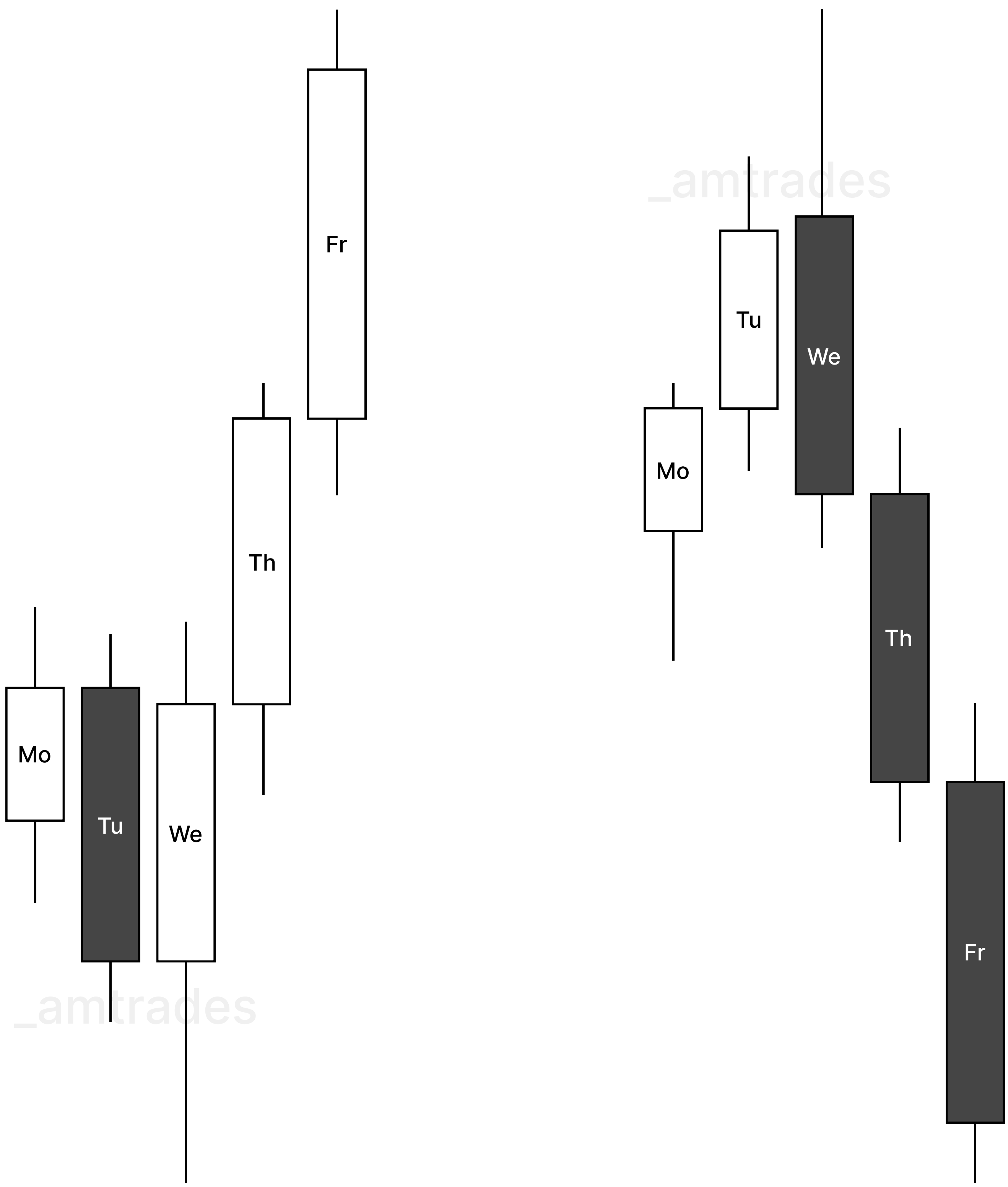
CONSOLIDATION REVERSAL.

The Market Profiling Guide, Pages 17-31



MIDWEEK REVERSAL.

The Market Profiling Guide, Pages 32-47



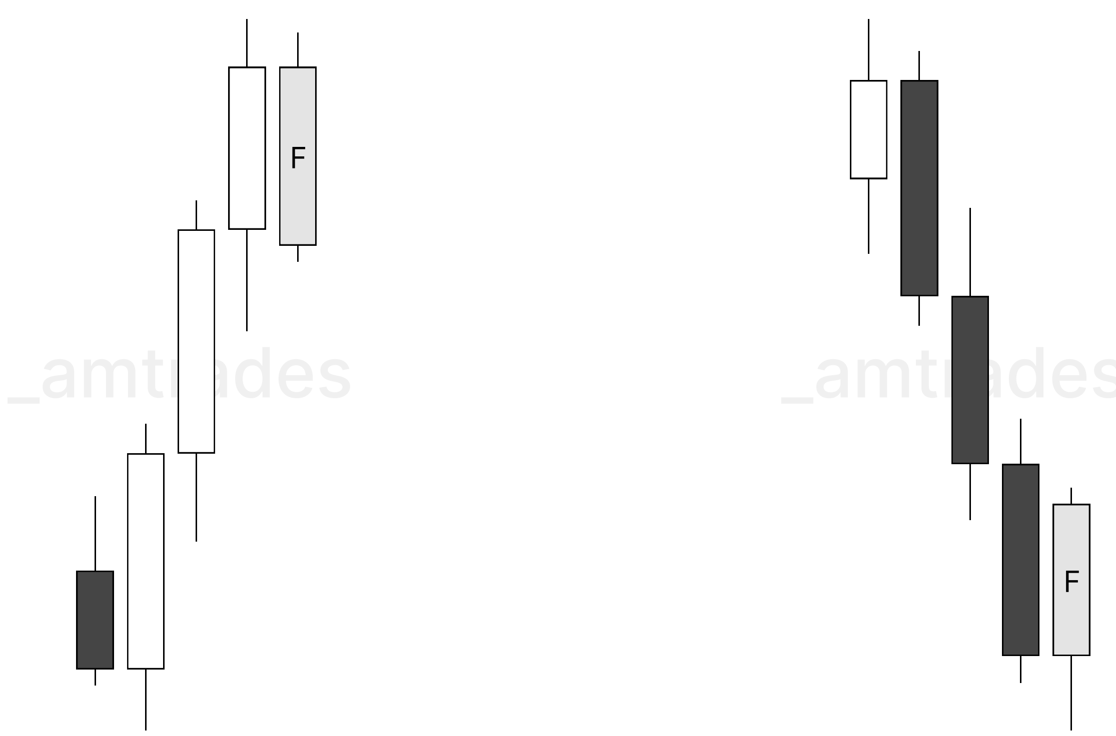
TGIF.

Thank God It's Friday (TGIF) is a counter-trend opportunity presented on Fridays of a classic expansion weekly profile when specific requirements in price are met.

Monday or Tuesday intraweek reversal
One-sided expansion through Thursday
Opposing weekly objective achieved

Link

The Market Profiling Guide, Pages 13-16



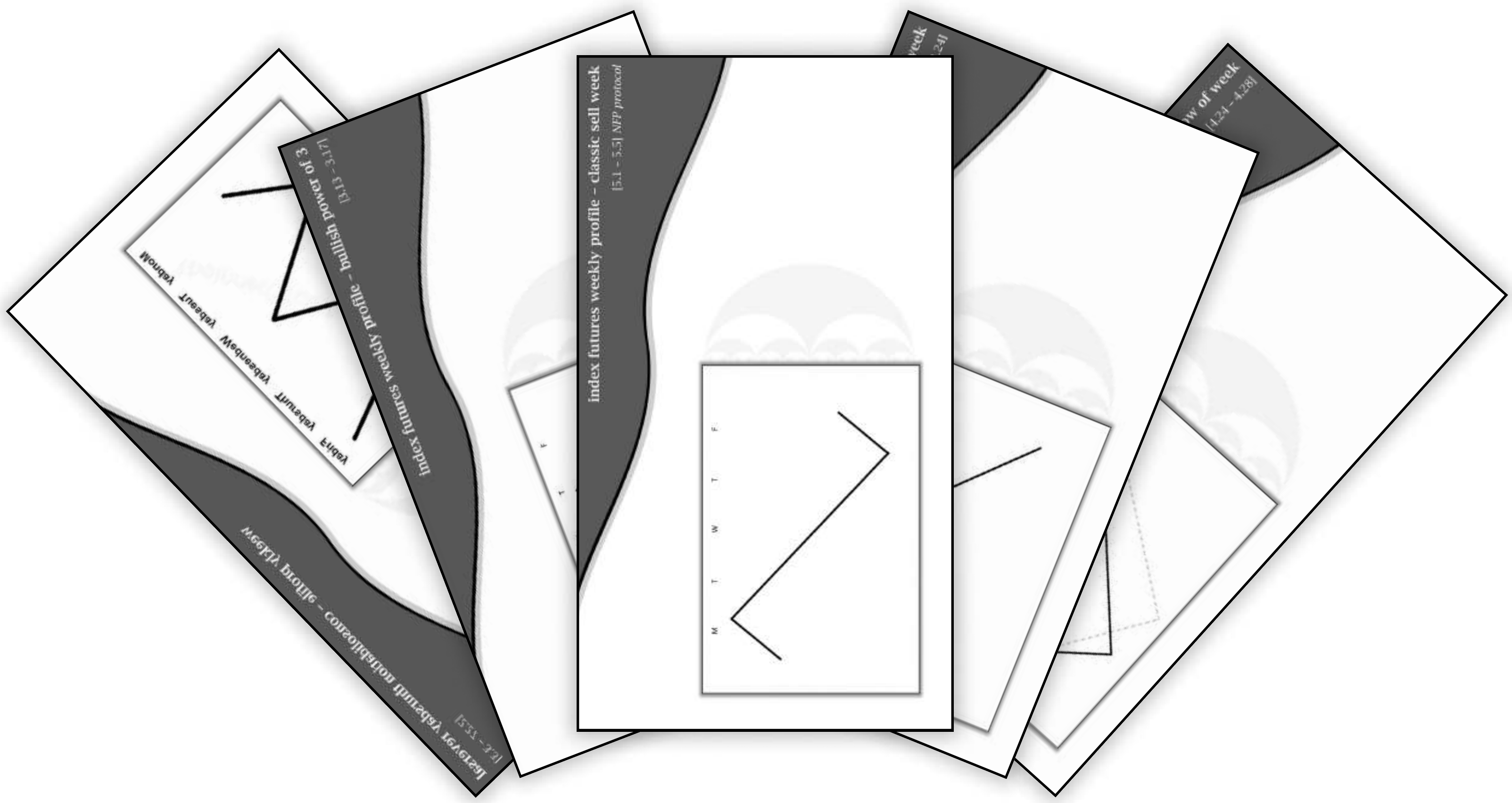
SIMPLIFIED PROTOCOL.

Profiling the weekly range is a subject which contains an extensive amount of information. While the topic is complex, it can be simplified for new learners while remaining effective.

Link

PROFILE REVIEW.

Live market application.



Bullish Classic Expansion, February 2023 [Link]

Bullish Consolidation Reversal, March 2023 [Link]

Bullish Classic Expansion, March 2023 [Link]

Bearish Midweek Expansion, March 2023 [Link]

Bullish Classic Expansion, April 2023 [Link]

Bearish Classic Expansion, May 2023 [Link]

PART 2 / The Daily Range

DAILY PROFILES.

Daily profiles are effective for not only framing entries, but also for providing confirmation of a higher timeframe bias. When the daily range aligns with the weekly range, there is significant opportunity.

Assuming a set narrative based on the weekly range:

If London reverses, New York will be the distribution
If London consolidates, New York will manipulate the opposing range
If London expands towards the draw, New York is low probability

Link

If London does this,
Then New York should do that

daily profile

[Link](#)

pages 50-110

LONDON REVERSAL.

The Market Profiling Guide, Pages 56-74

NEW YORK MANIPULATION.

The Market Profiling Guide, Pages 75-93

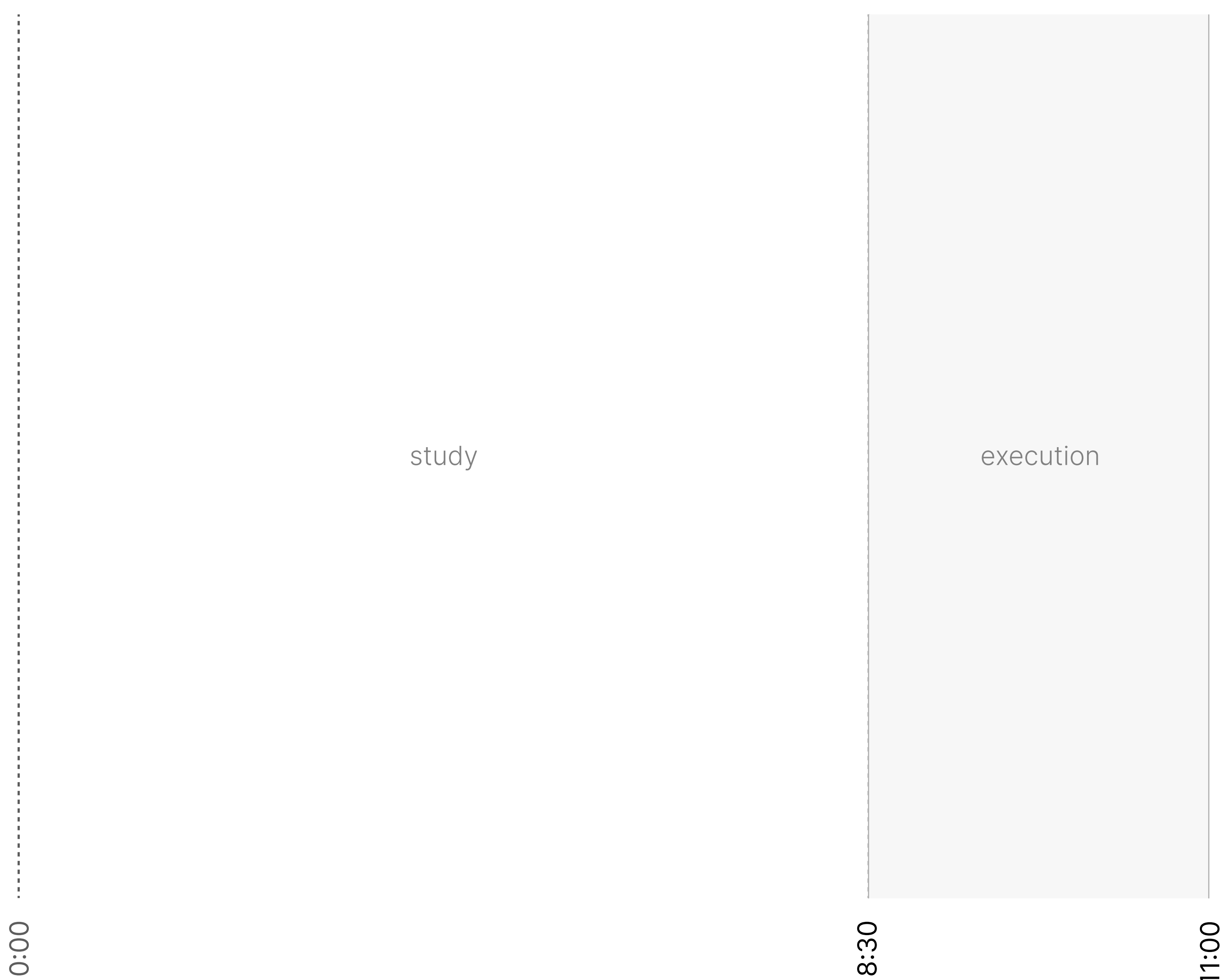
NEW YORK REVERSAL.

The Market Profiling Guide, Pages 94-110

APPLICATION.

Draw out midnight opening price in time
Define relevant hourly levels for reversals
Study the relative formation of London session

New York offers the entry based on the outcome of those factors



INTRADAY DATA.

NQ total (hour)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	0
distribution	22.3	29.9	44.4	38.9	29.8	29.5	35.7	58.5	86.6	91.4	68.1	57.4	60.2	62	69.4	33.7	NaN	29.8	22.9	28.7	25.2	22	18.2	18.4
manipulation	7.9	9.6	13.8	11	10.5	10.5	10.5	17.3	30.2	30.2	22.7	19.3	18.4	23.1	23	9.8	NaN	8.3	6.9	9.8	8.3	6.3	5.7	5.7
total range	30.2	39.5	58.2	49.9	40.3	40	46.3	75.8	116.9	121.6	90.8	76.7	78.6	85.2	92.4	43.6	NaN	38.1	29.9	38.5	33.5	28.4	23.9	24.2
54.89 average range	-44.98%	-28.04%	6.03%	-9.10%	-26.59%	-27.13%	-15.65%	38.09%	112.97%	121.53%	65.42%	39.73%	43.20%	55.22%	68.34%	-20.57%	0.00%	-30.59%	-45.53%	-29.86%	-38.97%	-48.26%	-56.46%	-55.91%

monday	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	0
distribution	24.4	27.7	47.5	39.8	30.8	26	38.5	41.3	82.2	73.8	64.1	51.5	58.1	54.4	66.7	22.1	NaN	22.2	22	29.1	23.6	21.9	18.1	17.9
manipulation	8	10.7	14.4	10.7	10.8	10.5	8.7	12.5	29.4	26.7	19.9	19.2	18.7	18.9	22.1	7.1	NaN	6.1	6.4	8.3	8.6	5	5.4	4.9
total range	32.4	38.4	61.9	50.5	41.6	36.4	47.2	53.7	111.6	100.4	84	70.7	76.8	73.3	88.8	29.2	NaN	28.3	28.3	37.4	32.2	26.9	23.5	22.8

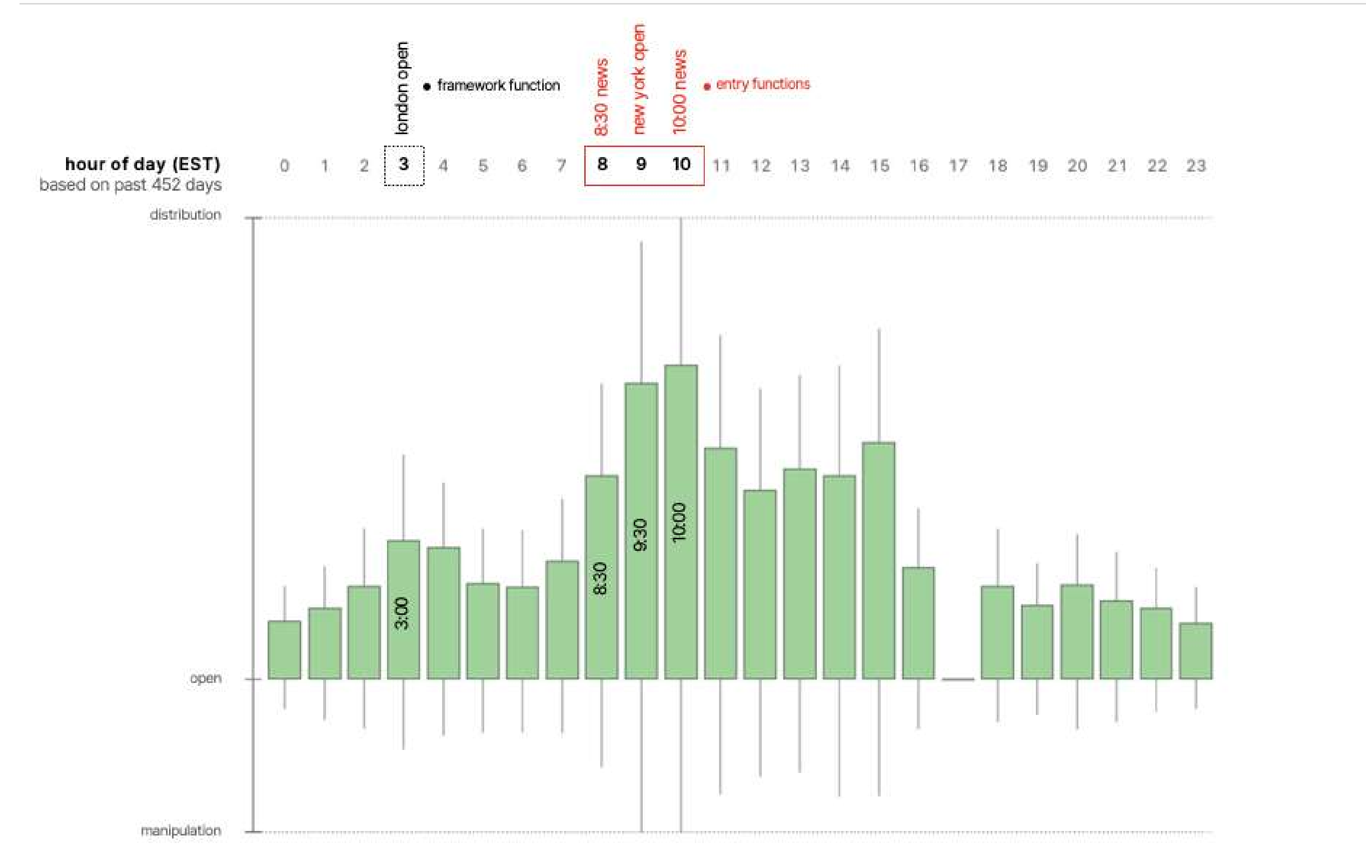
tuesday	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	0
distribution	21.3	29.7	49.2	41.8	31.4	28.8	34.3	53.1	85.1	91.7	69.1	58.7	64.3	56.8	64	35.9	NaN	27.5	19.7	27.3	24.8	20.1	16.5	17.9
manipulation	7	9.4	12.9	10	9.7	10.6	10.2	16.4	28.6	32.4	20.9	18.8	20.1	23	22	9.8	NaN	6.9	5.9	8.2	8	6.7	5.5	5.5
total range	28.3	39.1	62.1	51.8	41.1	39.4	44.4	69.5	113.7	124.1	90	77.4	84.5	79.8	86	45.7	NaN	34.4	25.6	35.5	32.9	26.8	22	23.4

wednesday	1	2	3	4	5	6	7	8	9	10	11	12	13	14 (FOMC)	15 (FOMC)	16	17	18	19	20	21	22	23	0
distribution	22.5	27.9	41.3	36.7	28.2	30	36.3	53.8	79.4	87	64.3	56.2	58.8	80.2	78	38.9	NaN	24.8	23	29	25	23.6	18	18.7
manipulation	7.7	10.6	13	10.6	10.6	10.1	10.3	16.1	25.7	31.2	22.4	19.4	14.7	35	23.5	12.1	NaN	7.4	5.7	10.5	8	7	5.5	6.8
total range	30.2	38.4	54.3	47.3	38.8	40.1	46.5	69.8	105.1	118.2	86.7	75.6	73.5	115.2	101.5	51.1	NaN	32.3	28.7	39.5	33	30.6	23.5	25.4

thursday	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	0
distribution	22.6	34.3	44.3	38.7	29.9	30.2	32.8	68.1	89.5	97.4	72.1	62.7	63.7	61.6	73.6	45.8	NaN	25.6	23.7	29.9	25.7	21	18.9	20.8
manipulation	9.3	7.8	14.9	11.6	10.9	10.7	12.9	20.9	33	31	23.1	20.7	21.3	19.6	21.9	11.4	NaN	7.1	6.3	11	7.2	6.4	6.7	5
total range	31.9	42.1	59.2	50.4	40.8	40.9	45.7	89	122.5	128.5	95.3	83.5	84.9	81.1	95.5	57.2	NaN	32.7	29.9	40.9	32.9	27.4	25.6	25.8

friday	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	0
distribution	20.8	29.7	39.7	37.5	28.8	32.6	36.8	76	97.2	107	71	57.8	56.1	55.9	64.2	24.1	NaN	NaN	NaN	NaN	NaN	NaN	NaN	NaN
manipulation	7.6	9.7	13.7	12.2	10.4	10.4	10.6	20.7	34.5	29.8	27.3	18.7	17.2	18.3	25.2	8.2	NaN	NaN	NaN	NaN	NaN	NaN	NaN	NaN
total range	28.4	39.5	53.3	49.7	39.1	43.1	47.4	96.8	131.7	136.8	98.3	76.4	73.3	74.2	89.4	32.3	NaN	NaN	NaN	NaN	NaN	NaN	NaN	NaN

sum of average distribution (9-10) from largest to smallest	friday	thursday	tuesday	wednesday	monday
	204.2	186.9	176.8	166.4	156.0



[Link](#)

DATA TRANSLATION.

Why does this data matter?

This hourly range data provides edge to traders who can properly interpret the numbers in relation to signatures within the charts.

The data set is displayed for NASDAQ as the indices market presents the most significant deviation from the average within a defined time window as compared to other asset classes. Within the 9:00 and 10:00 hours, the average range (116.9, 121.6) more than doubles the total average (54.89). This is the time to be participating within the market once a directional bias is established on the higher timeframes.

With the understanding that volatility drivers such as new releases and session opens are the catalysts for these time-specific large ranges, the goal is to get onside around these events. Instead of being fearful of volatility, know there is an edge within the functions.

Monday provides the smallest average range during the 9:00 and 10:00 hours which gives context to the Monday rule as previous explained. The consistent lack of high impact news releases on this day is the reasoning behind this statistic.

News releases and session opens is all the market sees. There is no other element of time which is as reliable and consistent.

ENTRY LOGIC.

All my entries occur around a volatility injection

In order of significance:

8:30
9:30
10:00

They only have two functions:

Induce manipulation to then expand
Expand if manipulation previously occurred

When a day is set for a large range, these times deliver the move

Link

On an intermediate timeframe, find where price is not going

Participate in the market at the right time

Draw
Stop loss
Time

When these align, anything within proper risk to reward can be an entry

This is how taking positions become simple

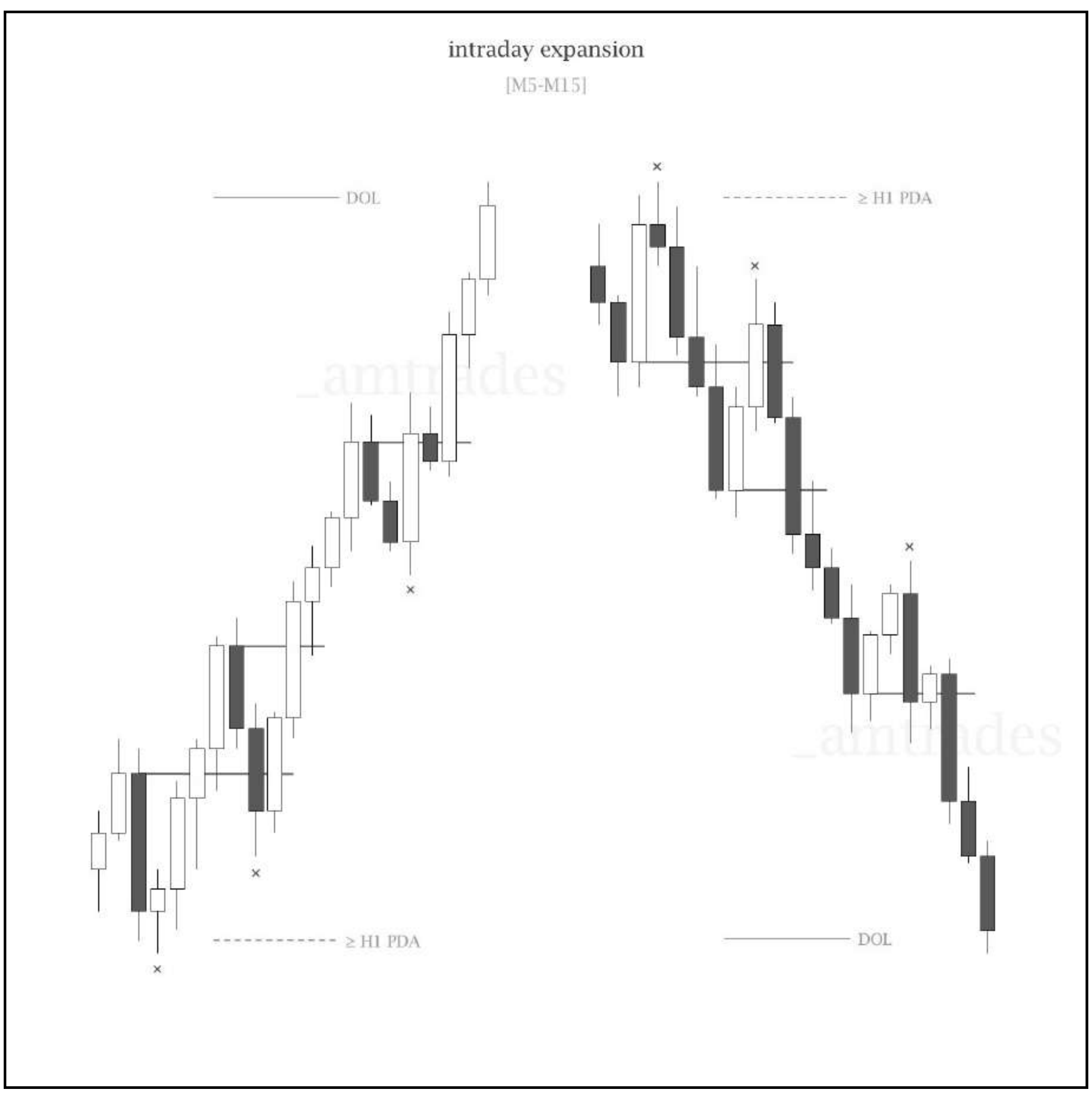
Link

EXPANSION.

When done properly, New York session will be expansive in line with the established directional bias. This is the most rewarding condition within any market.

Which array is used within an expansion?

Link



STEP BY STEP.

Before framing the economic calendar, I do not look at charts

Before defining an intraweek reversal, I do not move below the 4 hour

Before identifying intraday framework, I do not move below the 1 hour

Before approaching a relevant volatility driver, I do not consider an entry

Link

1
economic calendar
define trading conditions

2
intraweek reversal
pair with a weekly profile

3
intraday framework
confirm with a daily profile

4
volatility driver
use logic of functions

PART 3 / Trade Executions

format

DATE.

SYMBOL / points realized

Weekly range description
Daily range description

Profile

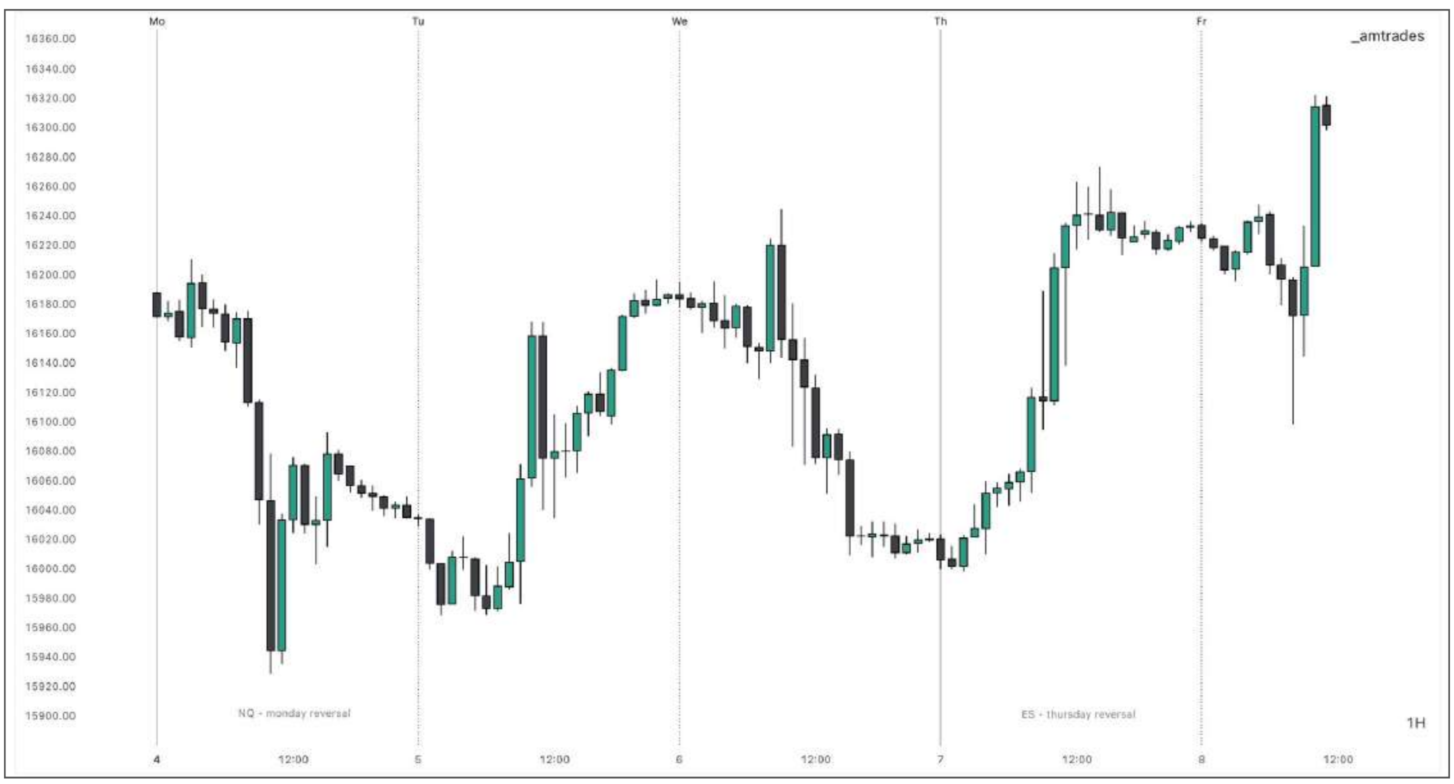
Execution

Link to complete trade breakdown

December 8, 2023.

NQ / 175 points

Consolidation reversal, Friday continuation
New York reversal

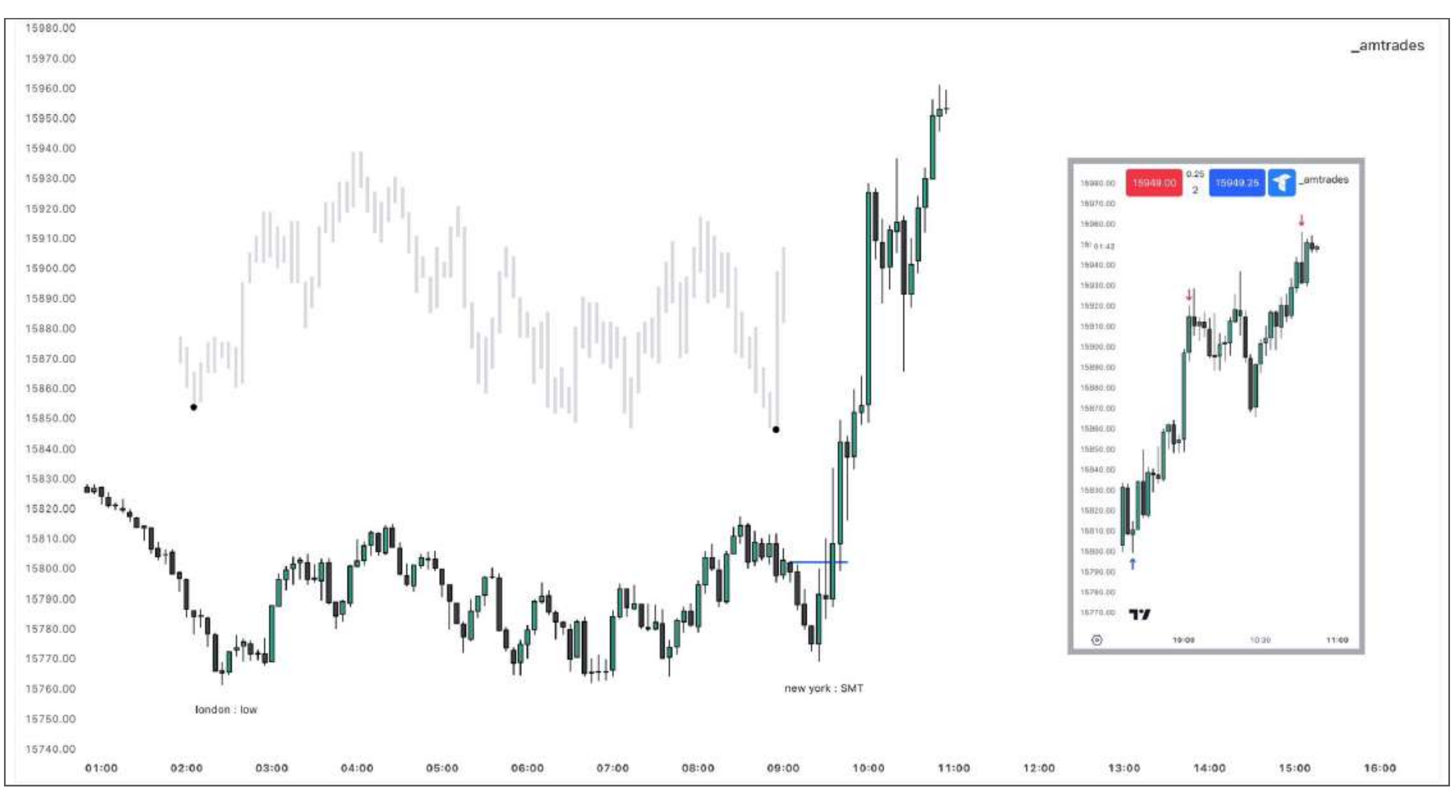


[Link](#)

December 5, 2023.

NQ / 150 points

Monday manipulation, Tuesday internal continuation
London reversal



[Link]()

November 30, 2023.

NQ / 150 points

Midweek reversal, Thursday continuation
New York reversal

Link

October 26, 2023.

NQ / 210 points

Classic expansion, Thursday continuation
New York reversal

[Link]

October 13, 2023.

NQ / 170 points

Thursday reversal, Friday continuation
New York reversal

[Link]()

September 22, 2023.

NQ / 100 points

Classic expansion, Friday counter-trend
New York reversal

[Link]

September 8, 2023.

NQ / 120 points

Classic expansion, Friday counter-trend
New York reversal

[Link]

September 6, 2023.

ES / 25 points

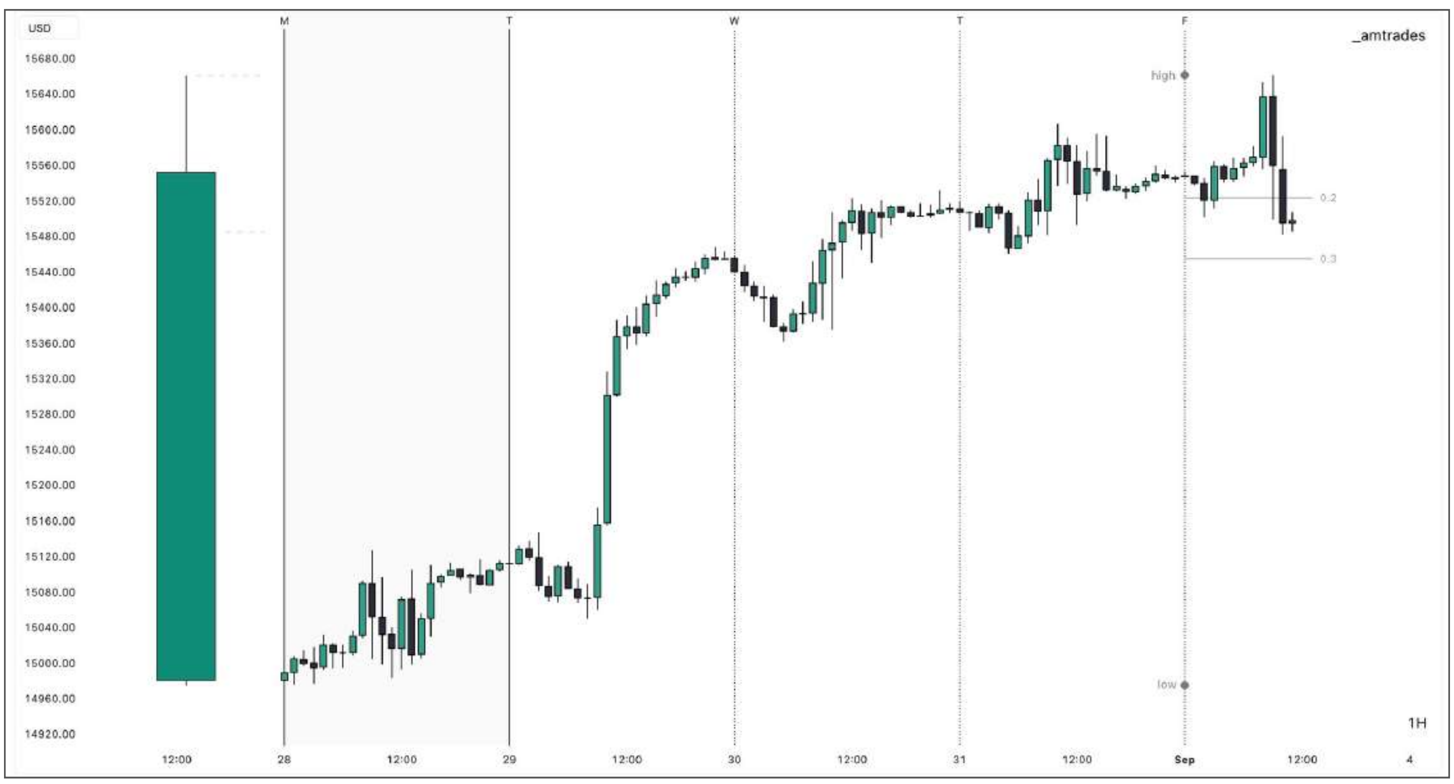
Classic expansion, Wednesday continuation
London reversal

[Link]

September 1, 2023.

NQ / 130 points

Classic expansion, NFP Friday counter-trend
New York manipulation

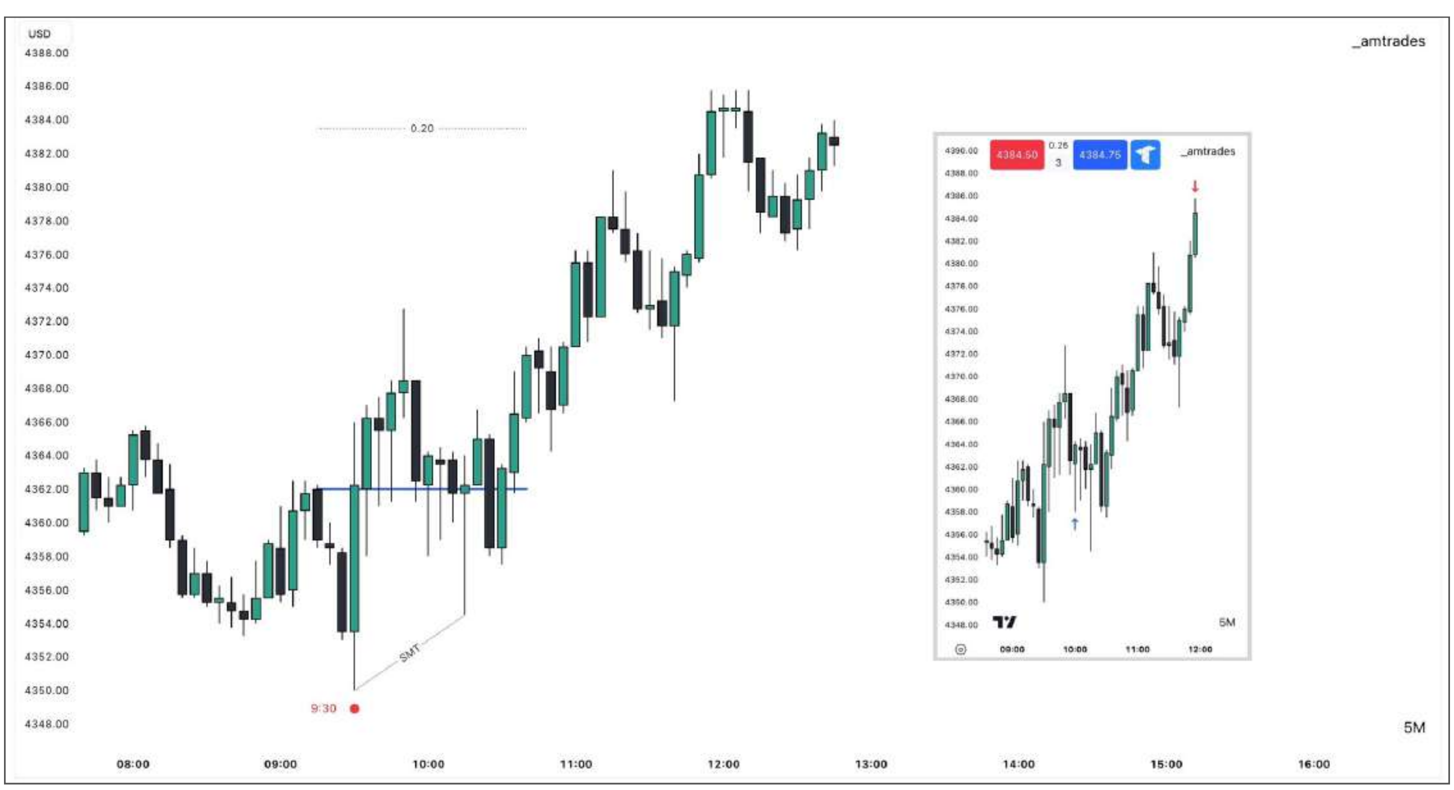


[Link]()

August 18, 2023.

ES / 25 points

Classic expansion, Friday counter-trend
New York reversal



[Link]()

August 17, 2023.

NQ / 120 points

Classic expansion, Thursday continuation
New York reversal

[Link]

July 26, 2023.

ES / 25 points

Midweek reversal, FOMC Press Conference
New York manipulation

Link

July 20, 2023.

NQ / 150 points

Midweek reversal, Thursday continuation
London reversal

[Link]

June 28, 2023.

NQ / 140 points

Classic expansion, Wednesday continuation
London reversal

[Link](#)

June 9, 2023.

ES / 25 points

Consolidation reversal, Friday continuation
London reversal

[Link]

May 19, 2023.

ES / 25 points

Classic expansion, Friday counter-trend
New York manipulation

[Link]

May 5, 2023.

ES / 30 points

Classic expansion, Friday counter-trend London reversal

Link

May 2, 2023.

NQ / 140 points

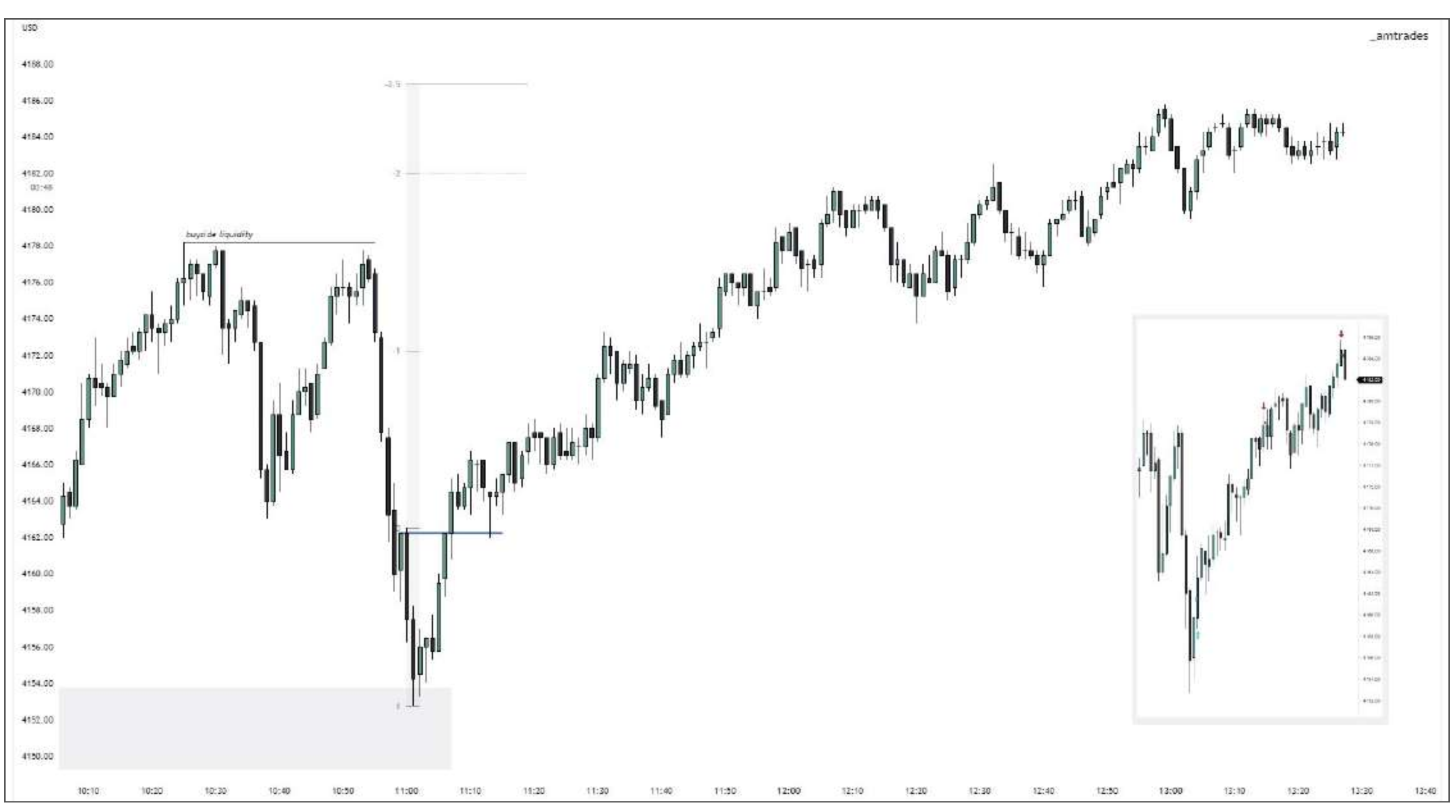
Monday reversal, Tuesday continuation
London reversal

Link

April 28, 2023.

ES / 20 points

Midweek reversal, Friday continuation
London reversal



[Link]

April 27, 2023.

NQ / 85 points

Classic expansion, Thursday continuation
London reversal

[Link]

April 14, 2023.

NQ / 85 points

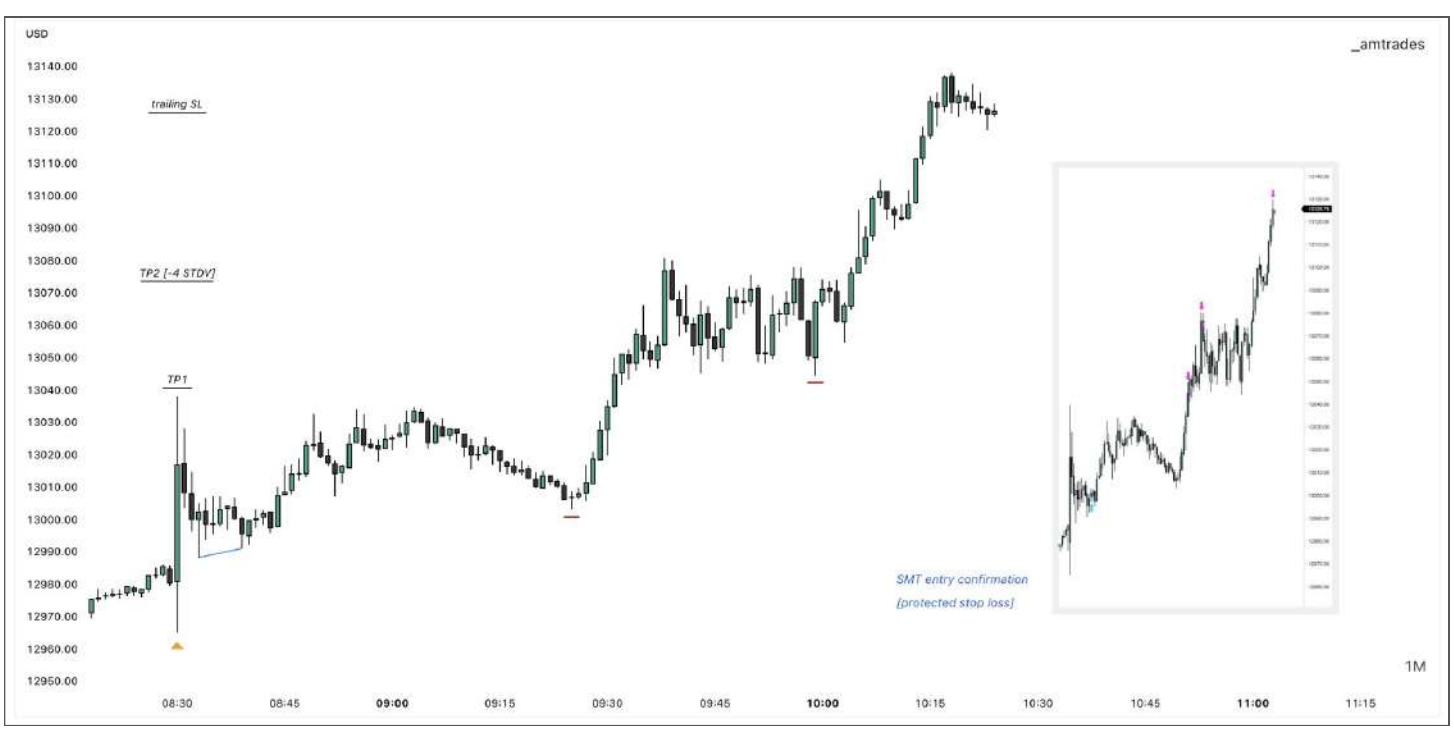
Consolidation reversal, Friday continuation
New York reversal

[Link]

April 13, 2023.

NQ / 120 points

Consolidation reversal, Thursday expansion
New York manipulation

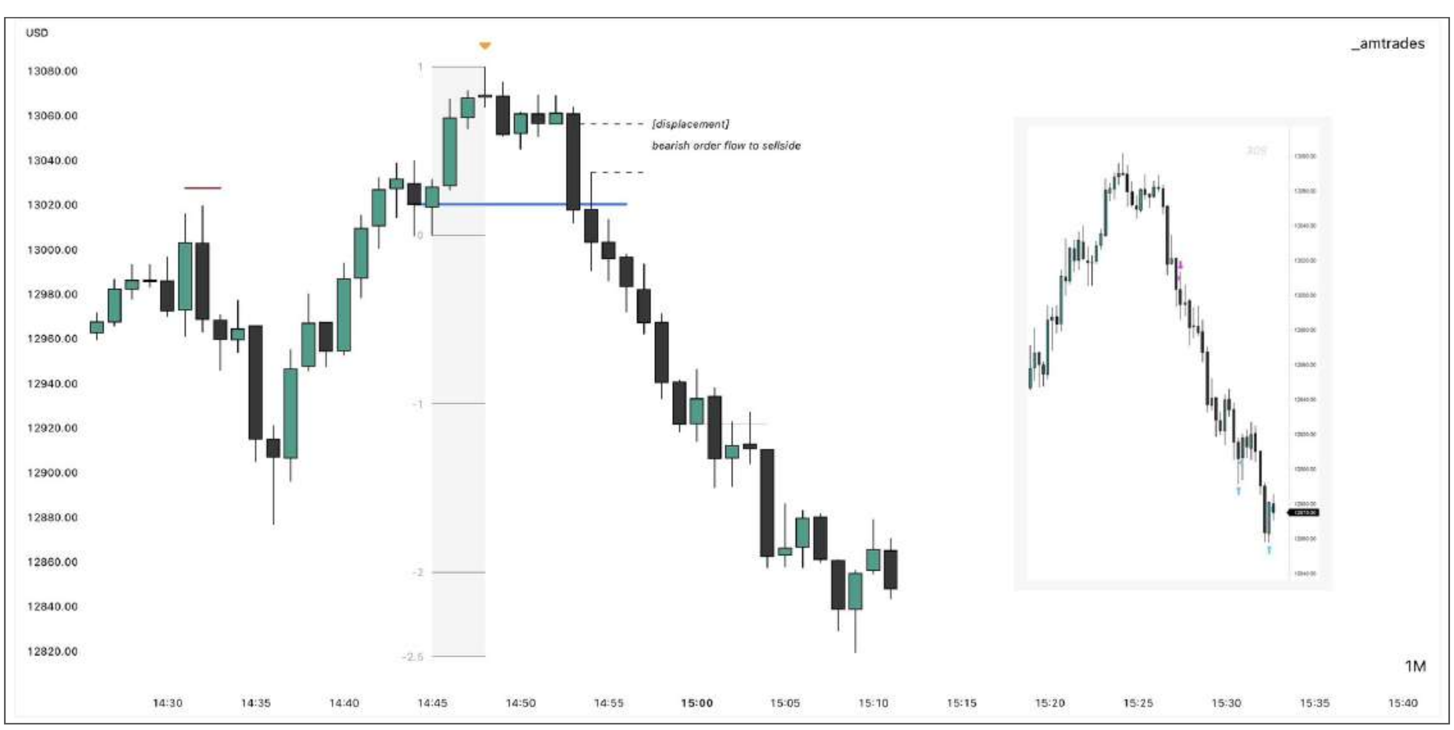


[Link]

March 22, 2023.

NQ / 130 points

Midweek reversal, FOMC Press Conference
New York manipulation



[Link]()

March 17, 2023.

ES / 40 points

Classic expansion, Friday counter-trend
London reversal

[Link]

March 14, 2023.

NQ / 130 points

Monday reversal, Tuesday continuation
New York manipulation

Link

OVERVIEW.

While I do not post all my trades and did not include all my posted trades within this resource; the previous trade executions reflect type of trades expected to be captured within the weekly range under a simplified understanding of this system. When capturing large range expansions, all you need are a few “obvious” setups executed properly.

Within any discretionary trading process, with experience comes more advanced decision making. Start by focusing on the simple framework for quality setups as shown within this document and progress will naturally be made in the right direction.

There is an abundance in the simplicity.

Begin with this:

0-4 trades per week
2 maximum daily loss
Fixed dollar risk
2R minimum

Focus on quality, and staying consistent in rules; not on the frequency

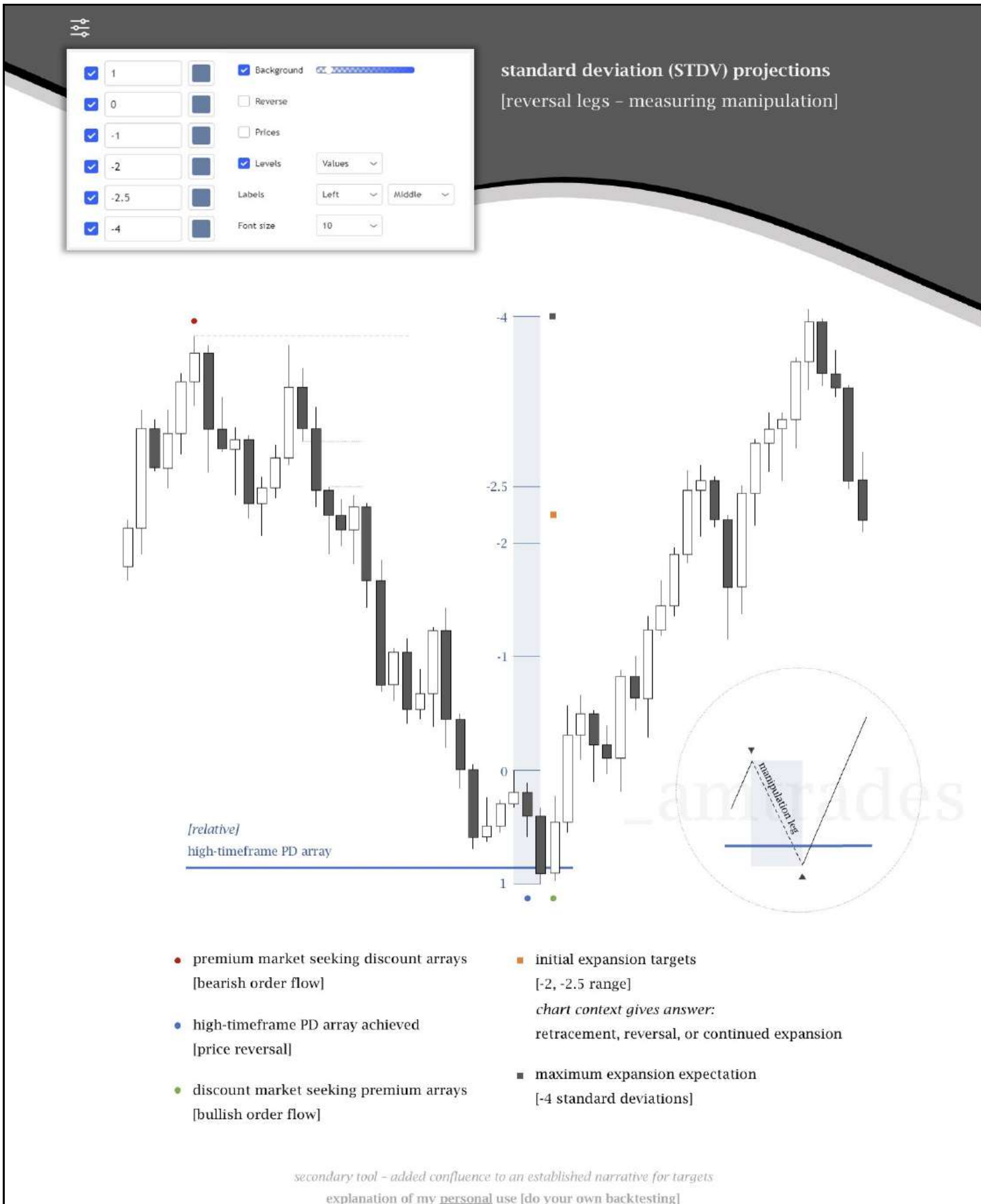
Simply take as the market offers

Link

PART 4 / Additional Resources

STANDARD DEVIATIONS.

Anchoring standard deviations to the origin of manipulation provides confluence for measuring the distance of where an expansion should end.



[Link]()

CONSOLIDATIONS.

The market is always moving a cycle of large ranges to small ranges; consolidation to expansion

Large ranges attract traders, only to be caught in small ranges
Small ranges turn away traders, only to miss the expansion

Avoid consolidations and make yourself available for the expansions

Link

Link

PRICE CYCLES.

During a consolidation, wait for an external range manipulation
During a reversal, wait for a change in state of delivery
During a retracement, seek opposing arrays near equilibrium

Trade the expansions that occur as a result

Emphasize these signatures on a daily chart

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PART 5 / Written Insights

LEARNING ICT.

After discovering ICT, it took me:

1 month to know discount versus premium
2 months to start annotating order blocks correctly
3 months to incorporate high timeframe framework
4 months to consider the economic calendar
5 months to implement daily profiles
6 months begin projecting standard deviations
7 months to understand the weekly range
8 months to consistently gauge market conditions
9 months to anticipate expansion days
10 months to build my current trading plan

All of that after 2 prior years of trading. And now over a year later, the refining process never ends. Learning doesn't happen in an instant, there is no single "clicking moment." Your understanding is a result of showing up every single day for an extended period of time.

You will get what you are looking for, it is genuinely only a matter of time.

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Episode 1 of the 2022 mentorship has 2M views
Episode 10 has 600,000
Episode 20 has 250,000

Barely 10% made it halfway through

And watching the videos is the easy part; learning from experience in the charts is the hard part. Everyone wants the end result, while few will do the work.

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I have watched thousands of hours of ICT content; what I have learned:

There are no secrets
No technical method will save you from poor discipline
90% of the concepts will not resonate with you, so be selective
Core Content is his best work

Link

One simple path to learning ICT:

2022 Mentorship, the foundation of knowledge
Market Maker Series, the introduction to framing the weekly and daily candle
Core Content, the content for refining overall understanding

Link

MENTAL FRAMEWORK.

To think like a trader:

Instead of forming predictions, operate with if and then statements

“If the market does this, then I will do this”

This is how discretionary trading becomes systematic; and the more “if” criteria you set, the more aligned you will be with the market

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Be obsessed with the process of trading, not the actual act of putting on trades

One is an obsession with learning, patience, and edge
The other is an obsession with the feeling of taking on risk for random rewards

Process driven makes money, money driven loses it

Link

Try to lose less, not win more

You know what a high quality setup looks like; the issue is acting careless during the time in between that setup actually occurring

Always one step forward, then two back

Learn to be comfortable sitting still and the progress will quickly follow

Link

The market is never at fault

It is not out to get you
It does not know you exist

It simply generates information, and you either perceive an opportunity or you don't

Your own decisions are the only thing deciding the outcome of your performance

Win or lose, it's all up to you

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An entire year of price action includes:

252 daily candles
5,544 hourly candles
66,528 five-minute candles

There is an abundance of opportunity

Never allow short-term impulsive decisions to sabotage your long-term goals; remember that the market will always open again

Link

PROCESS.

Trading should not be time consuming when operating within a defined model. Set rules outline the high probability conditions to participate in, an understanding of the specific time window will offer the setup, and a trained eye for the structure. Rules and time, then price.

Once the first two factors are checked off, based on the charts, it should take no longer than a few minutes to know if your model is in play within that specific time. Any longer and you're likely forcing yourself to see something that isn't there. A model should scream at you: so obvious that it could not possibly be contradicted.

There is a reason people say ICT is over complicated. That's because in a general sense, it is. There are hundreds of different concepts that can be learned and brought to the charts for interpretation. It is your job to make simplicity out of the complex. When you have too many concepts at play, that is when contradiction creeps into the decision making process.

"Be curious, but question everything; combine value and exclude noise from the knowledge you gather." Since we are all viewing the market through a different lens, what I may see as value, you may see as noise. Do not use something simply because someone said it works, use it because you see obvious repetition in the charts. Anything you add to your model should only bring clarity to get your position from entry to exit.

Link

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SUSTAINABLE TRADING.

Everything you need to do; not the easy, but the necessary. Just one year done properly can change everything.

First, stop comparing yourself to other traders. Forget the trades they took. Forget the profit they posted. Forget the analysis they shared. None of that progresses your own trading as it is only adding unnecessary pressure and expectations. Everyone is at a different stage in their development. When it comes time to press the buttons, it will only ever be you and the charts. Any outside influences causing you to hesitate on your decisions, feel impatience, or pull you outside of your trading plan should be removed. The only thing that matters is the ongoing information the market is providing from your own perspective; anything else is negative. You can learn from traders, but do not force yourself to replicate them.

Second, avoid consuming targeted content. "Learn ICT in 30 minutes," "100% win rate strategy," "Easiest model to learn," or anything shared in a similar manner. Ask yourself how serious you take this. You should be drawn to educational content for the potential value being offered, not because of a perceived shortcut. These people only want your attention and are willing to choose views at the expense of their followers progress. Never be a victim to this. Establishing any notable edge in efficient markets will take a lot more effort, time, and refinement. Shortcuts will only lead to disappointment; everything good in trading exists on the other side of the tedious work.

Third, journal every single trade you place; across all accounts, under any trade outcome. Journaling can be uncomfortable for some, as it was for me at the beginning. It will expose the reality of your performance and force you into change. If you never address your losses, your mistakes will slowly become consistent habits. If you never address your wins, you will never be able to highlight the positives. And at the same time, there are bad wins and good losses. Being able to distinguish between the two through journaling plays a significant role in refining a process.

Fourth, focus on learning just one price signature. The market distributes money to traders with defined edge and takes from those who are inconsistent in actions. Being average in many approaches will never compare to being proficient in only one. If you do not know where to start, my recommendation is always to focus on capturing expansions within one specific market and time window. Expansion is the intermediary phase of price delivery between consolidation, retracement, and reversal which offers the least resistance to price objectives. Once a skill to anticipating expansions is established, you have a foundation to build from. Entries become simple, managing trades becomes simple, and knowing when to participate becomes simple; not easy, but simple. Regardless if this recommendation fits you, focusing on one price signature is about concentrating your edge to specific moments when price is obvious and you can perform best.

Fifth, learn to be comfortable while remaining sidelined. This is the final point because it is crucial learning point. Many attribute sitting out to missing out on opportunity, often due to my first point. Seeing others trades, seeing others profits, and seeing others analysis play out. Allowing external and irrelevant factors to influence your emotions and decision making on a market which does not see any of those things. This is why patience is a struggle; you simply need a perspective shift. The purpose of being sidelined is to remove yourself from the market during a time you would otherwise be at a disadvantage. Protecting your capital during times which you would likely be at a loss is the equivalent to making money. If you can consistently protect your money, your wins during times when edge is present will be emphasized and not drowned out by previous losses. That is how you get the highest expected value out of any trading system. At the same time, remember that being hesitant in an abundant market is just as harmful as being ambitious in a market which is not offering. Both are important when understanding the line between patience and a trade opportunity.

And that is it. If this could help lead just one person in the right direction, that is good enough for me. These are the lessons among others that I will continue to preach throughout 2024.

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