8.28

Almost didn't rest well last night.

Few reasons:

Chatting not yielding utility/knowledge/help.

Generally useless/negative.

Stay away from screen activities(phones/computers). Focus on off screen.

Read books.

Limit these chats to a window as per the appropriateness.

Agent/business: briefly after market. No weekend, no night, no morning chats.

Classmate: delay chats, get rid of long conversations.

8.30

Wait for liquidation and not chasing. Real safe points to buy are after liquidation. (Circa aug 11)

Pos was big and forced to liquidate -> that was the low.

Liquidated on tencent last dec -> almost doubled since then.

Esp when profits have accumulated a lot on a stock.

Unless stable stock with ytd stable sharpe.

Stock with long term prospective/stability is important. These make trading safer.

For periods of liquidation, rest more often. July was a lousy market, it needed that liquidation in aug to start going up again.

Bought ICBC due to ytd stable sharpe and made 10%. Bought moutai on a panic dip, these generated safe and high sharpe profits.

1. Liquidation/big drops (sustained dropping, panic, closing at lows)
2. Liquidation means a drop that is not consistent with the usual sharpe.
3. Regional lows
4. Add slowly. No rush. (no quick pile-ups)
5. No buying at high dangling. (direction picking at high)