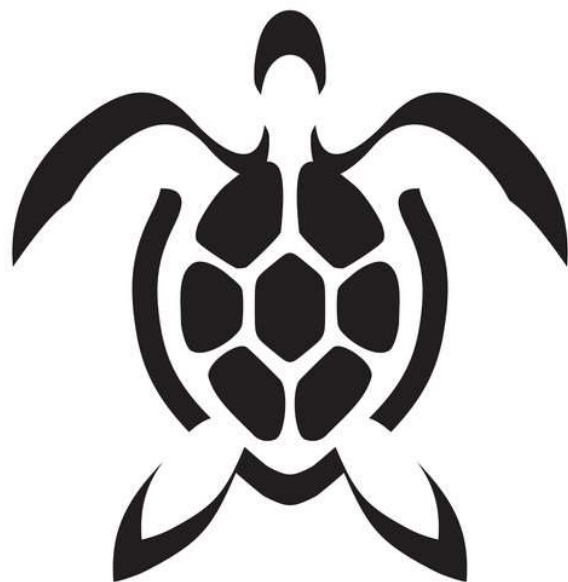


THE ULTIMATE TURTLE SOUP PDF

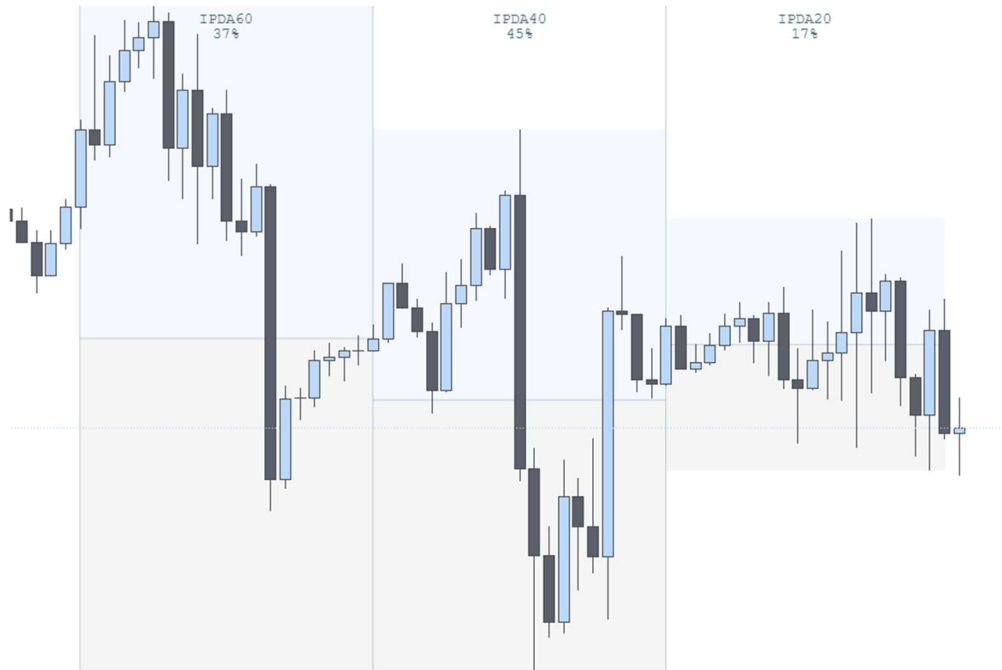


Chapter 1: Price

Buy Low, Sell High – Don't buy high, Don't sell low.

To find out whether price is high or low, 4 things can be utilized:

1. IPDA 20-40-60 Data Ranges



Tip: Expect Turtle Soups to happen around IPDA 20

2. Dealing Fib – OTE, PD



The pink lines are EQ and 0.62 OTE

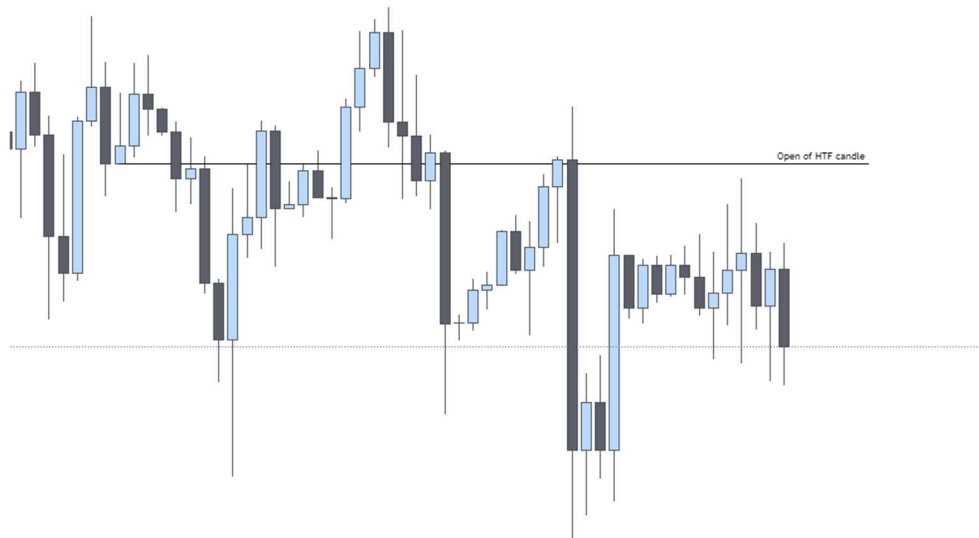
3. Current expansion leg



In this case, we are low in all 3 aspects. You should be looking for buys or not sells.

The fibs are pulled from the most energetic swing that broke another swing.

4. Opening price of HTF candle



Everything above the open is overbought and everything below oversold. This goes back to the basics of OHLC / OLHC.

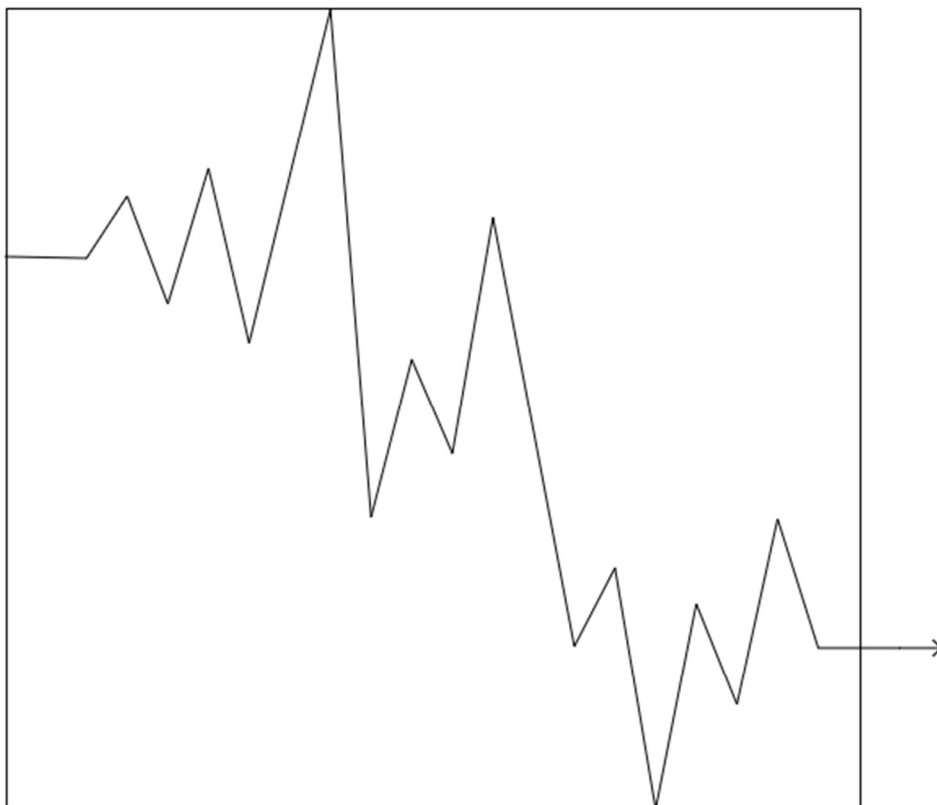
This means that buying above major highs is a bad idea – selling below major lows is a bad idea. Selling a discount PDA is a bad idea. Buying a premium PDA is a bad idea.

Chapter 2: Time

Time is always seen through the lens of OHLC / OLHC.2 of which are fixed. You have the opening time and the closing time. Your job is it to catch **A** high and or **A** low. You don't need to catch the extremities.

(Tip: The midpoint of the candle time can also be used as a fixed value to exit trades in case you expect an expansion and get an accumulation. If price reverses on you, it tends to happen once 50% of the candle's TIME has passed.)

Important: Price levels are of no use until TIME is considered – Time is no use until PRICE is at a key level.



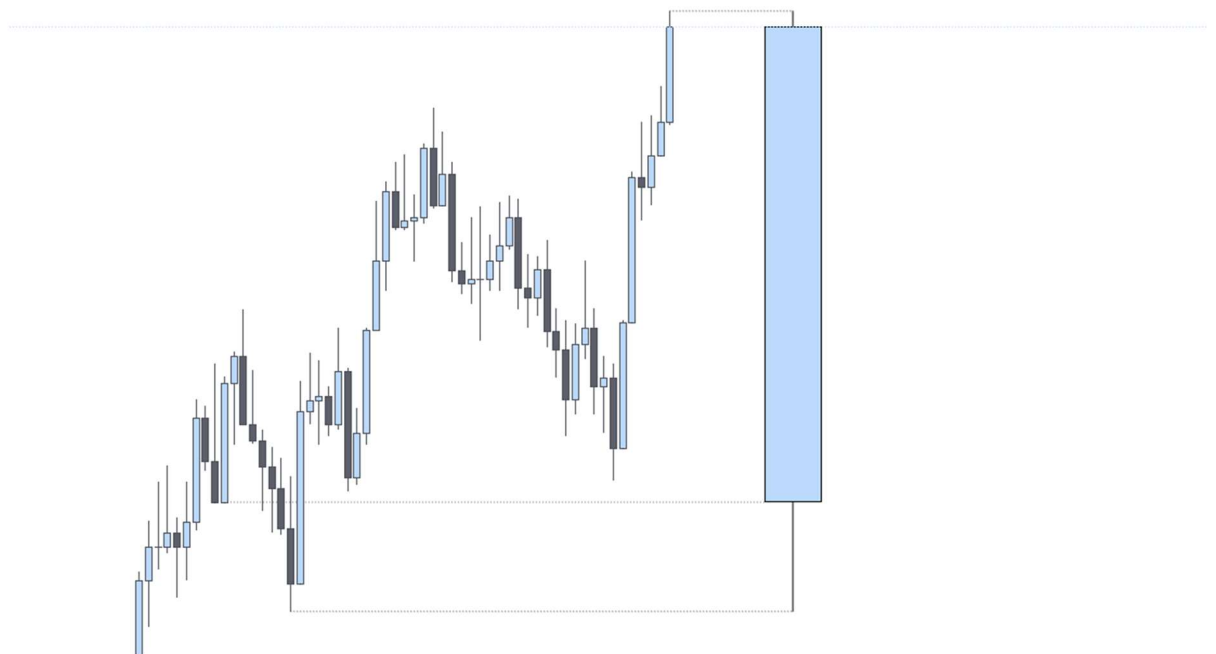
(This, of course is a classic HTF sell candle on a LTF. However, it can come in many shapes and sizes – just trying to prove a point)

Below, all 6 types of candle formations will be show. Pay close attention to how we behave at the O (open) H (high) L (low) C (close) or OLHC values and TIME.

1. Classic Sell Candle



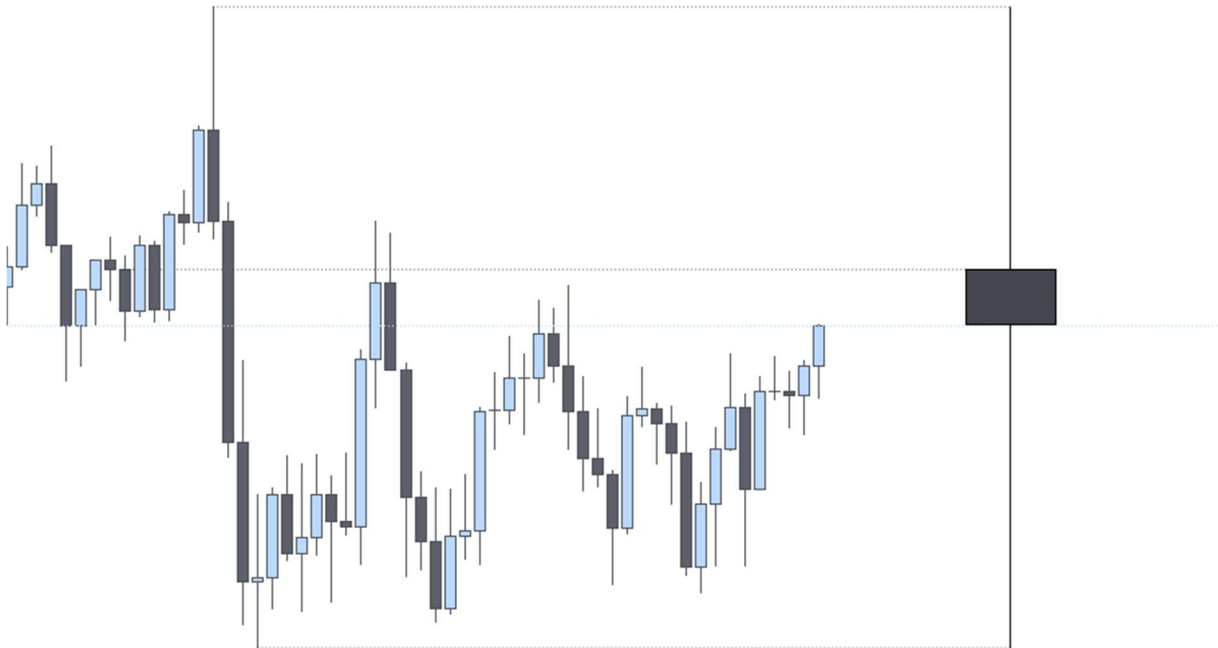
2. Classic Buy Candle



On a classic sell or buy candle, we rally above the open when bearish to then drop.

On a classic buy candle, we drop below the open when bullish to then rally.

3. Consolidation / Range on a sell candle, so called “Doji”



4. Consolidation / Range on a buy candle, so called “Doji”

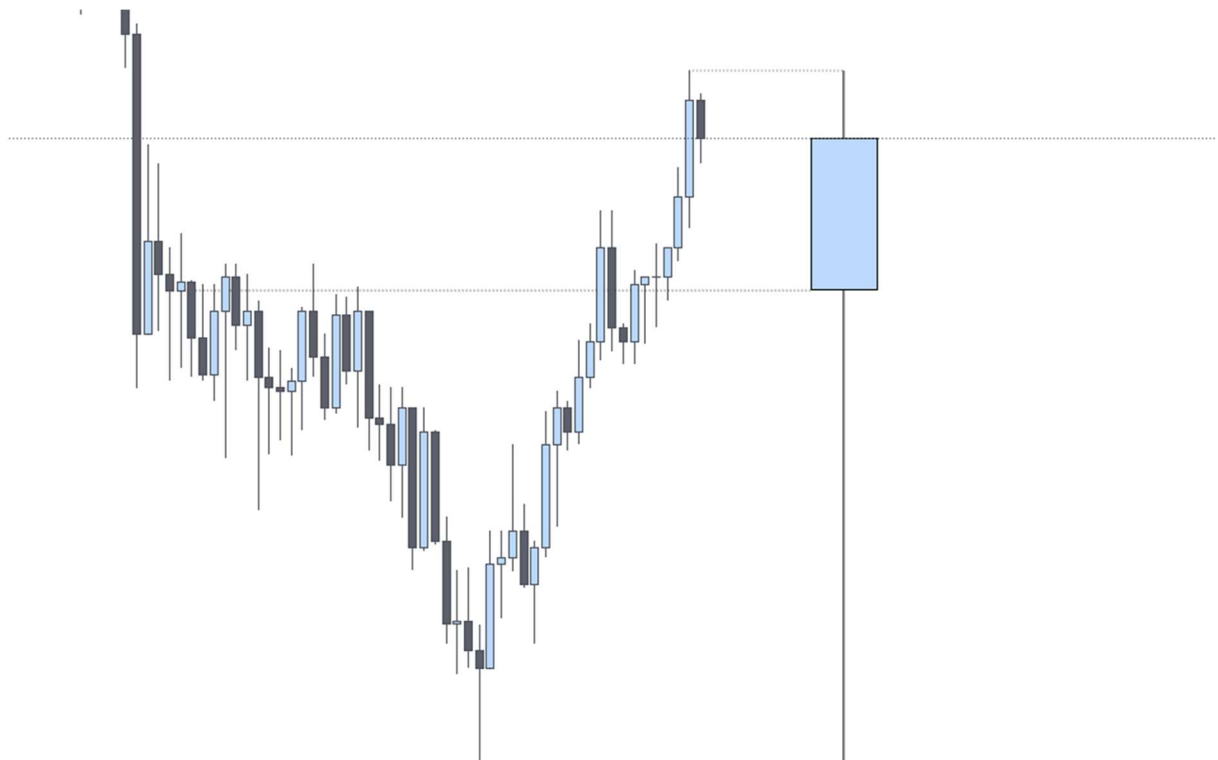


These usually happen after large range candles (sometimes even before anticipating a large candle). These ranging candles can later on be used in a range model to trade the extremities.

5. Bearish reversal candle (sometimes called “bearish Hammer”)



6. Bullish reversal candle (sometimes called “bullish Hammer”)



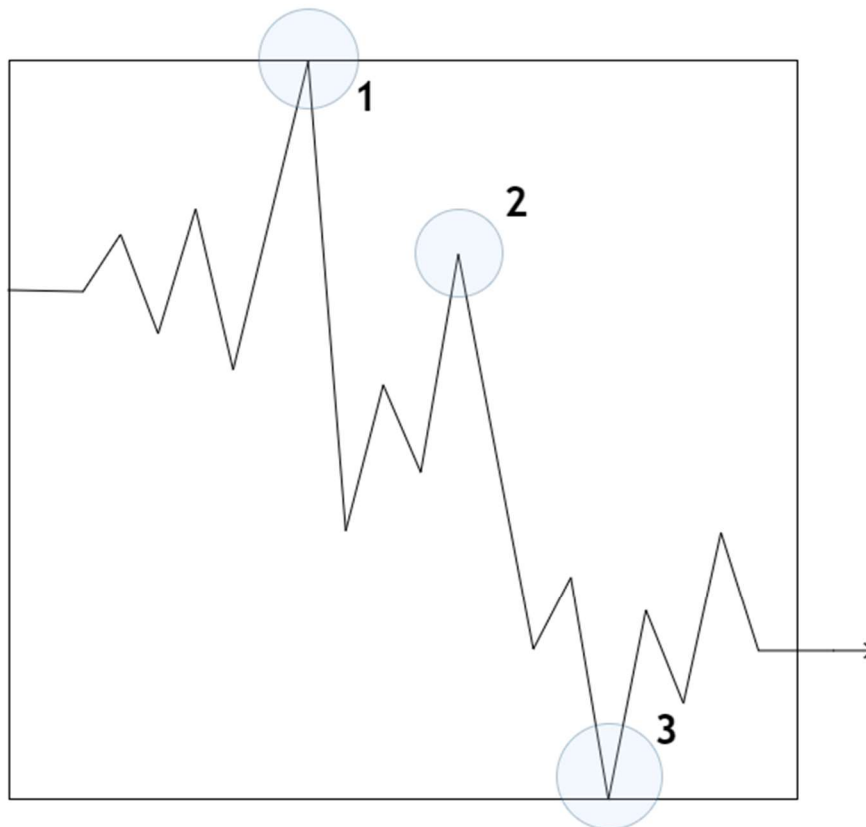
These can be used to anticipate reversals and rejections on a HTF. Usually, price reverses at around 50% of the candles “printing time”.

The 3 candles we are often trying to predict using this are:

1. The weekly range
2. The daily range
3. The H4 range

Remember: This can be applied on every candle, H1, M30, M15, even M1.

There are 3 trades that can be caught within this HTF candle:



We start with an opening range, manipulation high of the candle above the open (often times into a previous high of the previous candle, which ideally coincides with a HTF key level) (*Trade #1*), expansion, OTE (*Trade #2*), expansion, and a last bounce at the end to close (*Trade #3*).

For the projection of the High or Low of the candle, STDV, -1.618 fib, Wicks or close above / below levels and time will help.

There are certain times at which P03 can be expected:

In a yearly candle, January to April will accumulate, April to July will manipulate, July to October will distribute:



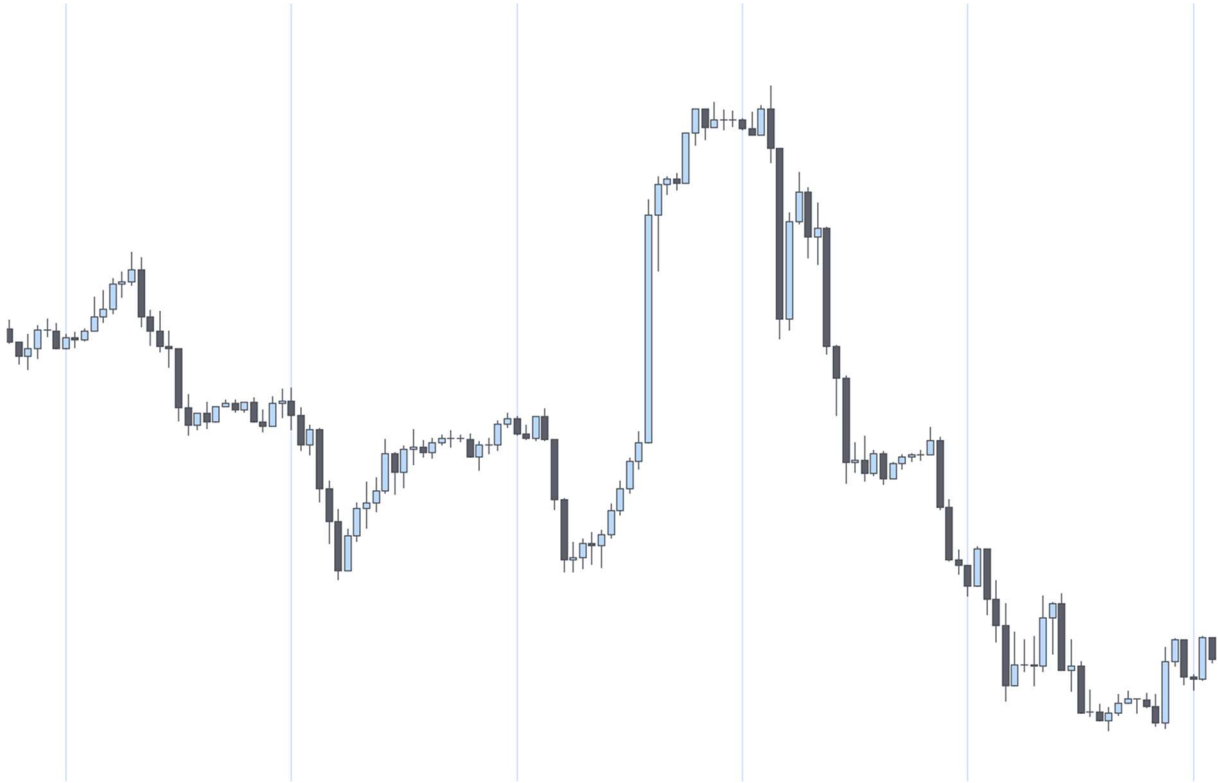
(DXY Monthly chart 2023 with each quarter marked)

In a monthly candle, W1 will accumulate, W2 will manipulate, W3 will distribute:



(DXY Daily Chart, March 2024)

In a weekly candle, Monday will usually accumulate (which is why we skip Mondays). Monday, Tuesday, Wednesday will usually mark the high or low of the week (with Tuesday being the sweet spot) and Thursday, Friday will mark the opposing end of the range:



In a daily candle (classic sell day), Asia Range will accumulate, London Killzone will manipulate (1:00 – 5:00) and New York (9:00 – 13:00) will distribute:



Knowing when manipulation will likely occur, turtle soups can be timed.

Summarizing everything above:

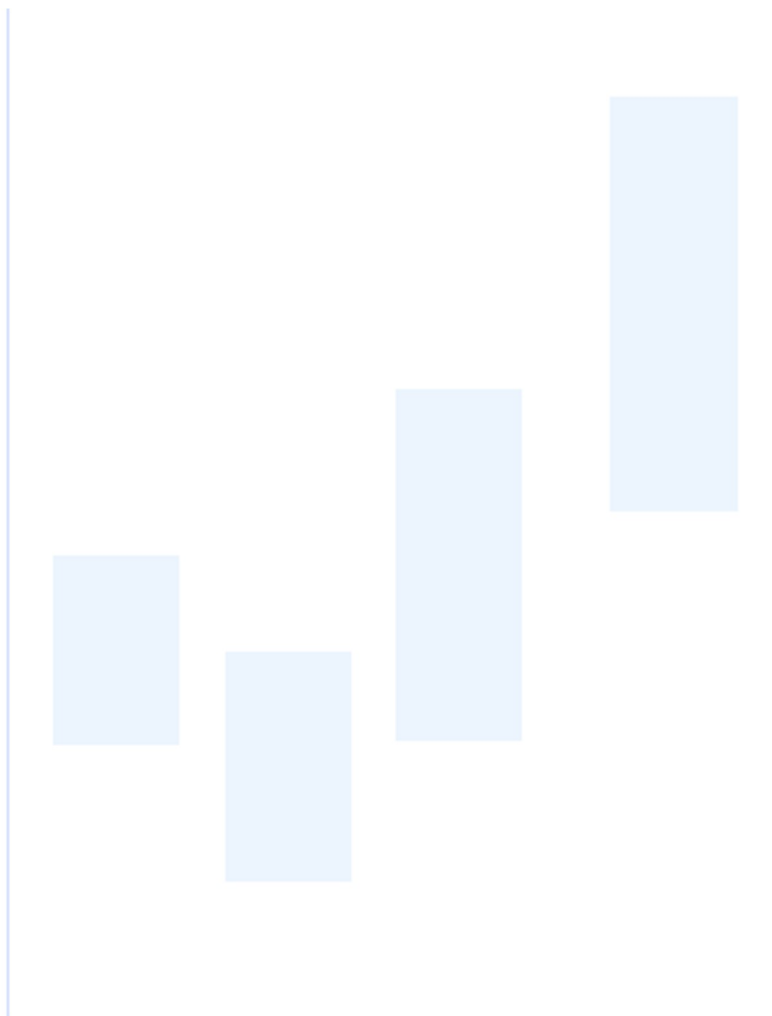
When entering based on the yearly profile, you look for turtle soups in April to July below the open when bullish and above when bearish. Use Monthly / Weekly to map out.

When entering based on the monthly profile, you look for turtle soups in W2 below the open when bullish and above when bearish. Use Daily / H4 to map out.

When entering based on the weekly profile, you look for turtle soups on Tuesday (70% of the time) below the open when bullish and above when bearish. Use H2 / H1 Timeframe to map out.

When entering based on the daily profile, you look for turtle soups in London Killzone between 1:00 – 5:00 am NY time (sweet spot 3:00 – 5:00 am). (this is for a classic buy or sell day. With a New York reversal profile, turtle soups can also be looked for in New York Killzone (sweet spot 9:00 am – 1:00 pm). Best timeframe for this is the M5, max M15.

It is always a 3-candle formation play. Candle 1 offers a range which is taken in Candle 2. Candle 3 uses candle's 2 manipulation of candle 1 to target candle 1's range:



This is the reason why April – July, W2, Tuesday, London are a good SL placement to trust with a CISD confirmation.

The same premise can be used intraday for H4 candles. The daily candle is divided into 6 H4 candles. 1,5,9 / 1 (13), 5 (17), 9 (21) (opening times of the H4 candles). Use M5 to map out.

Just like with the other profiles, you mark the open of the H4 candles using the times above. Every manipulation buy should be below the open. Every manipulation sell should be above the open.

To narrow things down, within the 9:00 H4 candle, there are sweet spots to catch AMD and time Turtle Soups:

9:00 – 9:30 is accumulation

9:30 – 10:00 is manipulation

10:00 – 10:30 is distribution

+/-5-10 minutes. This is why this H4 candle can be perfectly times through the lens of its opening price at 9:00. Buy below when bullish, Sell above when bearish.

The 90-minute timeframe in general is quite interesting. Try to apply it to your charts and study.



Same goes for the 1:00 H4 candle. Here however, there are no “exact” AMD times. In the H4 candle, 2:00 is a manipulation time and usually, the low or high of London Killzone is in by 3:00. So, looking for the distribution after 3:00 to around 5:00 is reasonable. Use 1:00 open. Asia Range 20:00 – 00:00 can be used as accumulation.



In the PM session, the 13:00 H4 candle can be used to time Turtle Soups. Mark the 13:00 open and look for manipulation to occur at 13:30. Same idea, sell above, buy below the open. (13:00 – 13:30 often acts as an accumulation)



This means that the popular killzones are customizable to your needs as long as you can map out the HTF candle you're trying to trade in correctly. This means that a "5pm NY Killzone" exists.

There are 10 high probability day trades per week.

Once every 1:00 candle, Once every 9:00 candle. 2 per day, 5 days per week.

There are 25 good quality trades per week.

1:00, 5:00, 9:00, 13:00, 17:00. 21:00 will usually just consolidate.

Likewise, there are 2 high probability short term trades per week.

Once at the low of the week and once at the high of the week.

The first wick will usually form on Monday – Wednesday (Wednesday will not form the high AND low of the week) (Trade #1), the opposing range will be capped on Thursday and or Friday (Trade #2). To know which of these days exactly is the high or low, price needs to be considered. Is it at a key level?

To know when a range is capped with a high probability, look for a HTF CISD.

Remember that MOST candles are not important to us. The 20-40-60 IPDA lookback candles are usually the ones where liquidity and PDAs should be looked for.

Expect Manipulation within these times:

2:00-3:00

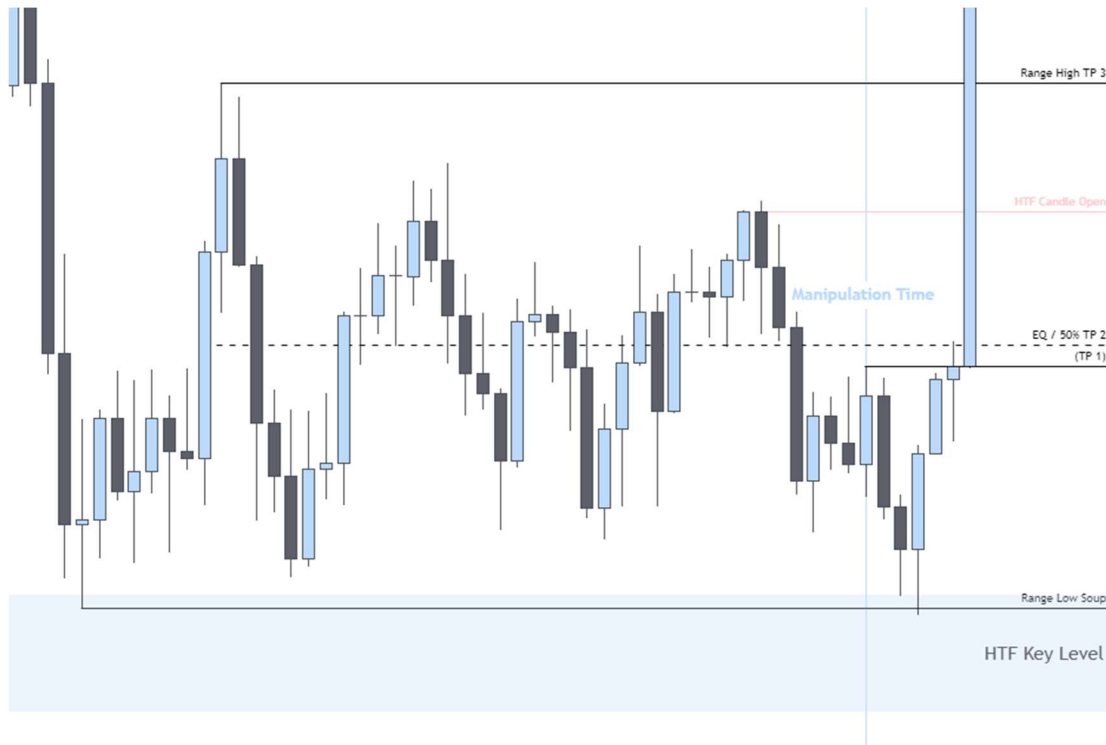
9:30-10:00

13:30-14:00

Best utilized with an H4 or daily profile

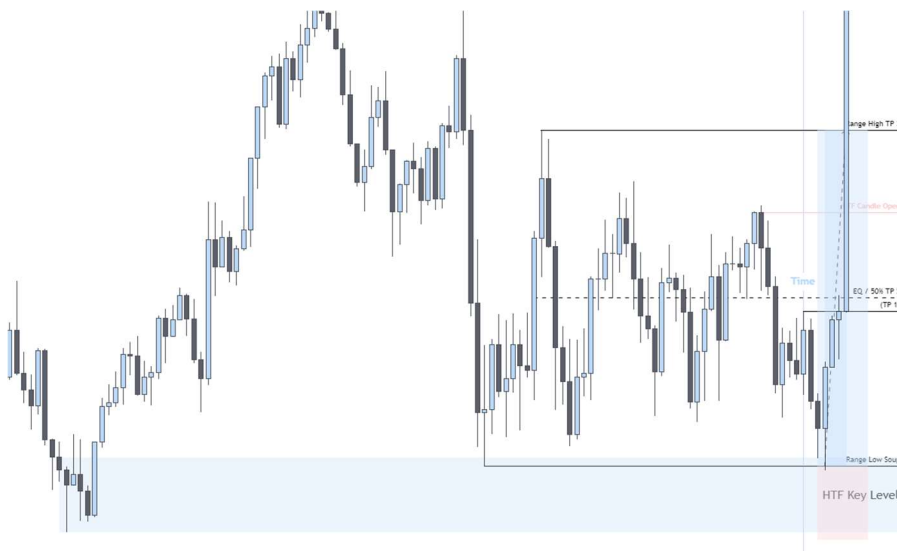
Chapter 3: Trading Models

Range Model (fractal - all timeframes)



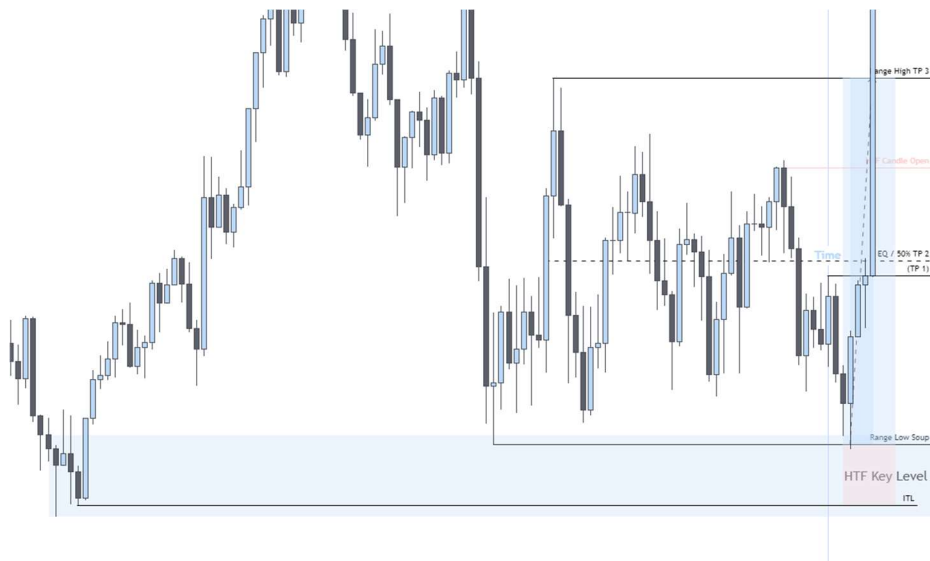
1. Identify HTF bias and narrative
2. Identify Key levels above or below the range
3. Wait for price to take one side of the range into the key level at manipulation time. (Keep in mind the HTF opening price of the candle)
4. Enter with a limit at one side of the range or the HTF PDA
5. (Target 1 is the swing that purged one of the sides (in the example above it would be the high that caused the Turtle Soup))
Target 1/2 is EQ / 50% of the Range
Target 2/3 is the opposing end of the range
6. SL can be placed in 4 ways:

1. Above / Below the HTF PDA:



(Most secure)

2. ITH / ITL or Turtle Soup you trust as a SL to the left:



3. LTF CISD:



4. Blind Stop with a 1:3 RR:



To understand the WHY:

The market is generating interest on both ends of a clear defined range by rejecting highs and lows. This is where turtle soups are created. When it breaks through the range and grabs liquidity, accumulates orders above or below one side of the range to then distribute to the other side of the range in order to suck in more participants.

Rejection is the refusal to displace above a high or below a low. Whether it is instant or a consolidation (choose obvious highs and lows). If we don't stop above a certain high or below a certain low, smart money's orders are too large for order pairing. It needs to dig deeper.

When to anticipate ranges:

The time chapter should already give you a general answer. However, regarding price, ranges can be anticipated when:

1. We formed a large range candle recently / We anticipate a large range candle forming soon
2. We are above the open of a HTF candle when bearish – We are below the open of a HTF candle when bullish
3. We Have SMTs on both sides
4. We are stuck between 2 PDAs on a HTF
5. We start rejecting highs and lows

Remember:

1. Buy low, sell high – buy range low, sell range high
2. Never buy range high, never sell range low (only if a new PDA is formed and we have multiple strong closes above or below a range – best paired with SMT. That is likely to be a real breakout).
3. Never trade within 50% / EQ of a range
4. The first purge of a range is usually a turtle soup.
5. The first hit of a key level is usually a false move. Most of the time, price hits the key level again for a turtle soup.
6. If you miss the entry, a pyramid / reentry can be taken on the retest of one side of the range after the purge.

Risk Management is up to you. Risk what you're comfortable with. I suggest max 2% and take of 50% of the position at each TP. Runners can be held.

If holding runners, put SL at BE when reaching the "real" breakout.

This model can be used by capitalizing on the accumulation and manipulation phases:

A (January – April) – M (April – July) Keep seasonality in mind.

A (Week 1 of the month) – M (Week 2 of the Month) Keep seasonality in mind.

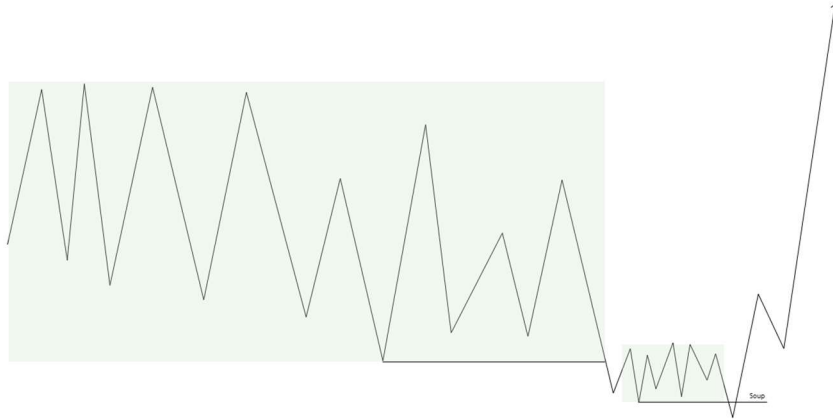
A (Monday) – M (Tuesday)

A (Asia) – M (London)

A M inside H4, H1, etc.... **The general idea is to catch the manipulation at the correct time.**

Range to Range (fractal)

The idea is similar to the usual range model. With this one, you are looking for a LTF range to form below the HTF range when bullish and above the HTF range when bearish. You will soup the LTF range and use its risk to capitalize on the HTF range's reward:



1. Identify HTF bias and narrative
2. Identify Key levels above or below the HTF range
3. Wait for price to take one side of the HTF range (best inside accumulation time) into the key level at manipulation time. (Keep in mind Opening Price of HTF Candle)
4. Wait for price to take one side of the LTF range (into a key level) at manipulation time. (Keep in mind Opening Price of HTF Candle)
5. Enter with a limit at one side of the LTF range
6. Target 1 is the opposite side LTF range
Target 1/2 is EQ / 50% of the HTF Range
Target 2/3 is the opposing end of the range
7. SL can be placed in 4 ways as shown in the range model.

Example on BTC / USDT:

HTF (in this case monthly) profile. Range in W1, as anticipated.



LTF Range with reversal on Thursday to cap the weekly range, as anticipated.



In summary, it will look like this:



This model can be used by capitalizing on the accumulation and manipulation phases:

A (January - April) - M (April - July) Keep seasonality in mind.

A (Week 1 of the month) - M (Week 2 of the Month) Keep seasonality in mind.

A (Monday) – M (Tuesday)

A (Asia) – M (London)

A M inside H4, H1, etc....

If A expands, you use a different model or don't trade at all. The general idea is to catch the manipulation at the correct time.

Wednesday Model

The weekly and daily chart are gold mines for those who have a shovel. Tuesday has a 70% chance of printing the high or low of the week.

There is an 81% chance that the high / low of the weekly candle forms between Sunday open at 17:00 and Tuesday London Session.

You enter on specific days and exit on specific days that will likely cap the range.

Using the information mentioned above, one can anticipate that Wednesday will be a classic sell or buy day into the weekly order flow direction. (Check 6 candle formations).

Variations of this model depend on what day the HTF PDA is hit which creates the weekly high or low.

With the Wednesday model, you're capitalizing on the weekly profile, daily profile and H4 candle profile to map out your trades. Having all 3 opening prices on the chart when trading this model is useful.

You are using the manipulation (time) (Tuesday) that takes Monday's accumulation, to expect a distribution on Wednesday that targets Monday's range. (Refer to Time Chapter and 3 candle formation).

You want Tuesday to take Monday's range high or low into a key level on the daily chart and close inside it.

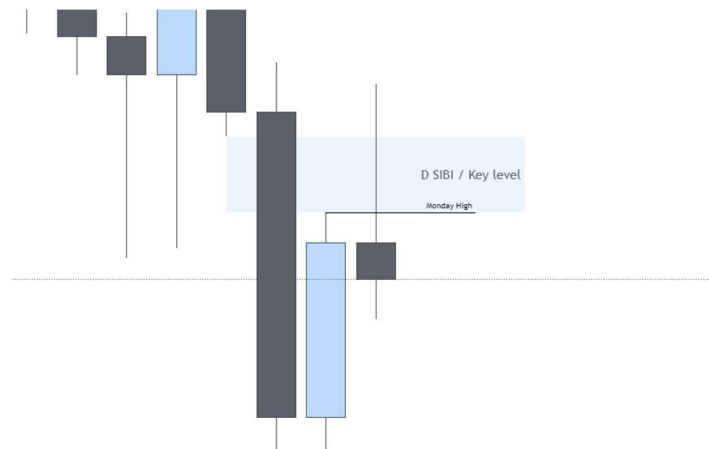
On a classic sell day (Wednesday), you anticipate the 1:00 H4 candle to make the high of the day above the daily and H4 open with a LTF CISD. The 9:00 H4 candle will offer an OTE into the expansion to target Monday's range. Again, above the 9:00 open.

It may take until Thursday to reach the target which is why this is a short-term trading model.

1. Identify HTF bias and narrative
2. Identify Key levels where a weekly reversal can be anticipated. Wait for price to take one side Monday's range into the key level on Tuesday and close back inside Monday's candle. (Keep in mind Opening Price of HTF Candle)
3. Wait for Wednesday and look for trades within the 1:00 H4 and / or 9:00 H4 candle on the H1, M15 timeframe to target Monday's range. So the trading times are 1:00 – 5:00 and / or 9:00 – 13:00 on Wednesday with the sweet spots being 3:00 and 9:30. Often times, you will find an M15 range before the 1:00 H4 candle that is souped to make the HOD or LOD.
4. TP 1 is EQ / 50% of Monday's range
TP 2 is the extreme of Monday's range. If you want to, you can go to BE once 50% of Monday's range is reached.
5. SL can be placed in 4 ways as shown in the range model. (London High or Low is also a good place when catching an OTE in NY).

If there is news on Thursday, Wednesday will likely be restricted and Thursday will take Monday's range.

On the daily chart, Tuesday takes Monday's high into a key level and closes inside the range:



On the H1 chart, we rally above midnight open and H4 1:00 open. Since we are bearish, we want to sell above these 2. We got a Turtle Soup at around 5:00. This is entry #1 to target Monday EQ and Range low.

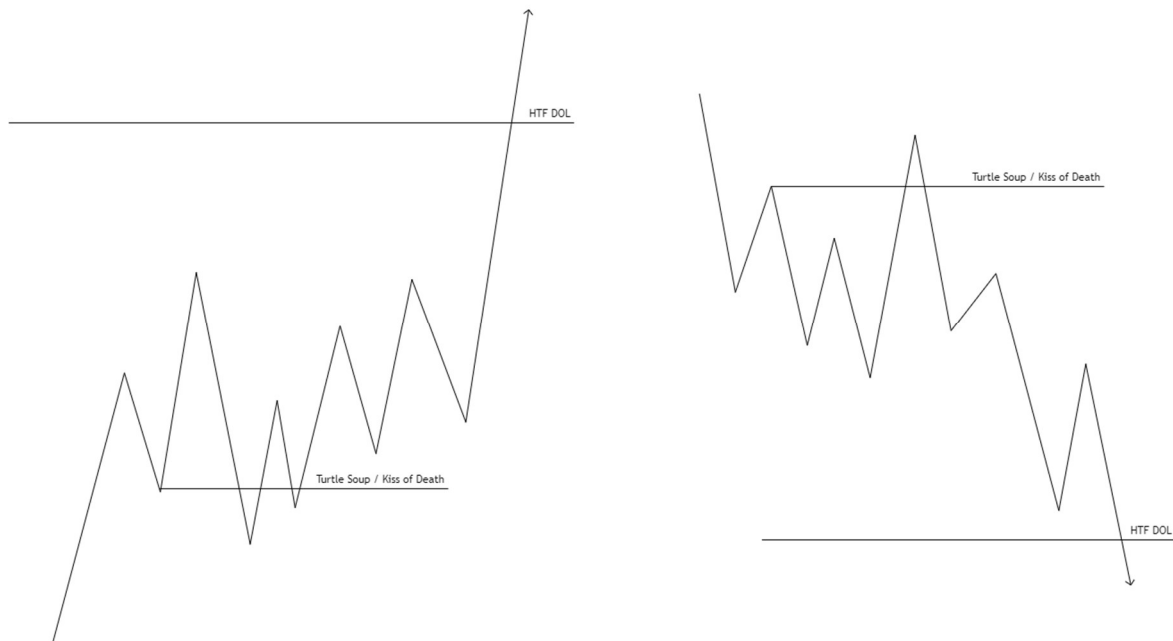
Later in NY, we rally above the 9:00 again, (0:00 is not necessary), we want to sell above the 9:00 when bearish. NY will offer an OTE to send price lower to Monday's low.



A good SL for NY was London high (we have a CISD), and for London, the HTF breaker. (And yes, we did hit OTE in the 9:00 H4 candle with a wick.)

Kiss of Death

The Kiss of Death is a continuation model where you get a last knife / Turtle Soup below a low or above high before hitting the HTF DOL.



1. Identify HTF Bias – Close to HTF DOL (clearly bearish / bullish Order flow)
2. Identify LTF liquidity pool
3. Map out Market and candle profile with opening price and key level
Accumulation – Manipulation TIME (Kiss of Death) – Distribution
4. Premium / Discount

(Sometimes has SMT (SMT = creation of EQHS / EQLs to be raided in the future))

5. Target DOL (no partials)
6. SL can be placed like in the Range Model

Example (actually inside the Wednesday Model):



How to never miss an entry:

Follow this sequence (possible pyramid entry technique):

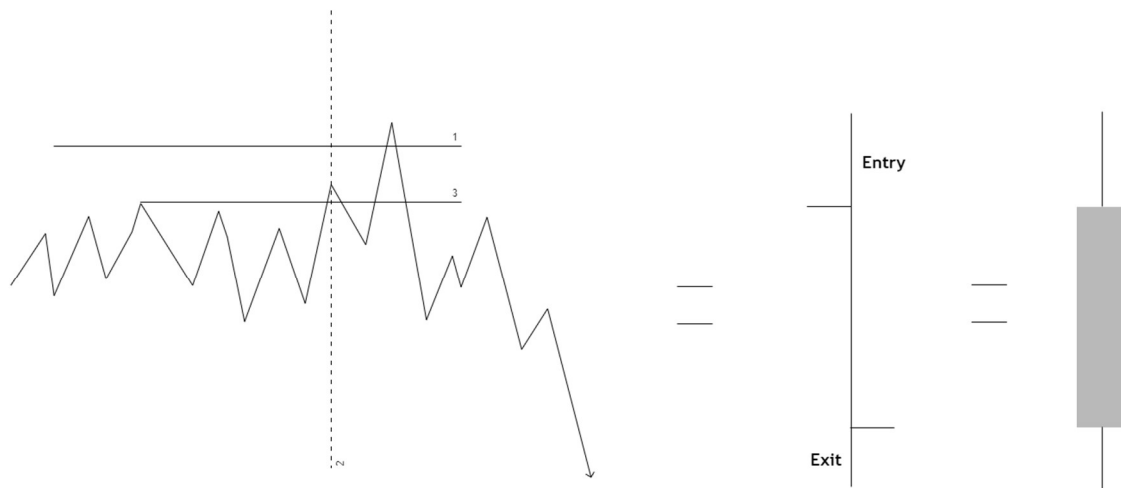
Entry #1 – Turtle Soup

Entry #2 – OB / FVG

Entry #3 – BRK / OTE

Elements of a high probability trade setup

1. Plan the HTF Key Level
2. Mark manipulation time
3. Mark pre-manipulation swing high / low
4. 2 & 1 are more important than 3.



Notes:

- Don't trade the pattern, trade the logic. Ignore FVGs, OBs, BRKs etc.... Put in the majority of your focus on the above 3 factors
- Very few look at the market through this lens. This is your edge.
- Go back in time, look at your winning trades, they all comply to this system.

No expectations.

None.

Swing trades and how to catch them

1. Seasonal Tendency – History repeats itself. If there is no seasonal tendency or the opposite tendency – no trade.
2. Inter market analysis – Is the market symmetrical? Is the DXY corresponding well to EURUSD? Same goes for inter market relations within GOLD / SILVER, BTC / ETH. Are we hitting key levels at the same time?
3. Market profile on HTF – Are we ranging, are we breaking highs, rejecting lows, vice versa. Are we breaking through bearish key levels? Vice versa.
4. LTF for opportunity hunting.

If the 4 do not present themselves, then don't take a swing trade and stick to LTFs.

P.S.: There are also other tools such as COT (Commitment of Traders on Barchart), Open Interest etc.... which you can utilize.

Intricacies

When the market is bearish and the seasonal tendency is bullish, it is likely time for a bottom or short-term correction.

When you are in a ranging market and the seasonal tendency is a violent one, you can expect it to play out. When you're bullish and the seasonal tendency is bearish, expecting a retracement and continuation into the seasonal tendency is healthy.

Using a “thrust candle” as a Stop loss

A thrust candle is the candle that breaks market structure or causes a CISD. Your stop loss can be placed at the low when bullish and at the high of the candle when bearish.

When to expect EQ to not get hit

0.382 and 0.27 Fibonacci retracement will usually stop price from hitting EQ. It is used to measure strong trends. Best paired with breakaway gaps and breakers.

News

Check [Forexfactory.com](https://www.forexfactory.com) to see news (I only care about red folder USD news)

Times I **DO NOT** trade (or a demo account only)

- Wednesday lunch / PM Session – Friday 08:30 NFP weeks
- Morning AM NY session before FOMC (ONLY if A+ Setup) – Definitely stop before lunch
- Session before Jerome Powell speaks
- Day before CPI / Thursday on NFP Friday
- 09:30 – 10:00 if we have 10:00 red folder news
- If 08:30 + 10:00 red folder news, do not trade before 10:00
- London Session before 08:30 red folder news

If just 08:30 news – immediately after

Side notes – Attention to Detail

- Don't trade the pattern. Trade the logic.
- After hitting a HTF PDA, more times than not, it will touch twice (often times LTF). Unless we are super strong into one direction. However, most of the time we come back, soup or SMT. This is the key to turtle soup.
- When opening charts, for the highest probability trade to form, go through this process:
 1. Seasonality
 2. Monthly Bias
 3. Weekly Profile
 4. Daily Bias
 5. Time of Day within daily bias

How do I determine the HTF order flow?

1. Highs and Lows, which are being broken? Which are being rejected?
 2. Are up-close candles providing resistance or down close candles providing support?
 3. Gaps, which are being respected? Bullish or bearish?
- Often times, price reverses at rejection blocks while creating an SMT. This is why rejection blocks can be a TP and the liquidity a TP. Hitting a rejection block also counts as turtle soup. HTF rejection blocks can be paired with LTF OTE or FVGs as well as OBs.
 - Turtle Soups are often paired with a failure swing to scare off dumb money who were lucky enough to buy or sell the turtle soup.

The highest probability OBs are:

1. Around liquidity pools
2. Thick high-volume candles
3. Followed by a FVG

If it has 1 and 2, it's fine.

When you have a large wick OB, mark wick to body.

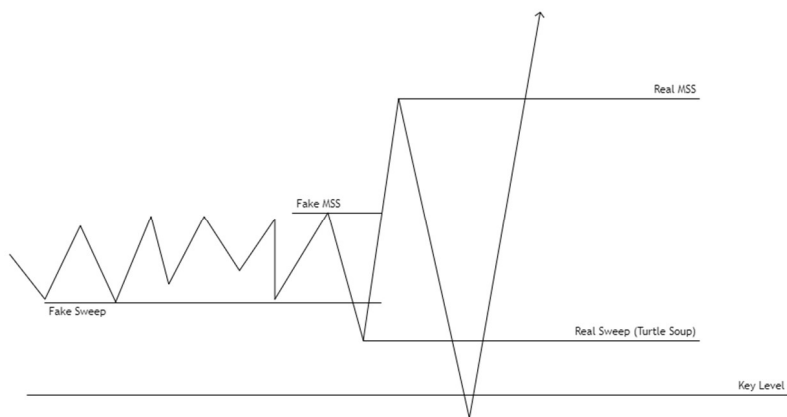
When you have a thick beefy candle, mark the open.

When you have a long wick to the other side, you expect the rejection block to hit.

Reasons why gaps remain unfilled:

1. BRKs
2. SMTs
3. BPRs
4. HTF gaps filled = LTF gaps remain unfilled

- **Lows or highs that caused a purge that get swept, are the best turtle soups.**
- Before hitting a key level, price will often times consolidate, give a false break and a fake MSS with a fake AMD pattern. After that, the real turtle soup comes.



- EQHs and EQLs as well as equal body highs and equal body lows will more often than not be souped.
- Consolidations birth expansions and expansions are followed by consolidations.
- When you see a violent sudden move, it is likely to be a Judas. Moves like these will be retraced to by 50% more times than not.

- You shall know the times turtle soups form, but you can't always be there to take them. This is why you need to be able to trade continuations and use turtle soup highs and lows as your SL. Always trace it back to the PO3 - OHLC or OLHC.
- Let's say you're bullish on the weekly, you cannot expect daily bearish PDAs to hold until the weekly objective is met. Applicable to all TFs.
- A real breakout of a range is often started with a fake rejection and then a true break. Why? To suck in more sellers at the previous resistance level and convince them of their positions. They add more and get rekt by the real breakout. It also entices buyers above the fake break. How to use this? Just by being long from the range low anyway. Often times, before the real breakout happens, there is a Turtle Soup near EQ of the range. That's also a model by itself. When we make a new PDA at the range high after breaking out, we will likely go higher.
- Do you expect the FVG to always give you an instant reaction? Do you always expect the order block to give you the same instant reaction? Or do you adjust your expectation to the different shape PDAs? And of course, same goes for time.
- A LTF MSS is less relevant than a HTF PDA.
- Confused about if you chose the right PDA? Go to the HTF until it's clear.
- Do not marry bias. If the market shows you something opposing to your bias, just accept it. Trade what you see, not what you want to see.
- Order blocks that form at specific times are higher probability than others.
FVGs that form at specific times are higher probability than others.
Breakers that form at specific times are higher probability than others.
What are the specific times? Killzones.
- If we close below the 0.62 Fib, it can be used to send price lower.
When we close below / above an ITH / ITL, we can expect the market to target the rejection block or the high or low of the price swing.
- When DXY hits a key level and EURUSD doesn't and we have an SMT showing we will likely react on DXY, you do not need to wait for EURUSD to hit the key level. However, wait for a confirmation of the SMT with a CISD.

For entries:

Inducement = Turtle Soup

OB = candle that dug into a high or low = Turtle Soup

OTE = the second leg of distribution after a Turtle Soup and MSS

OHLC / OLHC =

H = Turtle Soup

L = Turtle Soup

It is the system.

For DOL:

The only reason price moves is to:

1. Attack an old high or low (Turtle Soup)
2. Rebalance an imbalance (imbalances are highs and lows = Turtle Soup)

Everything leads to turtle soup.

Mistakes the neophyte will commit in each stage

1. Planning – Marking the Key Level

- Lacking the technical knowledge to plot the correct level
- Feeling impulsive to trade = forcing a key level

2. Waiting (1)– for the key level to hit

- Entering before level is reached due to impulsiveness because you saw someone else take a trade
- Being afraid to execute when level is reached (fear)

3. Execution

- Doubting the idea due to lack of experience
- Opening 1000 lots with a 1 pip SL due to greed
- Risking too much trying to recover recent loss streak (emotion)
- Risking too much because you were winning the last week. This week will be the same (it won't)
- Not knowing where to put the stop loss (you put it and it gets hit)

4. Waiting (2) – For target to reach or stop loss to hit

- Closing trade too early due to lack of experience (Fear)
- Not exiting when showing signs of weakness (Greed)
- Moving stop to BE too quick (Fear)
- Not moving stop to BE when appropriate (Greed)
- Opening a scalp and turning it into a swing (Greed)

What I would do if I had to restart?

1. Take control of your attention
2. No Instagram worship or fan clubs
3. Accept submission to TIME, early on
4. Avoid multiple sources of information
5. Settle on the study of Price Action
6. Avoid all indicator – based theories
7. Study why traders fail, not why they win
8. Expect it to be challenging but worth it
9. Don't buy every course you see
10. Do not try to mimic someone else, regardless of image
11. Learn why a market trades higher or lower
12. Study where a market is likely to draw to
13. Spend most of your time in past Price Action
14. Keep a Journal, record observations
15. Try to keep your study as simplified as possible
16. Learn when markets are likely to behave a certain way
17. Be a specialist, a single market or two, at most
18. Centralize your efforts on a single model
19. Develop a framework for a market based HTF bias
20. Find one setup, determine an easy low effort target

How to review the weekly performance

Ensure you have journaled all the week's trades (including screenshots for context)

Ask yourself:

- What worked well this week?
- What didn't?

Some questions to consider when answering the above:

- Was there a type of trade that did / didn't work well?
- Was there a particular market that you did / didn't trade well?
- Was there a particular day / time that you did / didn't trade well?
- Did you enter trades too soon?
- Did you enter trades too late?
- Did you take profit too soon?
- Did you take profit too late?
- Were your stops too tight?
- Did you take poor/RR trades?
- Did you risk too much?
- Did you risk too little?
- Did you miss any trades?
- Did you deviate from your plan? If so, why? What was the outcome?

Key question:

Are your answers above familiar? E.g., they are recurring in your trading and you haven't taken action to do more of what works and less / the opposite of what doesn't.

For recurring problems:

Ask:

1. What is the problem?
2. Why do I have this problem?
3. What is the solution?
4. How can I action it?

For recurring positives:

How could you do more of what worked?

Tasks:

Study the biggest move of the week across the market(s) you trade. Can you see anything that would have caused you to catch it?

Always reverse engineer a loss. When you win, you learn nothing. You actually delude yourself more. When you win, you often blind yourself with joy. Which leads you to think that what you did was right. Even though you might've won on accident. If you lose, be happy. When you lose, you're getting an opportunity to never repeat a mistake ever again. Every loss you take is an opportunity to sharpen your blade. It should excite you, not sadden you.

When I win, I feel nothing, when I lose, I feel nothing. You're paying the market to tell you what it is going to do in the future. Win? Great, journal it. Why did I win? Lose? Great, why did I lose? Journal. You should end with a papercut at worst. Don't forget to always include the time of the trade.

When you miss a move, do this:

1. How could I have participated, which mistake did I make
2. Where would my stop loss have been if I was correct
3. How could I have gotten into the move later on (Kiss of Death?)

Most people suck.

Most people don't do the boring stuff.

Most people don't forward test.

Most people don't trade live.

Most people skim over their mistakes.

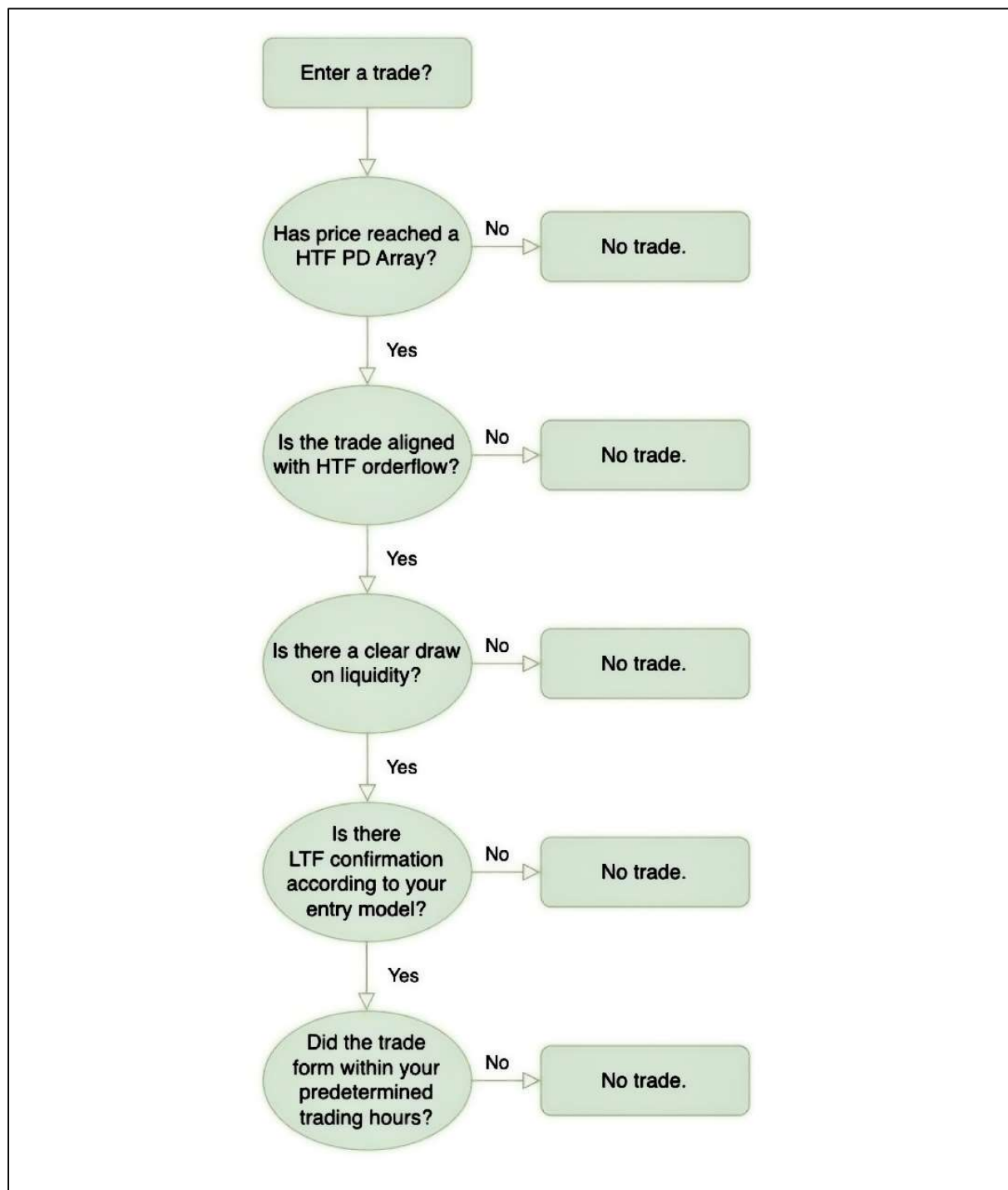
Most people don't journal.

Most people enter random trades without thinking and praying it works.

Most people are gambling losers.

Do the exact opposite of most people and watch how everything turns around.

Pre – Trade Checklist



Future updates of this PDF will be released once UTS has finished.

Thank you for reading. Good luck and good trading.

