

## **30 Day Peace**

The **Process is the PEACE** and **Patience is the EDGE**.

I am committing to 30 days with this 5 min chart only strategy, and the key levels are already printed on the chart thanks to the **“Momentum Flow Build w/FVG v6 (clean)”** indicator.

<https://www.tradingview.com/script/vBCnLVMM-Momentum-Flow-Build-w-FVG-v6-Clean/>

I am trading the 5 min chart only with the **“Universal MFB – Flow/Sweep/FVG-123 Setup”** indicator.

<https://www.tradingview.com/script/LhWfalia-Universal-MFB-Flow-Sweep-FVG-123-Setup/>

The **“Momentum Flow Build w/FVG v6 (clean)”** draws the key levels.

The **“Universal MFB – Flow/Sweep/FVG-123 Setup”** shares the trade signals.

*My plan is Devotion and Intention to follow through with the 5 min chart only strategy for 30 days - Peace.*

Where to check for the current **MNQ symbol** (very important – every trading day)

<https://www.cmegroup.com/markets/equities/nasdaq/micro-e-mini-nasdaq-100.html>

The strategy also works for **Gold futures** -

This is where to check for the current MNQ symbol (very important – every trading day)

<https://www.cmegroup.com/markets/metals/precious/gold.contractSpecs.html>

Again – I am working on a "30-Day Peace" devotion - intention with my trading sessions:

The strategy works for all session open times:

**NY session open** from (9:30 am EST to 11am EST) –

**London open** (1:30am to 3:00am EST) – watch for sweeps of Asia highs and lows

**Tokyo open** too (6pm to 7:30pm EST) – watch for previous day highs and low to be swept (the “MFB – Premarket 5 min” indicator will scan for that trade setup).

### **Risk Management Reminder:**

I plan to be placing the 1 to 2 Risk/Reward trades with **No take profit**, while moving the stop loss up to the candle that occurs just before 2R (if it gets there), or to the nearest FVG to the 2 R, to allow the trade to go further if the market wants it to.

According to probability, even taking only the 1 to 2 Risk/Reward trades should be profitable over time.

The 1 to 2 Risk/Reward trades during market open windows only needs approximately a 40% win rate to win over time.

To create alerts for the **“Universal MFB – Flow/Sweep/FVG-123 Setup”** indicator :

To ensure you get the most reliable signals without "false alarms," follow this exact process:

1. Set Timeframe to 5m: Ensure your chart is on the 5-minute interval before creating the alert.

2. Open Alert Dialog: Click the Alert icon in the top toolbar or right-click the indicator in your legend.

3. Select Condition:

- In the first dropdown, select Universal MFB – Flow/Sweep/FVG-123 Setup
- In the second dropdown (underneath the indicator name), select the named condition: "Universal MFB entry".

4. Trigger (Crucial): Select "Once Per Bar Close". This is the most important step. It prevents the alert from firing while the candle is still moving (which could result in a signal that disappears). By waiting for the bar close, the FVG-123 pattern is officially confirmed.

5. Notification: Ensure "Notify on App" or "Send Email" is checked so you can step away from your screen with confidence.

Here are charts to explain the 5 min chart only Key level and FVG-123 strategy –(next page):



TradingView



TradingView



TradingView



TradingView



TradingView



TradingView





Here is an added **“Set it and Forget It” strategy** for anyone who doesn't want to bother watching the charts for 5 min FVG-123 trade entries. (Still let the indicator scan during the trading times mentioned)

“For Your Consideration”:

The **"MFB - Premarket 5 min SweepFVG-123"** indicator:

<https://www.tradingview.com/script/B5TVbB55-MFB-Premarket-5-min-Sweep-FVG-123/>

This indicator was programmed to send alerts if there is a sweep of a key level, and Inverted Fair Value Gap – Here is a picture from a recent Tokyo open session – The indicator will send alerts.



Some traders only trade this strategy and are profitable over time).

It's worth learning the Risk Management process explained before, because with 5 min sweep and IFVG trade setups price often moves 1 to 3, 1 to 5 or more...

### Best Way to Create an Alert (The Specific Process)

To ensure you get the most reliable signals without "false alarms," follow this exact process:

1. Set Timeframe to 5m: Ensure your chart is on the 5-minute interval before creating the alert.
2. Open Alert Dialog: Click the Alert icon in the top toolbar or right-click the indicator in your legend.
3. Select Condition:
  - In the first dropdown, select MFB - Premarket 5 min Sweep/FVG-123.

- In the second dropdown (underneath the indicator name), select the named condition: "5 min sweep only".

4. Trigger (Crucial): Select "Once Per Bar Close". This is the most important step. It prevents the alert from firing while the candle is still moving (which could result in a signal that disappears). By waiting for the bar close, the FVG-123 pattern is officially confirmed.

5. Notification: Ensure "Notify on App" or "Send Email" is checked so you can step away from your screen with confidence.

### **Now some Trading Psychology ideas if U dig –**

Patience is The Edge, and the process is the win.

PEACE exists as a matter of our mindset, and how we use our energy during a trade session.

Here are a few thoughts from the "**Inner Game of Golf**" book that I'm reading:

In order **for a Trader to succeed, they have to actually experience what created a Positive Trading Expectancy**, and they **need the PEACE**, so they remember their own **Flow State**.

Not only do they need to feel the positive trading expectancy process, yet trading can be very stressful, so the **peace is necessary for sustainability over time**.

Anyone who has studied trading for a while, realizes that there is often a never-ending quest for the strategy that always wins – "**System Switching**" is the term - (Chasing "certainty" is a Human instinct)

Trading success is dependent on an understanding of a **probabilistic mindset**.

I've heard it so many times, but I'm now starting to understand that **trades will only win at a certain percentage of the time, and I have to accept that**.

Last week, I accepted that **a strategy might win 50% of the time with a 1 to 2 Risk/Reward, yet it could still be profitable**.

So, **in order to avoid the judgment of trying to correct each trade loss and better the strategy each time**, I plan to keep **working with the trade assistant for 5 min chart trade reviews at key levels**, and this will help me keep the PEACE during the trading session.

Peace -