

## **Wellness Trading Plan**

Peace – I decided to put together a new Trading Plan PDF, in order to help organize my “Work Life Mindset” for the NY session. (applies to any session window)

This structural and mechanical approach to trading is important to me, because I find that a trading session is often stressful.

### **So, how might I nurture an Intention to have a peaceful trading session?**

Is there a way to trade peacefully, and to learn the “Probabilistic Mindset” necessary, without having to spend years adjusting to the “Gaps of understanding” that need to be addressed before trading with “Positive Expectancy”?

Well, the “MFB” indicators are meant to help establish a **mechanical decision process for trade entries** –

I have been working with the **“Inner Game” book series** to bring an “Awareness” to the trading session.

(I recommend the “Inner Game of Tennis” or “Golf”)

The author calls **“Self 1” is the “Instructions voice”, that assumes a “Certainty”** which should lead to success - then that assumption of certainty judges results and causes self doubt.

The author calls **“Self 2” the natural potential – “Flow State”**.

“Self 1” gets in the way of “Self 2” trying to find a probabilistic flow.

Trading successfully requires a **“Probabilistic Mindset”** and “Self 1” ruins the potential for understanding that reality.

In order to **keep “Self 1” busy with things**, the “MFB” indicators provide plenty of analysis for “Self 1” to consider (if consulting with the Trade assistant).

**All that “Self 2” has to do is find peace with the process** of taking high probability trade signals, and learning the mechanics of trade management.

*(Take the trade, don't judge the results in a never ending certainty “System switching” loop, and remember that winning will involve a series of trades over time – Losses will be necessary, so learn to accept losses – peace)*

**1) Observe**

**2) Take 2 or 3 Trade entries per session**

**3) Accept Results**

**4) Journal - Let the session be what it was – Peace -**

Patience is the EDGE.

**The Process is the win** – A mechanical strategy process is the PEACE.

- 1) Before the session open – check to make sure the symbol is current for MNQ:

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

- 2) **If the Tradovate (or other Evaluation platform) needs setting up, that should all be done pre-market** – many times I have missed trades when not having the charts ready.
- 3) Log in to Tradovate on Tradingview, so that the trades will appear.
- 4) Make sure alerts are set on **“Universal MFB – Flow/Sweep/FVG-123 Setup” for 5 min charts**, **“MFB – Premarket 5 min Sweep/FVG-123” for 5 min charts**, and **“MFB – Levels Coherence” for 1 min charts** (this indicator is great for 15 min – 30 min – 1 hour chart opening range trading, and the 1 min chart will catch the price moves – the 5 min chart is good too, yet I prefer the 1 min chart for Opening Range entries and trade management).

What’s next then. Nothing is next :o)

“Huh?!?!?!?”

Everything after the part where the indicators are scanning for trade entries during the first 1 hour and ½ (or 2 hours) from market open, **the Trader is simply managing the trade entries.**

Ok, there is something more, and very important.

## **RISK MANAGEMENT –**

For the “**Universal MFB...**” and “**MFB – Premarket 5 min...**” indicators the 1 to 2 Risk/Reward trade entry lines are clear – The 5 min chart scanning is high probability.

If price reaches near the 2 R on a trade, then the stop loss moves near the candle closest to the 2 R level, or to the nearest FVG. That’s it . Otherwise, the trader is on “**Peace mode**” – **Only a stop loss is being used, no take profit line.**

*An extra note “For Consideration”:*

The “**Universal MFB...**” and “**MFB – Premarket 5 min...**” - FVG-123 signals are simple for 5 min trade entries, because of the 1 to 2 RR lines – Yet---- may also be best with **1 min charts for “Successive FVG” trade management too**, after the 5 min chart 2 R line is reached?

For “**MFB – Levels Coherence**” *the stop loss is different:*

When there is a **trade entry on the 1 min charts** – the stop loss goes behind the structure that gave the 1 min signal (structure is used for the “MFB – Levels Coherence” signal, because its based on an Opening Range “Sweep/Levels” signal)

The idea is to Maximize the Probability of Success.

**“Probability Maximization”**

For 1 min chart trading with **“Universal MFB...”** - Trading only 1 to 2 Risk Reward is ok too (apparently) because with 1 to 2, there only needs to be approximately a 40% win rate.

Here is an **“MFB – Levels Coherence”** stop loss example, and risk management example for 1 min charts trade management:



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## 17 TradingView

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## 17 TradingView

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