

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 50% of the 30 min or 1 hour opening range is advised as a good “1st take profit”, or place to move stop to the nearest “Candle that reached the level”. (because its often a larger range than the 15 min opening range)

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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Peace –

Here are some “Extra thoughts” if U dig:

I have been thinking about **why** so many people have trouble with trading.

In trading psychology, I have heard the struggled termed:

“Abundance Consciousness” versus “Scarcity Consciousness”.

I believe that most of the psychological challenge with trading, has to do with the necessary **“Probabilistic mindset”** that is difficult to understand.

Humans often tend to apply a “Certainty” principle to trade results, and “system switch” when there is a loss.

Winning is part of a “Series of trades”, that includes losses.

There is indeed something else though.

I think there is a psychological architecture, that connects to a “Collective Unconscious Resentment” (Scarcity Consciousness) as a result of a world that is mostly living pay check to paycheck (60% or so)?

If anyone has ever tried to share the idea of Trading with someone, they might have experienced resistance, or **agitated doubt reactions**, because the idea of a Home based business being possible for someone might trigger a resentment in someone else?

That is why many Teachers caution trying to explain the “Calling” to learn trading to people who are really struggling and living paycheck to paycheck (often trying to raise a Family in that scarcity environment)?

There is naturally going to be a **resentment built into the psychology**, when scarcity consciousness is part of the “day to day” routine (and enforced cumulatively over time)?

Only in the near future when Automated Trading gets into gear, will we start to witness a leap in trading as a Home Based Business to create cash flow.

HOW MIGHT WE AS ASPIRING TRADERS NURTURE AN ABUNDANCE MINSET, AND TREAT THE “SELF DOUBT OF SCARCITY CONSCIOUSNESS” WITH SELF ENCOURAGEMENT, GOOD TRADING SESSION HABITS AND AFFIRMATION REINFORCEMENT?

It takes daily work.

Building Self respect beyond the self doubt of scarcity consciousness takes work.

Respect the self, and create a trading plan devotion that is built on a “Proven” strategy known to win.

Treat the trading plan process as a “Process is the win” experience (Devotional).

If there is a loss, don’t let the Scarcity Consciousness and the Human tendency towards a “Certainty” principle cause self judgement into a “system switching loop”.

Embracing Uncertainty and nurturing a peace of mind about wins and losses is part of what the market is teaching us.

That is why people like the “Inner Game” book series, because it encourages a mindset that uses “Continuous improvement” and non-judgmental mindset habits.

Long story longer -

I am working with sayings like:

“Work-Life-Mindset”

Valuing:

- 1) Accountability
- 2) Transparency (Journaling)
- 3) Vulnerability

Create daily reminders that **“Training is Commitment”** –

Respect the process of the **“Wellness Trading Plan”**

Trust the indicator signals as part of the “Series of trades” that relies on the Probabilistic Mindset to win.

Be patient with **“Probability Maximization”** – Don’t rush Trade management (Risk Management) –

“Let it Ride” –

Wait for price to reach 2 R, or the Opposing Opening Range Liquidity (15 min), or 50% of the range if it's the 30 min or 1 hour opening ranges.

When “Self doubt” creeps into a trading session, try to remember that it's a natural “Scarcity Consciousness” impulse reaction, and that **“Continuous Improvement” helps to treat the “Scarcity Consciousness Reversion”** that is a default consciousness psychology.

Does a **“Collective Architecture Psychology of Resentment”** impulsively react when a person is trying to build a home based business, and creep its way into a person's mindset when they are trying to make progress?

Is it possible that this energy of resentment contributes to a **self doubt often referred to as the “Scarcity Mindset”**?

The **Hope and Spirit of Love is a miracle beyond all of us, and is worthy of respect.**

The Soul has integrity.

I like the idea of creating a trading plan, and success story, that could be shared with others.

This goal of succeeding and sharing with others is why I am inspired with the “MFB” indicators.

The process of creating indicators helps me **treat the “Self doubt” of scarcity consciousness with hope and good trading habits.**

That’s why I like the idea of **“MFB” Fellowship**, because it communicates a “Sense of Belonging” –

Humans value a Sense of Belonging often more than anything.

A constructive and healthy sense of belonging is key though. One that encourages “Continuous improvement” and constructive criticism.

Discipline is a form of self love –

With a “Process is the win” mindset, a trader has hope.

Giving thanks. Peace.