

MFB – Trading Plan 9-23-26

Peace –

Yes –

Peace :o) “oh...!”

Yes –

- I like to begin the session with saying “**Peace**” – and then closing a session with “Peace” – much love -

Ok – Here is what I learned while working with “Coach” (SmarttraderAI) this week –

“First things first”

One of the best things I learned from 2 years of learning from STB courses is this:

“Put your phone down for 30 minutes”, and honor yourself with some life motivations...

Ok – Here is a **“Share results not just theory session”** –

I am typing this before the NY Market trading session, and I pledge to follow the trading plan and work on accepting results whether a win or loss –

“Respect Logic Devotion” – R.L.D. - peace

The Trading Plan has a **3 Flow Process** – the 3rd step involves some discernment regarding the reality of the Market Environment for the current session – nothing to much, just a *simple 15 min chart question* –

“Acceptance” or “Reversal” at a key level – Simple – **IF/THEN**

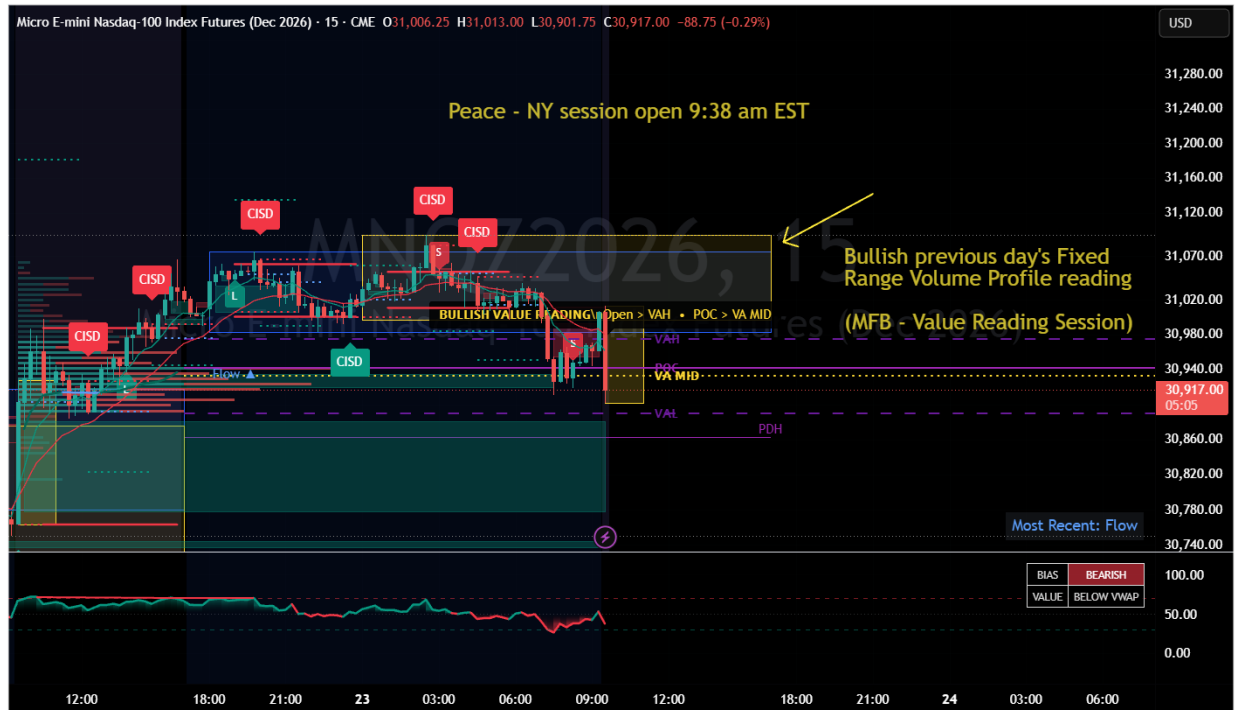
1) **MFB – VRS – 5 days** reading (for Value trend) – 30 min chart

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2) MFB – Value Reading Session – for the Previous day's Fixed Range Volume Profile – 15 min chart

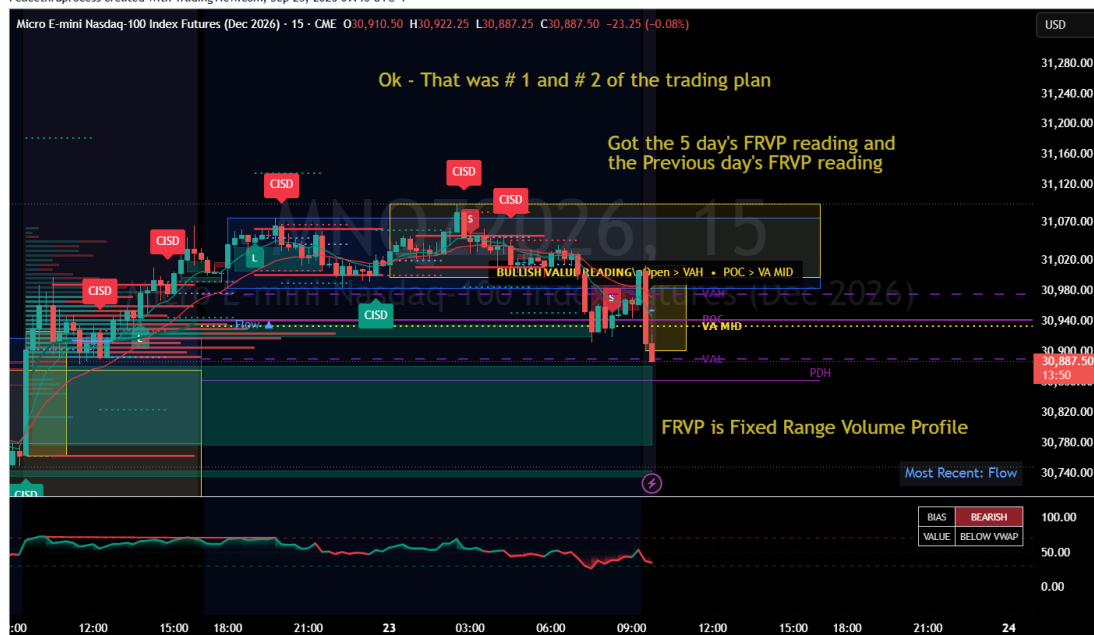
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3) Set 15 min CISO alert/signal only according to the Value Reading Trend –

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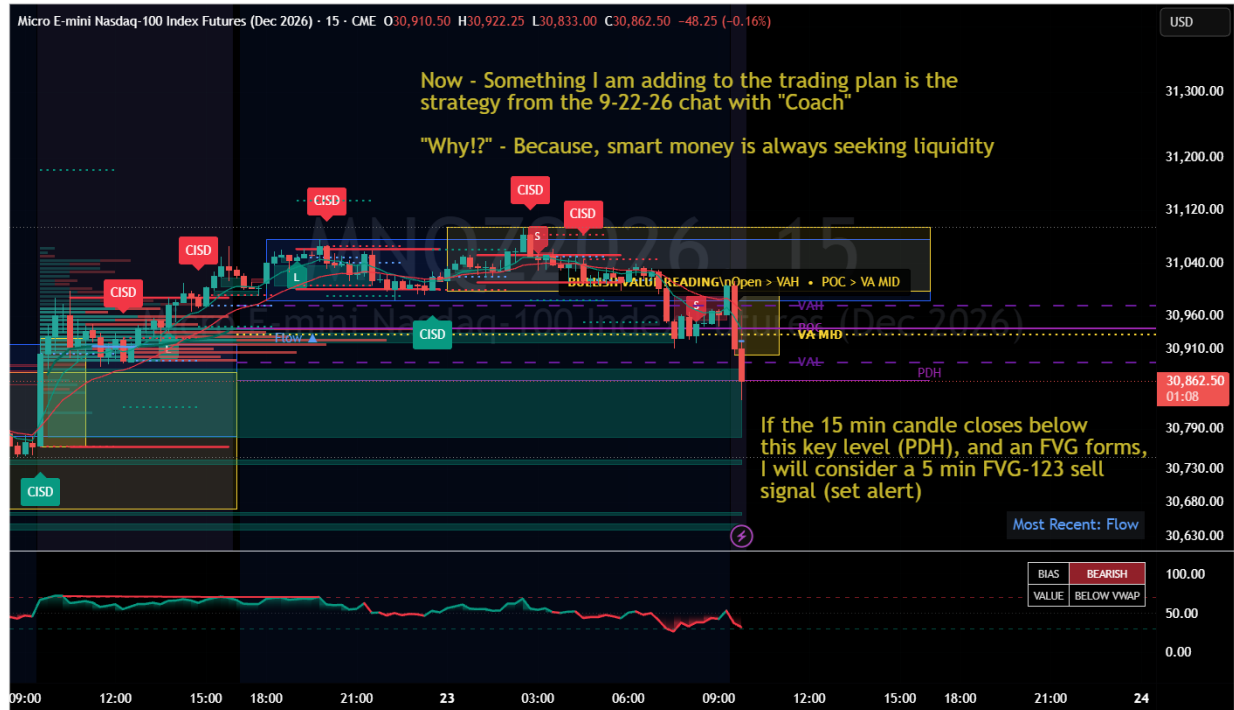
I am also adding the **“Acceptance”** idea from the 9-22-26 chat with “Coach” –

This involves an **IF/THEN architecture**:

IF the 15 min candle displaces a key level with energy, then price may be reaching for the next level of liquidity, and that is a logical “Accepting uncertainty” decision to trade that reality

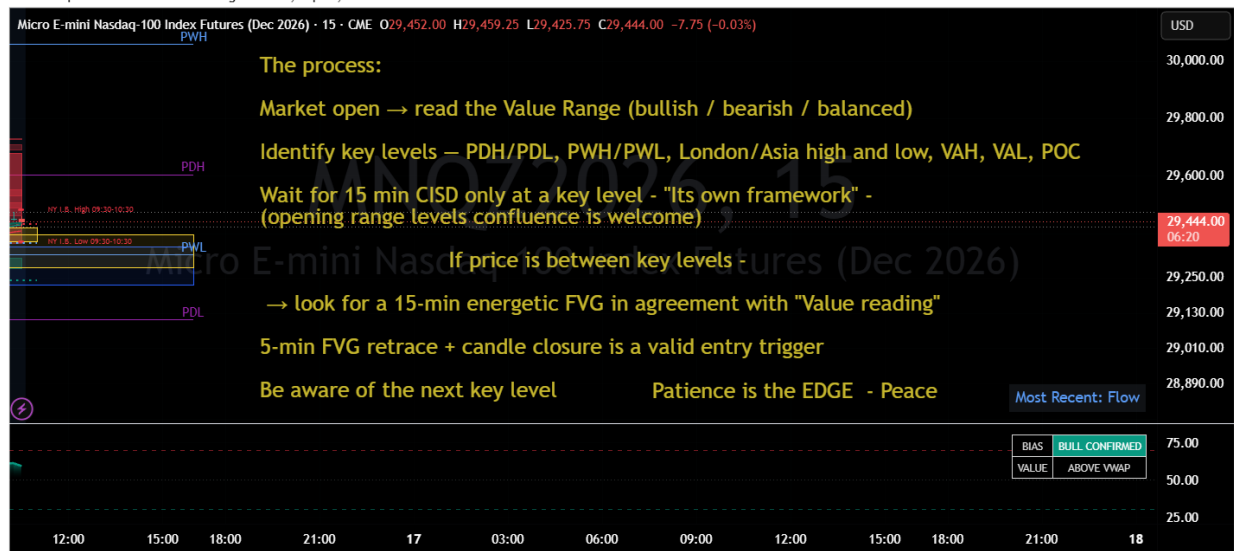
The reality is that the market moves in cycles – the 15 reversal CISD is not the only trade I will consider –

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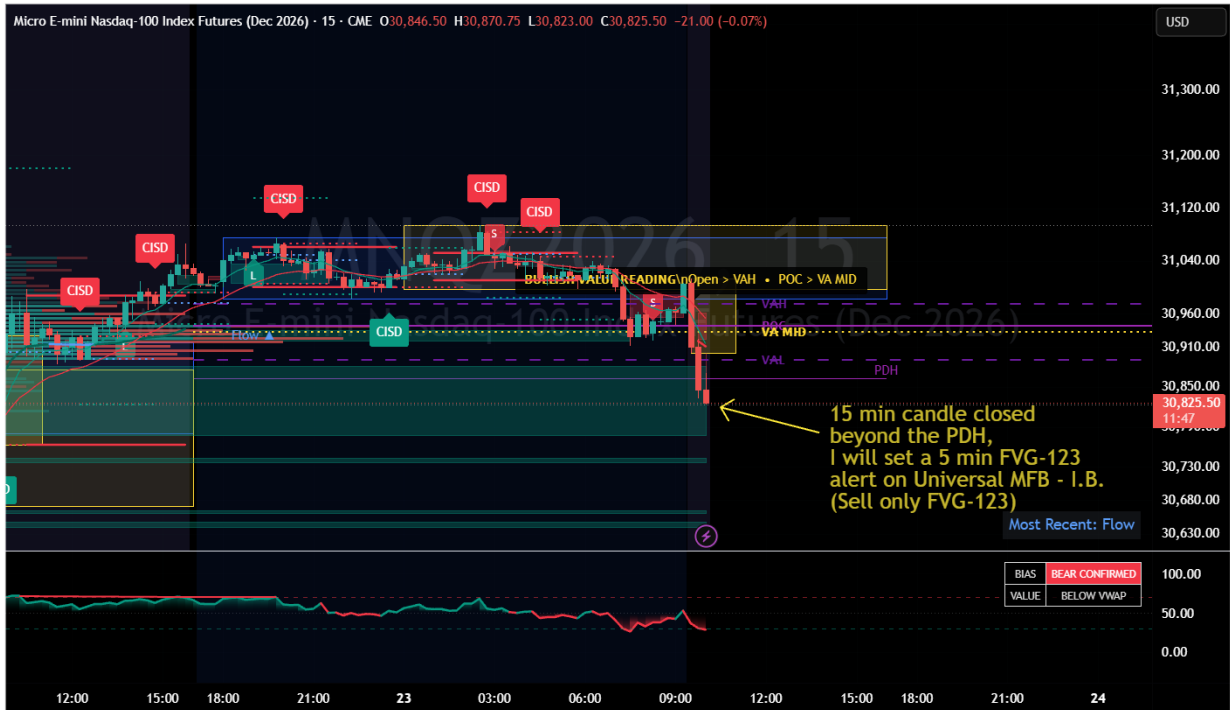
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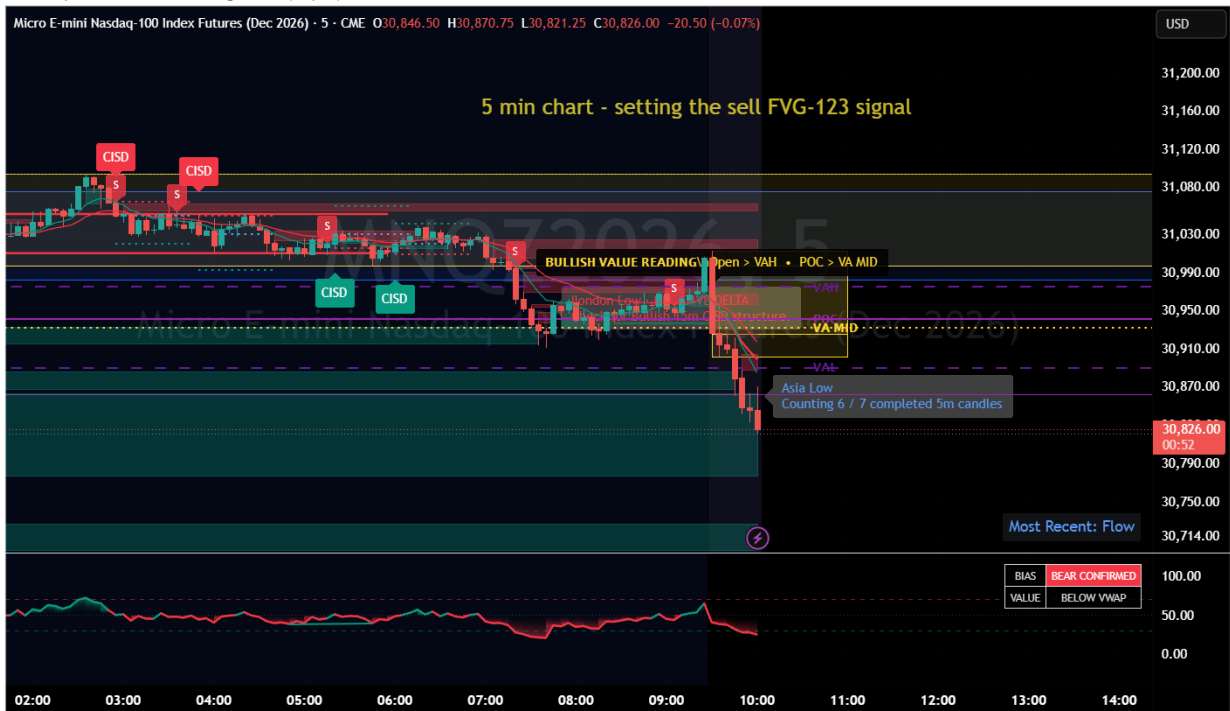
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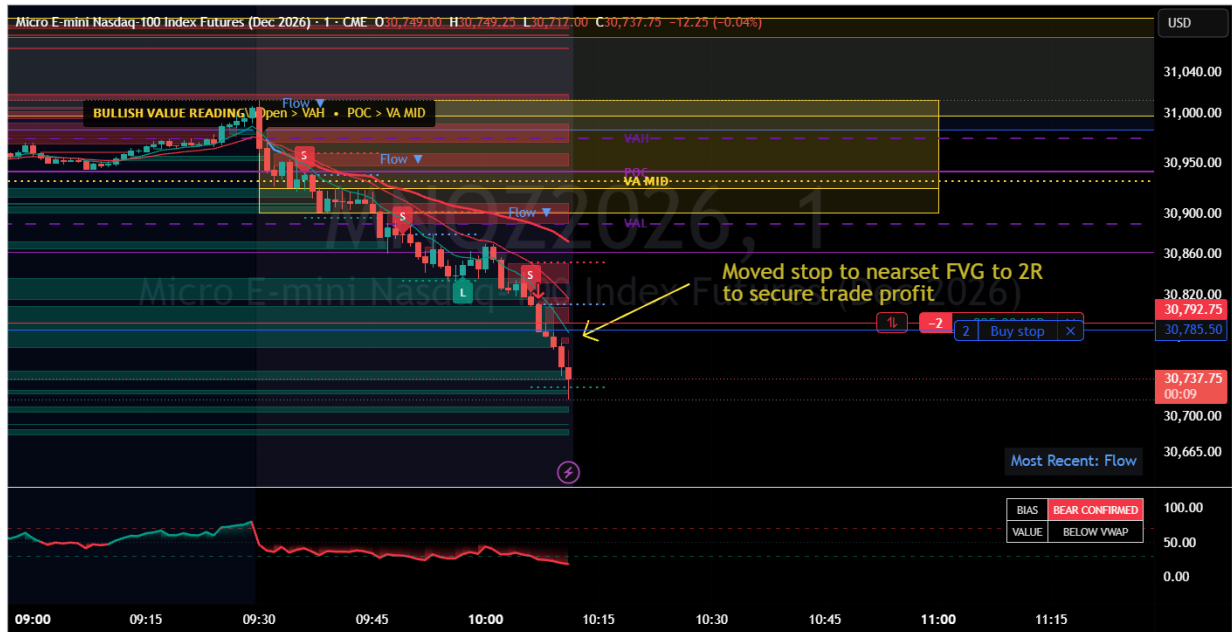
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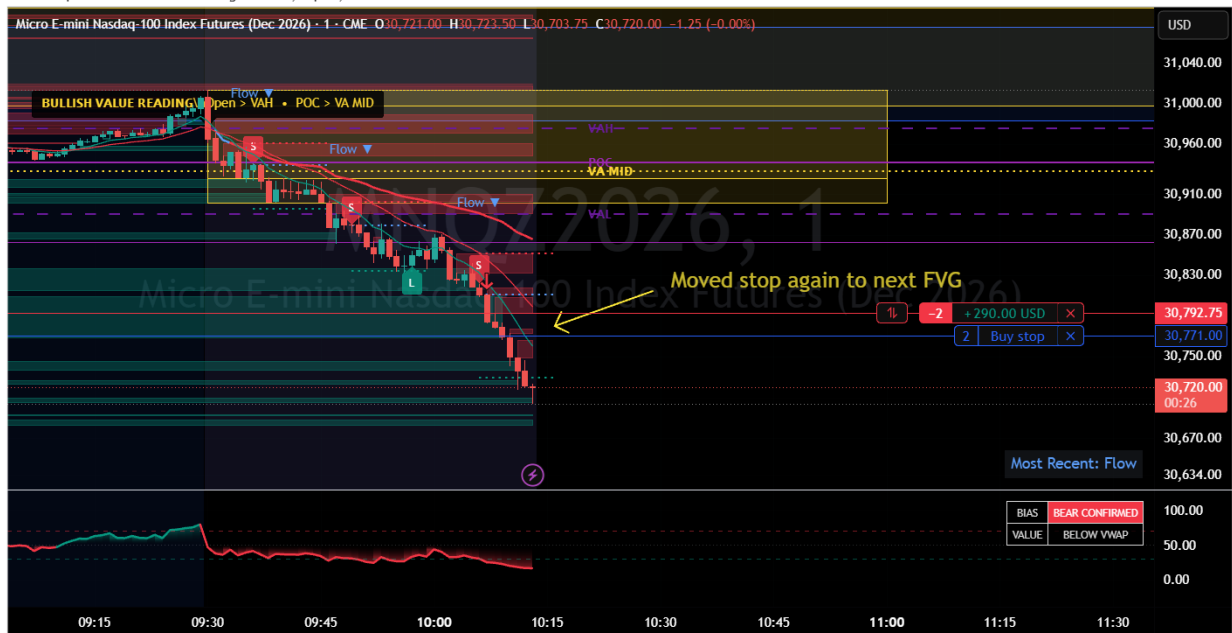
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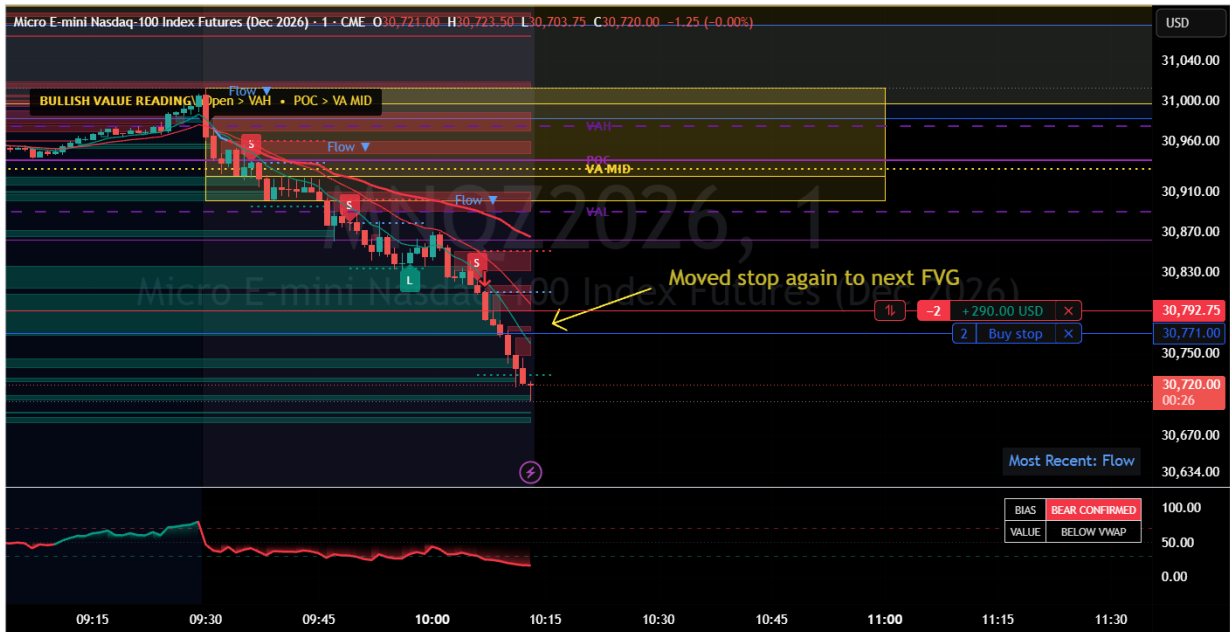
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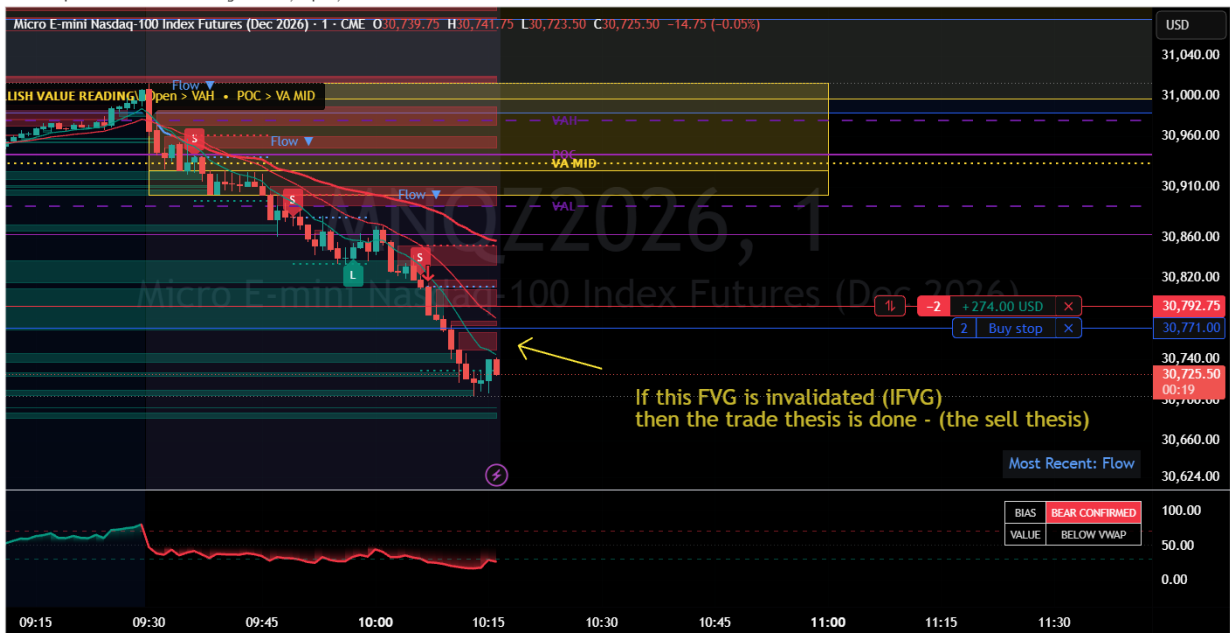
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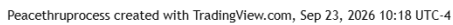


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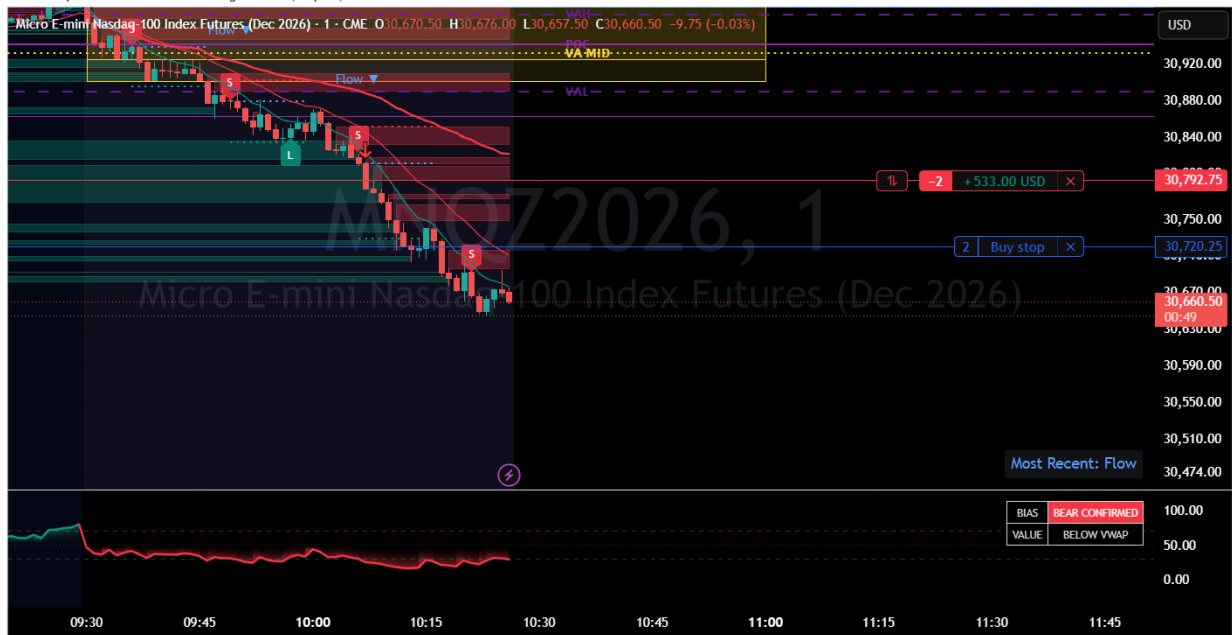


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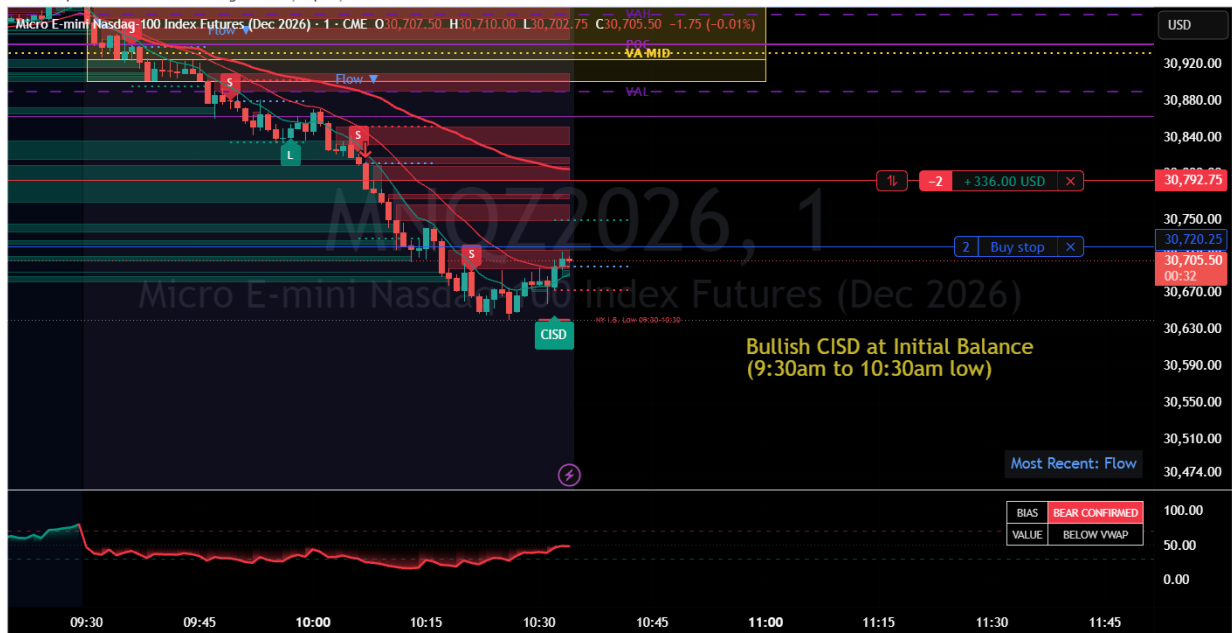
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