

Use the “**Directional-Go-STRESS-Free**” Trading Checklist

IF YOU ACCEPT YOUR RISK – USE THE “**Do-Go-STRESS FREE**” CHECK LIST.

- 1- Before starting your trading day, answer the first set of questions below correctly and decide for yourself if you will continue to the 2nd set of questions using the “Directional-Go-STRESS-Free” approach.

Why should I avoid trading today? If you answer YES to any of the 1st set of questions below – ADVICE: Go to SIM.

	YES	NO
Did you forget reviewing your past trades yesterday after the close of the market?		
Do you have negative feelings or are you in a bad mood this morning?		
Did you forget to do your pre-market preparations?		
Did you have a bad night sleep or you don't feel fresh this morning?		
Did you miss your breakfast high in protein and fiber this morning? (optional)		
Did you skip your morning prayers before opening your computer? (optional)		
Do you feel less confident and calm this morning?		

2- The “**Directional-Go-STRESS FREE**” CHECKLIST

- **D**irection (Trending or channeling)
 - **G**ANN (Drawn correctly based on Recent Price Action)
 - **S**IGNIFICANT LEVELS AND **S**TOP LEVELS
 - **T**RENDLINES AND Potential **T**ARGETS LINES (Based on Recent Price Action)
 - **R**EWARD TO **R**ISK AND **R**OTATION ZONES
 - **E**ND OF SPACE AS WELL AS **E**NTRY
 - **S**ET UP
 - **S**TRATEGIES FOR YOUR TRADES
- FREE**

ANSWER the 2nd set of questions of the “Directional-Go-STRESS” Free Checklist

	Checklist date:	Market:	YES	NO
D	D irection of the Market? (Trending or channeling)			
G	G ann levels and clusters on the higher time frame correctly?			
S	S ignificant Levels correctly? Potential S top at the correct levels?			
T	T rade T rendlines and identify Potential T rade T argets?			
R	R eward to R isk ratio?			
E	E nd of space as the trade target? E nter Triggers to Use?			
S	S et-up?			
S	S trategies for the Trades?			

Your comments on the trade (before, during and at the close)	
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