

Morning Routine

This checklist should be followed every morning at 6am-7am.

- Mark Daily Open (horizontal ray)
- Mark Previous Day High and Low (horizontal ray)
- Mark Asia High and Low-- be aware of any liquidity areas
- Mark HTF supply and demand zones
- Mark LTF supply and demand zones (ChoCh, BOS)
- Markup Pivot points - yearly, monthly, weekly, daily with horizontal line
- Mark up HTF/LTF supply and demand zones DXY
- Mark up any Trendlines on m5/m1
- Cycle through all time frames D1-H4-H1-M15-M5 and takes notes
- Mark weekly HVN, Value Area (Market Profile). Daily, consider HVNs
- Mark up significant FVGs on H1/H4/M15
- Make a written plan for the session with targets
- Check FF News - Set alarms for RED releases
- Take a break, breathe, meditate, walk outside, take cold shower
- Print Mental Hand History and A to C analysis. Review C game.