



Pre-Market Checklist

Check market sentiment: overnight news, global markets, futures

Review economic calendar and earnings reports

Identify top watchlist tickers and their catalysts

Mark key support/resistance levels and areas of interest

Define A+ setups and invalidation criteria

Confirm stop loss and risk per trade

Set daily max loss limit

Check overall mindset and emotional state

Visualize clean execution and process-focused outcomes

Final platform checks: charts, DOM, hotkeys