

THE ELITE LIQUIDITY CHECKLIST

Ten boxes we tick on every chart, before any trade: liquidity, timing, inducement, direction and risk. Free, and it works on any chart with no indicator.

01 LIQUIDITY

BEFORE THE SESSION

- ☐ Mark yesterday's high and low.
 - ☐ Mark the Asia range high and low, 10 PM to 6 AM London time.
 - ☐ Mark the obvious 1H swing highs and lows, and any equal highs or lows. That's where the stops rest.
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02 TIMING

- ☐ Only look inside a bank-open window: Frankfurt and London 7–10 AM London time, New York 8–10 AM New York time. Outside a window, no trade.
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03 INDUCEMENT

- ☐ Wait for one marked level to be taken: price trades through it, then closes back on the other side. That's the move retail calls a breakout.
 - ☐ If nothing is taken inside the window, the day is done.
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04 DIRECTION

- ☐ On the 5M, wait for price to break the last swing point the other way.
 - ☐ The target is the marked liquidity on the opposite side. If there's no clear target, there's no trade.
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05 RISK

- ☐ Put the stop beyond the wick that took the level. Risk the same fixed amount on every trade (1R), decided before entry.
 - ☐ Write every trade down in R, win or lose.
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This is how we read a chart, not a system with a proven edge. Plenty of setups tick every box and still lose. Nothing here is financial advice. Trading involves a substantial risk of loss.