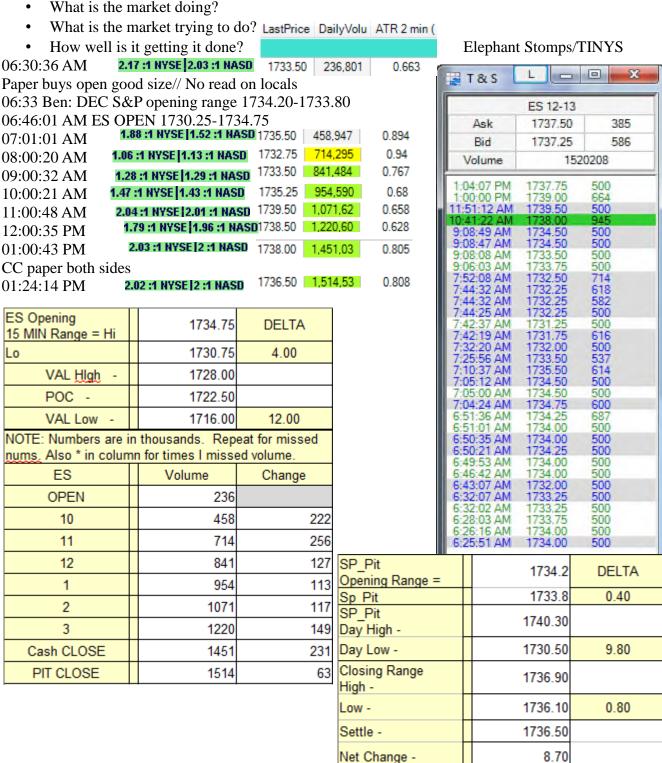
Questions to answer throughout the day:

What is the market doing?



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What I did well today: - Recognized didn't have full night sleep so approached with caution.

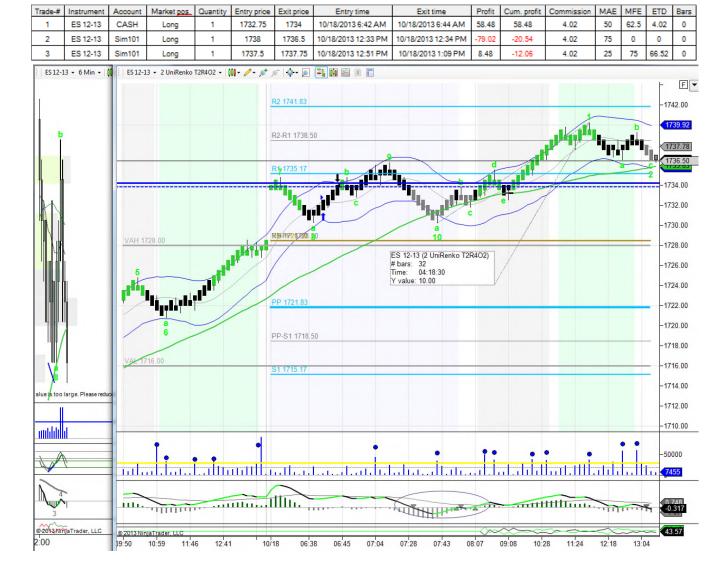
- Took one trade and stopped.
- SIM traded when I had itch later, knowing that slow grind day.
- Journaled more PSYCH. Working on getting format.

What could I have done better:

- Better nights sleep.
- Focused better.
- Not taken time out for LUMOSITY. Lumosity helps, but long term, if I do during day is very draining from energy that should be for market.

What will I do tomorrow to make things better:

- Continue to track and trade.
- I've already cleared of my other MACD Color indicators or at least only have alarm for main trading chart.



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