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The Trader's Curriculum

by Dr Vee

Insights · Practice · Growth

Weekly evidence-based insights to become the trader you're meant to be

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Out of the Tunnel

Happy Sunday Traders!

This week we're talking about how a perfect entry can still be the wrong trade, and how to trade in line with the biggest picture.

1. LEARN

Context decides whether a signal means anything.

Many traders fall into the trap of over-monitoring. However, tunnel vision physiology plus framing. When your attention is locked entirely on a single execut task, psychological research shows you naturally develop a dangerous level of myo

The closer you zoom in and the more frequently you check your immediate P&L, smaller your cognitive world becomes. To build a trading framework that lasts, y have to intentionally connect your execution screens back to the broa environment by joining the individual signal to its surrounding context.

The Foundations of System Thinking

A truly robust trading system should adhere to universal market principles and underlying mechanisms of trends. If a system relies on temporary loopholes rat than core market mechanics, it will eventually become entirely unusable. Wl building and testing your system, remember two golden rules:

- Learn to form your hypotheses along the way. Do not blindly copy rules; stuc the market environment dynamically to ensure your strategies align with you actual understanding of the market. If you try to trade a system th contradicts your core market beliefs, executing its instructions will becom psychologically impossible.
- Define what NOT to do. A great trading system shouldn't just tell you when t buy or sell; it must explicitly define when you should stay on the sidelines.

The Power of the "Outside View"

In practice, aligning your execution chart with the broader environment require multi-timeframe approach (such as Elder's classic Triple Screen method, 1993).

For example, your precise entry and exit rules might live entirely on a 1-h execution chart. However, you should never take a trade unless the overarch market environment on the 4-hour or daily chart is perfectly aligned. By forc yourself to look at the larger market environment before pulling the trigger, y transition from a single-case mindset to a broad reference class. You stop asking "I *this exact trade work right now?"* and start ensuring that you only trade when overall market climate actively favors your strategy.

2. TRAIN

Whether you trade with the higher picture or fade it, the process is the same lad Only the question you ask at each rung changes. Here is the example of my thou process for my trading. Rung 1: where are the essential levels (last month and l week highs and lows)? Rung 2: what are sentiment and structure on the daily anc hour (the trends and ranges you draw)? Rung 3: is there a 1-hour setup (a steeper tr plus closer levels that line up with the bigger picture)? Rung 4: is the 5- or 1-min trigger happening at one of those higher-timeframe levels?

Matrix A: example of trading with the bigger picture – my favorite.

LEVELS (MONTHLY / WEEKLY)	STRUCTURE (DAILY / 4H)	SETUP (1H)	EXECUTION (5 / 1 MIN)	ACTION
Price respects the last month or week level and has clear room to the next one	Daily and 4H trends agree and the channel is intact	Pullback in a steeper 1H trend into a closer level that lines up with the bigger picture	Trigger at that level, in the trend direction	**TRADE.** Full plan risk. Target: the ne higher-timefram level.
Same as above	Same as above	Setup forming, price not yet at the level	Trigger firing away from the level	**WAIT.** Do not cha Let price come to level.
Clear room to the next level	Daily trends, 4H pulls back against it	1H counter to the daily trend	Any	**REDUCE OR WA** The wave opposes tide. Trade only your plan defines
Price sits just under (long) or over (short) a weekly or monthly level	Trend intact	Valid 1H setup	Valid trigger	**SKIP OR TAKE PROFIT.** No roor The level is an obstacle, not a targ
Any	Daily and 4H are ranging, no trend	Any	Any	**NO TREND TRAI** Switch to range ru or stand aside.

(Illustrative, adapt to your plan and test before relying on it)

Matrix B: example of fading the higher picture

LEVELS (MONTHLY / WEEKLY)	STRUCTURE (DAILY / 4H)	SETUP (1H)	EXECUTION (5 / 1 MIN)	ACTION
Price has tagged last week or last month high or low	Range, or a trend that is stretched and slowing	1H stalls: the steep trend line breaks or momentum fades at a closer level	Rejection or failed-break trigger at the level	**FADE.** Stop beyo the level. Target: b inside the range the next level.
Same as above	Same as above	1H still accelerating, steep trend intact	Trigger fires anyway	**WAIT.** A falling kn Let the 1H stall fi
Price has closed beyond the level and holds the retest	Strong daily and 4H trend through the level	Any	Any	**STAND ASIDE.** T is acceptance, a breakout rather th a fade.
No weekly or monthly level nearby	Any	Any	Fade trigger	**SKIP.** No location, fade.
Level reached, major scheduled news pending	Any	Any	Any	**STAND ASIDE.** W until the news ha printed and the structure has re formed.

(Illustrative, adapt to your plan and test before relying on it)

The lesson doesn't end here. Dive into this week's scientific references supporting th findings on our website

→ Dive Deeper

3. THIS WEEK'S QUESTION

If you deleted every trade you took against the higher-timeframe environment, w would last month's results have looked like, and what would last month's stress h looked like?

> The higher screens do not give you more signals; they give you permission.

Dr Alexander Elder, professional trader, world-renowned technical analyst and trained psychiatrist

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THIS WEEK'S ROADMAP

With this week's topic in mind, it's time to prepare for execution. Explore Vee's high time frame decision points guiding our Adepts' trading focus throughout the week

→ Explore Here

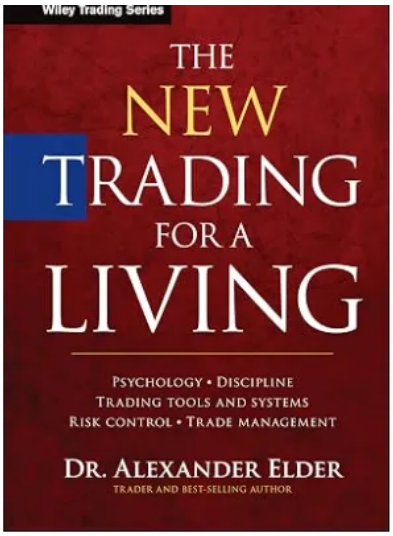
To one lesson at a time,

Dr. Vanessa Charland, PhD
Trading Science Communicator & Human Performance Specialist
Co-Founder of *Market Alchemists*

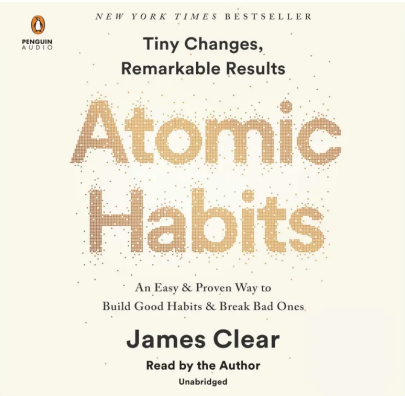
THIS WEEK'S BOOK RECOMMENDATIONS

1. **The New Trading for a Living.** This classic guide teaches a calm ar disciplined approach to the markets. It emphasizes risk management alor with self-management and provides clear rules for both.





2. **Atomic Habits.** Because a successful trading system isn't built on chasir quick market profits, but on designing the strict, repeatable routines th: prevent emotional chart tunnel vision from destroying your capital.



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