

Consistency Rules

| Accel Equity | 07-7-2025

How to Improve Trades and Consistency in less time.

1. First and foremost, avoid cellphone and/or any kind of Distractions. Especially social media.
2. Practice Practice Practice.
3. Do not fear Hitting Stoploss, this is giving you feedback to improve.
4. Build the Courage to accept the Stoploss. Do not change it
5. Do not think of Profits. Focus in the Process
6. Practice on 5 min charts, do not deviate or go below 5-15 min chart time frame.
7. Do not focus on more than 2 pairs at a time for trading.
8. Develop Discipline to be on time and get out of the market on time.
9. Stick with one model until you do not achieve your strike rate of 80%.
10. Keep Journal of your every trades.
11. Do Back testing of at least 1000 Samples.
12. Tape reading
13. Refer all your trades examples and back test during weekends.
14. Self-talk or Explanation of your trades is the real secret behind understanding market moves.
15. It will not take you more than 6 months, if you are regularly spending time
16. Protect your confidence level. Do not rush for live trading.
17. Develop your faith in Risk management and your Setups.
18. Do not follow anyone tips and tricks. It will hamper your growth path.
19. Believe in yourself and your analysis.
20. Always prefer a professional Guidance over a casual suggestion from non-experienced.
21. First learn to recognize all the Trading elements Components.
22. Then learn the use of those trading element and Components.
23. Then experience how price reacts to those Pools and imbalances.
24. Start incorporating your analysis, if flops find out the Reason.
25. If in case you are copying someone else trade follows their stoploss and take profits but this should be avoided at all cost, do not follow anyone else trade.
26. Do not scalp with higher lot size especially on a lower timeframe. As you are learning as of now
27. Courage is Skill which need to be Practiced in this profession.

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28. Before FOMC and NFP price stay choppy, After NFP price stay lethargic
29. Enigma: its time price and macro, it is not about charts. Need more information
30. Focus and retention of focus is important in this game
31. In a large range trade setups do not expect more than 10-15 pips. Target internal liquidity, do not try to target external range
32. Do not trade before event, if events are nearby, discard the running trades.
33. Do not trade something new without proper understanding and do not risk higher percentage even its ict. Do risk management first always
34. Always wait for clean and clear setups which is smooth, clear, and easy
35. Work on a silent and focused environment. Avoid peoples around you
36. Do not discuss anything during trade time except trading setups.
37. Do not trade before FOMC, do not chase price, always use calculative risk.
38. First Presented Fair Value gap Model Requires "Time, Displacement, Speed, Inefficiencies, and find the next draw for price in terms of liquidity or inefficiency.
39. With focus you can see a drastic improvement in your performance
40. Indices works great during New York kill zone, macro time and silver bullet timeline
41. trade after 9:30am New York opening, it removed all the price distortion and distractions.
42. A day before cpi release price goes into consolidation during New York macro and silver bullet time.
43. As of now focus to take trades as per higher timeframe like 15-5 mins, do not over fractal
44. Do not trade between 5am to 7am New York time (London Lunch hours) as it is a consolidation phase.
45. Protraction moves takes place at 7am NY time which is known as Killzone time.