

HUMBLE BULLS STARTER KIT · BONUS 2

The Pre-Market Checklist

A 35-minute routine before the opening bell. Same steps every day, so decisions are made calmly before the market starts moving.

1 THE MARKET (10 MIN)

- ☐ Index futures and overnight moves checked
- ☐ Major indexes vs their 20 and 50-day averages
- ☐ Leading and lagging sectors noted
- ☐ Market mood: supportive / mixed / poor

2 THE CALENDAR (5 MIN)

- ☐ Economic releases today and their times
- ☐ Earnings dates for every stock I hold
- ☐ Earnings dates for my watchlist
- ☐ Any event that could gap a position

3 OPEN POSITIONS (5 MIN)

- ☐ Each stop still in place
- ☐ Any stock near its target or stop
- ☐ Overnight news on my holdings
- ☐ Total open risk within my limit

4 WATCHLIST (10 MIN)

- ☐ Three to five names, no more
- ☐ Trigger price written for each
- ☐ Stop and first target written
- ☐ Shares worked out before the open

5 ORDERS (5 MIN)

- ☐ Only planned orders entered
- ☐ Order type and price double-checked
- ☐ No chasing a stock that already ran
- ☐ Alerts set at my trigger levels

6 MINDSET (2 MIN)

- ☐ Rested and focused today
- ☐ Not trying to win back a loss
- ☐ If unsure, I can sit out
- ☐ Plan written, now I follow it

Plan before the bell, follow it after. Education only. HUMBLE BULLS does not sell stock picks, signals or advice, and nothing here is a recommendation to buy or sell any security. All numbers are illustrations. Trading involves risk, including loss of more than your planned amount through gaps and slippage.