STOCK MARKET MENTOR

Weekend Study Session
Observe Before You Act

November 21, 2026

Dan Fitzpatrick outlines how to navigate a choppy, stagflationary macro environment—driven by tariffs, Iran energy conflicts, and Federal Reserve rate-hike pressures—by applying the aviation-derived OODA loop (Observe, Orient, Decide, Act) and focusing strictly on winning charts rather than predicting bottoms. Speaker Dan Fitzpatrick demonstrates that despite beating earnings estimates, NVIDIA ($NVDA) was rejected at **$160.00** and has fallen nearly 40% off its highs into the "penalty box" alongside associated AI hardware and cloud names ($CRWV, $IREN,$DELL, $MU,$NBIS, $SMCI, and$AMD), warning that a slide to **$120.00** (a 50% drawdown) would put $NVDA in the danger zone. Shifting focus away from broken AI stocks toward relative strength in retail ($XRT) and select trend leaders, Dan Fitzpatrick builds a focused 10-stock retail watchlist—highlighting Target ($TGT) breaking out near **$170.00** on high volume alongside Walmart ($WMT), BJ's Wholesale ($BJ), Macy's ($M), Urban Outfitters ($URBN), and Sally Beauty ($SBH)—while flagging Apple ($AAPL) near its 20-day moving average, LifeStance Health ($LFST), Palomar ($PLMR), and Chime Financial ($CHYM) (awaiting Phase 3 confirmation) as constructive setups, and reminding members that he will be away in Hawaii through Thanksgiving until returning online next Wednesday.

Next Steps:

Adopt the OODA Loop & Self-Coaching Process:

- Apply **Observe, Orient, Decide, Act (OODA)** before taking any position—avoiding "ready, fire, aim" impulsive trades and looking for evidence that disproves your thesis rather than waiting for vindication.
- Step outside yourself mentally for 15–20 seconds before clicking buy to evaluate whether a trade obeys your rules and how you will feel if it fails.
- Review *The Seven Deadly Trading Mistakes and the Smart Way to Fix Them* and read the detailed written notes accompanying this session to eliminate recurring unforced errors.

Avoid the AI & Hardware "Penalty Box":

- Steer clear of NVIDIA ($NVDA)—which sits near **$150.00** after a 40% drawdown and faces severe risk if it falls toward **$120.00**—as well as CoreWeave ($CRWV), Iris Energy ($IREN), Dell ($DELL), Micron ($MU), Nebius ($NBIS), Super Micro Computer ($SMCI), and Advanced Micro Devices ($AMD).

Focus on Relative-Strength Retail & Individual Winners:

- **Target ($TGT):** Watch for a controlled pullback below **$170.00** following its ~7% post-earnings surge on heavy volume before entering.
- **Apple ($AAPL):** Consider as a steady core uptrend candidate near its **20-day moving average** with quarterly earnings already behind it.
- **LifeStance Health Group ($LFST) & Palomar Holdings ($PLMR):** Keep on active watch for pullback entries following strong post-earnings momentum.
- **Chime Financial ($CHYM):** Wait for Phase 3 confirmation—do not buy simply because the Phase 2 pullback appears finished; wait until buyers actively step in and drive price higher.
- **Retail Watchlist ($XRT):** Track top retail names including Walmart ($WMT), BJ's Wholesale ($BJ), Macy's ($M), Urban Outfitters ($URBN), Sally Beauty ($SBH), and Caleres ($CAL, base-building); avoid buying

Abercrombie & Fitch ($ANF) on low-volume reversals (re-evaluate Monday) and skip weak charts like Ross Stores ($ROST), Boot Barn ($BOOT), Burlington ($BURL), CarMax ($KMX), Lowe's ($LOW), Home Depot ($HD), and Paycom ($PAYC).

Holiday Schedule Note:

- Note that Dan Fitzpatrick will be away in Hawaii through Thanksgiving week and will return online next Wednesday.

Transcript:

0:00: OK.

0:02: Happy weekend.

0:03: next weekend we're going into the Thanksgiving, Thanksgiving week, and, so I just wanted to get this idea or these ideas out to you, before, before the weekend.

0:16: I am recording this video actually on Wednesday, but a lot of the things that, that I had to say or that I have to say in this video really are timeless, and I, I, I wanted to put it out to you during a time, and you got detailed notes on this too, but I wanted to put this out to you during a time when you could actually look at it and take it, take it in rather than just saying, well, what stock do I buy, you know, that kind of thing.

0:45: So this is your, your weekend study session.

0:50: and, some of the things I'm talking about on the charts, guess what?

0:54: We're gonna have, you're gonna have 2.5 days remaining of trading between when I'm actually making this video now and then at the end of the week when you're seeing this, so.

1:04: Let's see whether, the charts play out the way Dan thinks they will.

1:09: OK?

1:10: All right, so, all right, hey, everybody, I'm just, putting this out during the middle part of the day, because I think it's important, to kind of, let's keep everybody on track.

1:23: a lot of times, you look for one thing and you, you expect one thing.

1:28: And then you see another thing, and you kind of don't really believe it, like, well, no, no, no, and you, you kind of wait for your expectations to be, to be vindicated, so to speak.

1:41: And you don't want to be doing that in trading, in fact, you kind of want to look at it, the best traders will look at it the other way.

1:48: They'll have an expectation, and then they look for their expectation to be disproven, and it kind of makes a difference, it makes a big difference because, Decisions are important, and this sounds kind of silly to say, but You have to make a decision before you take action, and before you make a decision, you need to take in information.

2:16: There's a concept called UDA O ODA, observe, orient.

2:24: Decide and take action.

2:26: I think it was first used or implemented in aviation, in defensive or war aviation, where a pilot literally needs to observe, then he needs to orient, OK, based on what you observe and how you're oriented, then you like decide.

2:48: What am I gonna do, and then do it.

2:50: But you don't just act, it's like there's a, there's an old saying, or maybe it's not, so old, but it certainly is for me, ready, fire, aim, and that's something that in sales or as an entrepreneur, a lot of times, as an entrepreneur, that's kind of what you do, and that's actually what I find myself doing a lot, is, Just like, OK, I have an idea, I gotta try it, I'm gonna try it, and it, it's not being impulsive, it's just saying, well, shoot, man, I'm kind of out here on the wild frontier, in my own business.

3:27: I'm not really sure that this is gonna work, but I know it's absolutely not gonna work if I don't give it a shot, if I don't try.

3:34: And so that's why, that's why I do certain things, and some of them work, some of them don't.

3:41: But nothing ventured, nothing gained.

3:44: There's like a million, a million quotes about fortune favors the bold, you know, there's all these different things about actually taking action, how you take action, why it's important to take action, and typically, those, all those sayings have to do with just jumping right in, like, do something right now.

4:05: And that may be the case, and to a certain extent, like, you know, if, if you, if there's a big brown bear in front of you, and it's like starting to charge at you, maybe you look behind it and you see like, oh, there's a couple of little bear cubs there, you know, that's gonna be a problem.

4:24: And you don't really have to take much time to act.

4:29: maybe your decision is made for you, but you got to do something.

4:33: All right, well, trading isn't that trading isn't that at all.

4:36: So in trading, we literally have to observe, orient, decide, and then act.

4:44: And so what I'm suggesting is in this kind of environment, especially with so much.

4:53: The market's just been really choppy and uncertain for, for quite a while, and it's for any number of reasons, in fact, for crying out loud, that's why it's been difficult is what is causing the market to be so chaotic, you know, there's not a real order in it, is it the Ukraine-Russian thing?

5:16: I don't think so.

5:17: I mean that's a horrible thing, nobody would argue otherwise.

5:20: Then there's the Iran wars, that is definitely something that's putting the kibosh on, on, on energy and oil.

5:31: it's, it is definitely, it has to be, causing a lot of inflation, OK, so that's an issue.

5:38: Then we've got tariffs, tariffs are absolutely causing inflation.

5:45: They've been going on for a long time, so.

5:48: The bottom line is this, like that can be an issue.

5:51: All of these things are issues, and I'm not even talking about like Nvidia and what's going on, what's going on there.

6:00: It shouldn't be any surprise to anyone other than the most casual observer that Nvidia beat earnings.

6:07: they always beat, I think for the last 14 or 15 quarters, they've always beat estimates.

6:16: Bright future, it's all awesome.

6:19: everybody's good looking and handsome and beautiful, and we've all lost weight, and the knees are feeling pretty good, like everybody across the board, it's just like amazing.

6:32: That's what Nvidia has been.

6:34: And I've already talked about the whole AI stack and how Nvidia is financing everything, and then there's the Fed.

6:42: the Fed, apparently, a lot of them still want to raise interest rates, and here's why, because they keep their models, you know, I think it's as if the Phillips curve or something, something like that, where, The Fed says like, oh well, if it's inflation, if it's inflationary, then we need to raise rates and why are we going to raise rates?

7:04: We're going to raise rates because the economy is running too hot.

7:08: That's why there's so much, guys, this is it.

7:11: What I'm telling you, as stupid as it sounds.

7:15: This is their rationale, right here.

7:19: I'm giving it to you, OK?

7:21: I'm, I'm giving it to you.

7:24: The Fed looks at.

7:26: Inflation, and there's only one possible reason that there can ever be an inflationary economy, and that is the economy is running too hot.

7:39: Everybody's got so much money they're spending it.

7:41: They're buying everything hand over fist.

7:43: It's unbelievable.

7:45: And so my gosh, we've got to make money more expensive so that people will have less of a propensity to actually spend it.

7:54: The point is, The Fed looks at inflation as evil.

7:58: It kind of is, as evil.

8:00: The Fed looks at inflation as evil, and it's, it's the evil perpetuated by a really super hot economy.

8:07: So what they got to do, they've got to smash the economy.

8:10: They've got to squash that good economy down, make it a little bit harder for us to make a living, and then that will bring prices down.

8:19: Why?

8:20: Because people can't afford the high prices.

8:22: They can't afford the high prices, so they're not gonna pay the money.

8:26: And then they're not gonna pay the money, and these greedy sellers, you know, they're all greedy, right, we know this, they're all greedy.

8:33: The greedy seller is gonna go, oh, well, I can't, I can't sell them at the, I can't sell my goods or my services at these exorbitant rates, and my profits have been absolutely through the ceiling, because I've been absolutely crushing it.

8:51: I can't do that, so you know what I'm gonna do?

8:53: I'm gonna start lowering the rates a little bit, and then back there, or lower my prices, and then way in the background, the Fed's going, yay, told you so, told you so.

9:03: The only problem is there's more than one reason why it's an inflationary economy, and here's the real reason.

9:11: It's the tariffs, it's the high price of oil, all of this stuff.

9:16: It's actually at least.

9:19: I mean, people that just look at the stock market.

9:23: And you shouldn't be one of those people.

9:26: People that just look at the stock market will say, man, the economy's going great, look at the market, it's up at all-time highs.

9:34: It's amazing.

9:36: How come people don't see that?

9:38: So, We have issues, we'll put it that way.

9:41: And then there's the whole hacking thing like all this stuff with the FAA and we had a I don't know what it is, it's like there's so many hacks, it's like there's a hackathon or something, I can't even keep track of them all, but those are causing people to have little issues here and there.

9:59: All of these reasons are why all of these things can be reasons why the market is the way it is and why the economy is the way it is, but of course all the Fed does is say, well, should we raise rates or should we lower rates, I don't know.

10:16: Let's see, you know what, let's raise them because things are really, really expensive.

10:20: And so meanwhile, of course, the sellers aren't greedy.

10:24: The sellers are going for crying out loud, man, it's costing us a fortune in raw materials, in transportation, just to get these goods to a point where we can sell them, and so people can't buy them.

10:40: Because the economy ain't that great and they don't have that much spending power, people can't buy them.

10:46: So let me see, what do I do?

10:49: Do I keep my prices high where nobody can buy them, or do I start lowering my prices so that I'm actually losing money on my business because I'm selling them for below cost?

11:04: Yeah, that's it, that's what I'll do.

11:07: Some actually do do that, others don't because they can't afford it.

11:11: And so what we're talking about here is good old stagflation.

11:16: Nobody's really talking about that now, but they will, they definitely will, and this has been a long time in coming, the whole stagflation thing.

11:25: It's been a long time coming, and so, I think it's important for us just to take stock of where we are right now and really think, think about things with respect to the charts.

11:39: Definitely think about things with respect to the charts and also the news flow, and more importantly, the marrying of the two.

11:49: What's the news flow like?

11:51: What are the charts doing?

11:52: and I'll look at Nvidia and that cohort in a second, but I just, I, I gotta kind of.

11:59: As they say, I gotta just keep it real.

12:02: I wanna just kind of call things out, for the way they are, and let you know that, first of all, this ain't gonna go on forever, you know, we're gonna be, we're gonna come through this, but what's really the most important thing in my view, is for you to be watching your dough.

12:25: Like, don't get all wrapped around the axle and don't get caught up.

12:29: Don't get caught up in, in this whirling dervish of, of activity.

12:34: And again, we'll look at the, we'll look at the, the Nvidia stack in a bit, but just to kind of, I, I just want to lay this out for you, the last thing the Fed needs to be doing is raising rates to deal with inflation.

12:52: nobody, Has asked me, not even Riley or Dylan, my two dogs, nobody has asked me for my opinion or suggestions on how to fix what's going on, but I have thoughts.

13:07: And that is if the tariffs can be eliminated, if the energy issue with Iran can be solved, just those two things alone will have a big impact on the economy without the Fed having to do anything.

13:26: Now what are the chances of that happening?

13:31: I couldn't even hazard a guess.

13:34: The Iran deal, for all I know, that could go on forever because this is an unusual situation, and so.

13:44: We're just in this pickle right now with respect to the economy and with respect to the market, but there's a lot of, there are a lot of things to do, there's a lot of things to own, and the real issue is entry.

13:59: It's just entry points.

14:01: you gotta, you gotta have the right entry, and well, we'll look at, I'll look at a couple of other things too, but this is really just kind of a, I just kinda wanna sum things up here, and as most of you probably know, I'm gonna be gone, Jennifer and I are going to visit our, our son and daughter-in-law for next week.

14:24: we're gonna be gone all next week through Thanksgiving.

14:27: And won't be back until Wednesday, online anyway, until Wednesday, and it's a really, really tough situation for us.

14:38: We're going to have to travel across the ocean a long ways.

14:43: I think it's over 5 hours to this horrible place called Hawaii.

14:49: And so we're gonna be over there hanging out, so I'm not gonna be around next week, but I just kind of wanna leave you with my, with my thoughts, and then some ideas with respect to trading, like what to do and what not to do.

15:02: But, just be mindful that rates are important, but they're not gonna solve inflation.

15:09: All rates are going to do is increase any issue of stagflation that we have, and that's a stagnant economy and inflationary prices.

15:19: What higher interest rates are going to do, this is all pretty simple, man, like this is not long division.

15:26: All higher interest rates are going to do is increase the stag part of stagflation.

15:33: That's the stagnant part.

15:35: They're not gonna, not gonna decrease inflation, they're just not gonna do it.

15:39: So, with that said, we need to focus just on the charts, all right, so I'm gonna get to it.

15:47: I've got a lot to say, and, first of all, I'm gonna share my screen with you, and.

15:56: The reason I'm starting it here is because I think this is a really cool screensaver, that's all, that's all.

16:03: Just wanna show you my cool screensaver.

16:05: Alright, so, we're looking at Nvidia here, and I'm doing this, I'm doing this video, where you're gonna see it, well, you're seeing it when you're seeing it, like Friday, but.

16:17: I'm doing this video on Wednesday, and this is why, because yesterday, Nvidia reported earnings, and the stock gapped up a little bit, you can see it gapped up today, but then it ultimately kind of tanked.

16:33: I wouldn't say tanked, but it fell.

16:35: When you think about this, especially these days, how often have you seen a chart that looked just like this, And we can go 2 days, 3 days.

16:49: So 3, each bar is 3, is 3 days, 4 days, and then finally the weekly.

16:56: OK, there's nothing good about this chart at all, and some people I know have been thinking that Nvidia's earnings, we're going to save this space and all that.

17:10: and maybe they might have, but they didn't.

17:12: So why do we care?

17:14: They didn't save the day.

17:17: So now, as I do this, you can see this is hovering right around 150, and where this will close on Friday should be.

17:29: Above 147.

17:32: I mean, this is the upside, forget about that, but this, this should close right around here, anywhere between 170 and 150-ish.

17:42: My bet is it'll be possibly a little south of 150 right in here, because this is just the way charts look.

17:49: This is the way charts like this look.

17:52: And so I want to go through, The other stack here.

17:59: OK, so these stocks over here, you know, there's just 6 of them, 8 of them.

18:04: These stocks over here are really associated, pretty, pretty strongly associated with Nvidia, and they all moved pretty much in sync.

18:15: But if you look at this, I'm sorting this by percent change just today.

18:22: So let's go the worst first.

18:25: So we've got Nvidia here, you can see, not a good day for Nvidia, it totally 160, rejected, and now this stock is still really in jail.

18:37: OK, so we'll look at Core weave, all right.

18:40: This is, there's nothing about this that you should buy.

18:43: I shouldn't actually, you know, I'm doing it, I shouldn't even be mentioning this stock at all.

18:49: And the reason is because if, if somebody on, you know, my end of the microphone and camera, mentions a stock, you're gonna have a tendency to follow it too.

18:59: And in this case, this kind of, falls into the category of what I say, you know, if you look at a chart long enough, pretty soon you're going to find something stupid to do.

19:10: This is just a stock that you just absolutely want to stay away from, but just look at all these stocks in the context of this is a particular industry, so it's not just one stock, it's more like the M part of the smart approach.

19:28: strategy in stock and then M is for market and it's not just for the S&P and the Nasdaq.

19:34: It involves a lot of different things, one of which is just the sector, OK, it's the tech sector, Oh, it's the semiconductor sector.

19:42: Oh, it's the software sector.

19:44: Oh, it's this this group of stocks within the sector.

19:49: You want to be looking at all those things because they all matter.

19:53: They all matter.

19:53: So you're going to be looking at all those things.

19:56: And then making a decision about whether the wind is at your back or not.

20:04: And so you don't want the market to be the wind above your wings, you know that doesn't really work well.

20:10: So we look at these and this gives us a much better idea of what this space is doing, what the AI space is doing.

20:19: Gives us a much better idea than just fixated on fixating on Nvidia, though I will say the messages, the signal is still the same, you know, they're all down here.

20:30: I talk about this where you've got the winner's circle and the penalty box.

20:34: The winner's circle is up here.

20:36: All of these are down in the penalty box.

20:40: Down here, the lower right side of the chart, so we'll keep going.

20:45: Iron, same thing, like this is a penalty box, this is on death row here.

20:52: Dell, also in the penalty box, you say, oh well that's not all the way down.

20:57: Yeah, it can be.

20:59: You know, I can, I can bring it all the way down to 0.

21:02: but so this is also not a good thing.

21:04: Nvidia, we know this.

21:06: I'm not going to put another box there.

21:09: here, Micron, kind of penalty box-ish.

21:13: Nebius, definitely penalty box-ish.

21:16: SMCI absolutely penalty boxes, box-ish, and finally, AMD.

21:24: It's not really in the penalty box, let's just say it is, let's just say it's on the fence, or it's on the bench, we'll say that.

21:33: But so all of these stocks that are really kind of directly associated to AI and and Nvidia, all of these stocks are showing you the same thing.

21:45: They're giving you the same signal, which is, don't buy me.

21:49: And so there's so many other things to be looking at in the market other than this sector, and what, but the thing is, there, there does seem to be, and I get it, there's kind of a fixation on this because we are in the, the, I'd say the bottom of the first inning with respect to AI.

22:14: I mean this thing is just getting started, but that doesn't mean that.

22:20: That doesn't mean that these companies, I was talking about this in the In the 59 minute trading.

22:29: premium session today that, the people that are like the ones that are making the shovels and picksack, pickaxe, picks, pickaxes, whatever, stuff that the miners used to use to dig up dirt and gold.

22:43: The people that are making those weren't the ones that made the money.

22:47: It was the ones that were actually selling them.

22:49: So it's the same thing here where you can say, oh, we're in the first innings of the AI boom, and it's a boom, but the question is who's really going to ultimately make the money and what the market's deciding right now is that Nvidia's days, for now, for now.

23:10: Nvidia's days have come and gone.

23:12: Like this has been a massive stock.

23:14: It's been a monster stock, but this stock is now down.

23:20: About 40%, almost 40%, and I will tell you this, if the stock falls from its high down to like 120, this is going to be a, a real problem because stocks that fall like what is it like stocks that fall 50%, These are market leaders.

23:42: If they fall 50%, they're going to go a lot farther.

23:45: I forget the actual stats, but so this is, this is like highway to the danger zone.

23:52: This is the danger zone.

23:53: So we don't want to be involved in these stocks at all.

23:57: Just don't.

23:59: This is a stock.

24:01: This is a stock list.

24:02: I put this together 4 days ago on the 14th.

24:05: A lot of times I'll do that.

24:06: I'll just kind of run through the market, run through my scans and screens, and if I see some stocks like here I got 20 of them that I thought looked really interesting, potentially good buys, stuff like that.

24:19: And so I'll keep, I'll keep track of them.

24:22: And so we'll just look at these today and see kind of how they've done since the 14th.

24:28: It's a weekly chart.

24:30: We'll go to the daily chart.

24:31: We'll see how they've done since the 14th, Which is just a few days ago.

24:37: OK, so, Target, I'm not going to compare it to the 14th, like, you know, hey, these were my stock picks, but these are good stocks that, and then the question is, OK, how do you trade them?

24:49: Target, the way this is trading, OK, 11:18, Maybe they've already reported.

24:55: I, I think maybe because, yeah, so they've reported today already, so that's a good thing.

25:02: So what we want to see is we want to see a little pullback from from 170 if we could get a lower entry, but on an IBD basis, this is a breakout.

25:12: This is where you buy right here.

25:14: It's in the buy zone, so nice little.

25:17: Cup, not really, can't really say it's a handle.

25:20: I mean, if you squint your eyes, you can find a cup and handle anywhere, but this is, is just kind of a nice pattern.

25:27: It's just up almost 7% here on Wednesday, so that's a lot.

25:32: And then TGTX TG Therapeutics, this is also working OK.

25:37: Hard to find the good entry here.

25:39: I'll just go ahead and switch to weekly charts here.

25:43: This is running higher.

25:44: Target, again, trying to break out above 170, so this is running higher.

25:49: Disney, you know, hey, who doesn't like the mouse house?

25:53: Not my trade, but their reported earnings.

25:57: Markets seem to like them, so this is something that you can consider.

26:01: Ross stores, OK.

26:04: Not so much.

26:05: I was looking at this, I think it was back here, where was it, here?

26:09: Anyway, it, it just came up on a scam, that's right.

26:13: not anything that I would be interested in buying, in fact, you know, boom, taking that off the list.

26:18: XRT I put that on there just because it's something to keep track of.

26:22: It's been a leading sector.

26:24: So, you know, this is, hey, at least it's not that, or that.

26:30: OK, so XRT again, market, major market sectors, sector good, major market bad, but at least we got this going.

26:42: So this is something I'm just telling you my process.

26:45: This is something like if I like the XRT, then this is what I'll do.

26:49: I'll open up the list and typically it's just my habit.

26:54: I'll look at thank you so much.

26:56: I will look at.

26:58: The list in order of performance today.

27:03: And so then I'll go through, and, and, and a lot of them though, you'll find this, oh my gosh, this is up a lot.

27:09: Yeah, it's up 13%.

27:12: Yeah, it's a $1.50 stock and it's on its way to $1 so not there.

27:18: TJ, like just look, this is one.

27:20: OK.

27:21: Calaris, I don't know what this is, but this is forming a base.

27:25: All right, so nice job there.

27:28: Macy's, this is one that at least is setting up, but it's up a lot today, earnings.

27:36: Coming up next month, Target, OK, this is a good one for now.

27:42: So I'm creating a list, guys, a list of stocks.

27:45: Urban Outfitters could be on the pullback.

27:48: So this is one that I want to keep an eye on.

27:50: Boot Barn, nope.

27:52: Burlington, nope.

27:55: nope.

27:56: BBW, nope.

27:58: So I'm just going through.

27:59: This one, sure.

28:01: I'm not gonna go through all of them, at least not with you watching.

28:05: AEO.

28:07: I'll play along.

28:08: OK, so.

28:10: Some of these, you know, they've just gone up so much.

28:13: Anyway, so I could keep going here, but guys, this is my, this is my process.

28:19: This one, A&F could be the sexy, you know, you guys know I like this, and by the way, so this could be the end of the pullback here.

28:28: OK, nice move out here.

28:29: We got a good entry.

28:30: We sold a little, then we sold a little more.

28:34: Now we're out of this.

28:34: I mentioned this yesterday.

28:36: I'm just taking everything off.

28:37: Let's just start again.

28:39: And so.

28:41: This is something that it's trading on lower than average volume, so I can't really be looking at buying this today just because I don't want to buy stocks that are that are in this reversal like this, trading at lower than average volume.

28:57: And here's a pro tip, because when they do that, this kind of reversal, they're trading at lower than average volume a lot of times, and you can look at this and see what happened.

29:08: A lot of times they fade into the afternoon because there's just not that much buying activity.

29:15: I don't know whether this will happen here, but you'll be able to check it.

29:18: and so that's why I look at this, and so this is more like a, hey man, I'll check back with you on Monday.

29:25: So I keep going when they're below these key moving averages or trending too steep, not my deal, pattern, I don't know.

29:35: No, it's, it's just, it's taken too much of a powder.

29:39: anyway, so this is my process.

29:42: This is my process for going through, things.

29:45: Amazon, yeah, yeah, yeah.

29:47: OK.

29:48: Sally Beauty, love old Sally.

29:51: So we're going through the rest of them, gap, we're getting, so we're getting down to here, and I could look at BBY.

29:58: All right, so.

30:00: This is what I've done in this short period of time.

30:03: I've created a watch list of 75 stocks, and I'm sure I'm missing some.

30:07: I don't know why this is there.

30:09: Oh, I do.

30:11: Walmart, yeah, that works.

30:14: BJ's, that works, KMX doesn't work.

30:17: I already had some that were flagged.

30:20: OK, so my watchlist now is 10 stocks in the retail space.

30:25: So I look at those stocks, I'll look at those pretty much every day.

30:30: For a while, Kalaris, there's not gonna be anything going on this for quite a while, it's still forming a base.

30:36: So you just bang through them, guys, this is the process.

30:39: This is how you get away from stocks like this.

30:43: You stick with a list of winners.

30:46: You only want to be looking at winners.

30:49: Listen to me.

30:50: That's important again.

30:51: You only want to be looking at winners.

30:54: If you're looking at losers, you will have a tendency to want to try to catch the bottom.

30:59: So you're looking at winners at all times, and then you're only looking, you're looking at candidates.

31:07: And then you're just trying to figure out which one you're going to draft.

31:10: That's the thing, OK?

31:13: AF, OK.

31:15: Now which of these stocks that I'm looking at are trading at above average volume?

31:20: Bam, that's the one that stands out.

31:23: Why?

31:24: Because they reported earnings.

31:26: So if all these stocks, Target is the one that really gets my attention.

31:31: Again, I can't buy it today.

31:33: We've got 2.5 hours before the close here.

31:37: It's up almost 7%.

31:40: What are the chances that tomorrow it does that?

31:43: Basically none, because this isn't a biotech stock.

31:46: So we'll watch this for a few days, hopefully we get a little pullback.

31:51: Maybe down to here, and then we get a nice move to the upside, maybe from down here, and then we're able to buy it, but not now.

31:59: So anyway, that's that's retail, you got my, you got my list.

32:04: so I want to move on though.

32:06: With these others now, Pubmatic, I was saying like as an Irishman, I was kind of hoping for a different kind of pub there, but this came on the list.

32:17: It's still working, right, right along this Upper Bollinger band space.

32:23: Sezzle, not quite, nope.

32:26: This is looking like maybe it's something that's viable right here.

32:32: Not the greatest entry, but here's the deal, 32% lower than average volume, no thanks.

32:38: This Royal Pharmacy, I mentioned this, that this was a nice trend, nicely trending stock, but look at the momentum.

32:47: Upside momentum here, and then now it's drifting off, and that kind of corresponds with the price, it's kind of rounding out.

32:53: You can't say it's got a lot of upside momentum because it doesn't.

32:57: Lowe's, that's what I think of that.

33:00: Palomar, Apple, this is in a really nice uptrend, guys, if you want a boring stock that's gonna make you money.

33:08: Apple close to the 20 day moving average, and I think you're good.

33:11: Their earnings are already out of the way and they're way above where they were on earnings.

33:17: So this is a stock that's safe to buy.

33:20: Home Depot, that's what I think of that.

33:23: Bright Springs.

33:25: Walmart, I'll keep it on the list.

33:29: Merrick's.

33:30: If there weren't such a thing as tomorrow, I would have this on the list, but the reason I'm saying this is, I'd like to see if this thing holds up a bit, but actually, yeah, I'm gonna keep that on the list.

33:42: Paycom, too choppy.

33:46: Life stance I, for whatever reason, I really like this stock, nice big move after earnings.

33:56: Little pullback I think this can still run.

34:00: And then Chime Financial, this is kind of a classic, not classic, but if this is a squeeze here, then this breakout here, which is kind of a tough one because it broke out, it gapped up and sold off, and then it was the next day after the day after earnings move that this came back up.

34:19: So this is actually the first phase of a volatility squeeze.

34:23: Now this is coming back down.

34:26: The second phase, we need to wait and by the time you see this video, we may have already started phase 3.

34:34: Could could already be on the way up here.

34:37: But here's the thing, you never want to buy a stock because you think it's about ready to go into the 3rd phase, up, down, and then up again.

34:44: You always want to wait until the stock gives you evidence, until it tells you, yes, I'm done going down.

34:53: Not period.

34:54: Not I'm done going down.

34:56: Buy me.

34:57: No, I'm done going down now.

34:59: Buyers are coming in and taking me higher.

35:02: That is when you want to be looking at buying, buying a stock like this.

35:09: So anyway.

35:12: that's all I got for you, and, like I've been saying, this is a real choppy market.

35:17: It's a real tough market.

35:20: don't think otherwise.

35:21: And also, if you're kind of new to trading, This is a really difficult market to be in, and I would I'll tell you, I, I'm gonna, I'm gonna tell you, you really should get my book, The Seven Deadly Trading Mistakes and the Smart Way to Fix them.

35:43: I got plenty of sales, so I'm not pushing it, so buy my book.

35:47: I'm just saying there's a lot of really, really important things in there, and if you're pretty new to trading, think about this, and I've heard from a lot of you who have read the book, and this is the point.

36:01: Until you get.

36:03: I'll put it this way, as long as you keep making mistakes in trading, you're going to have a really tough time getting ahead because the mistakes are always going to pull you back.

36:15: So focus on understanding what your mistakes are, and then after you understand what your mistakes are.

36:24: Then you can start the process of building your process and get to a better place to where you're starting to make consistent money.

36:34: It's going to take a while until you can make like really good money.

36:38: Oh man, I'm killing it.

36:40: It's going to take a long time for you to get to there.

36:42: If you're, if you're new or if you're just struggling, your first, your first process or your first project is to stop, stop struggling, stop.

36:54: Trading randomly, stop making these mistakes that they're forehead bangers, where you make a mistake and you go like, dang, I can't believe I did that.

37:06: Engage in self-coaching, and that is, rather than just silently make a trade, and this is really important guys, this totally works, and it works in your personal life too, trust me, I know.

37:19: Instead of just doing something, instead kind of step outside yourself and talk to yourself, like for me, I'd go like, OK, well shit, this looks pretty good.

37:29: Yeah, maybe I'll take a shot here, maybe I'll buy some.

37:32: And then you step outside yourself, and you just go like, OK, well wait, Dan.

37:37: Let's say you do that.

37:39: And the trade doesn't work.

37:41: How are you gonna feel?

37:43: How are you going to feel about yourself?

37:45: You're gonna feel good about it, like, hey, man, you took a shot, or maybe are you going to feel like maybe you shouldn't have taken that trade after all because it violated some rules?

37:53: Your choice, dude.

37:55: Whatever you wanna do, maybe you still want to do it, but maybe you might want to think again.

38:00: That's you just coaching yourself, and you will be amazed at how quickly you learn.

38:04: You'll also be amazed at how smart you are.

38:07: So anyway, that's all I got for you here.

38:10: I hope you're doing well, and I'll see you when I get back, OK?