* Guidance on how to best use the tortoise chat room:

Perspective: think of the chat room as the practice mat in a wrestling room where you go to work on your techniques that you have been preparing and developing in a supportive environment. It's where you go to personalize your interpretation of the rules and systems. It's not a place for you go to wait to be told what to do or follow in someone else's footsteps as they trade live.

It's also like a library study room where you bring in notes from your own research,  analysis and practice and look to exchange ideas and feedback with trusted others about the work that you are doing to make these concepts your own.  Because all of the conversations and trade frame imagery are saved and searchable, it's a powerful research library which can reveal important insights about your trade concepts of interest. The value of that is almost incalculable, since it contains 7+ years of daily trading commentary and effort

It's a collaborative learning environment where through dialogue and discourse you develop a deeper understanding of the systems that you will be taking into your own live trading.

It's a place to exchange best ideas for upcoming trade frames based on the principles you've applied. These may actually be of great use to others who are trading in a similar way with you providing the background and due diligence in preparation that they can leverage for their own decision-making. In the same way, you may be able to benefit from trade frames posted by others who are looking ahead to the days and weeks to come.

Specific things that are high payoff:

1.establish a goal to post one properly constructed trade frame each week for either swing or daytrading. Swing trading is best because that trade frame will support you for at least a full week of decision-making. When you post these trade frames you are doing your best work to apply decision-making parameters on both sides of the trade estimating reward to risk ratios decision points based on the specific tactics in that environment. It's possible to post intraday trade frames for opportunities that you see developing but which are not yet activated. That is an acquired skill and takes some level of effort. You should feel no obligation to do those if it is being a distraction to your own trading execution. It's easier to meet these goals for swing trading, and since the decisions are spaced out in time, I believe it to be the best way to approach this task.

2.establish a goal to post one completed trade study in which you applied your rules and principles, manage trades and performed an exit. Your trade case study should be marked up with your trading journal notes of the decisions you made, the feelings you felt, the opportunities you saw and considered but perhaps didn't take. It should include some lessons learned and insights that you gained from doing the review of the "game film" in which you want to carry forward into your future trading practice. It should also include specific results on initial reward to risk ratios and the actual R capture. It's an opportunity to see things that you may not have noticed in the heat of the moment but which now give you a deeper understanding of your indicator array. It's useful to note the things that you focused on and the things that you overlooked inside your decision cycle.

In conclusion, the chat room is a place where you are doing your work to write your trading journey book and hammer out your personalized application of the principles and systems we teach. It's how you actually do collaborative and constructive learning to develop mastery of craft knowledge.

It also happens to be an excellent place to feel the fellowship of collaborative traders, which is an experiential benefit not to be underestimated, because this is or can be a lonely solitary endeavor.