The Daily Bias

How to form one lean before the session opens, from four things you can read in a few minutes.

01 A lean, not a prediction

A daily bias is a lean. It is the side you would rather be on today, decided before the session opens, held loosely, and dropped the moment price says otherwise. It is not a forecast of where the market closes. It is not a promise. It is a way of narrowing the day so that you are not choosing a direction in the middle of a move. Measured on five years of NQ and Gold, none of 22 session-direction rules beat chance, so a lean is a way of organising your day, not an edge.

That timing is the whole reason to bother. Mid-session, price moves fast, your account is live, and every candle looks like information. In that state you do not form a view. You inherit one from whatever just happened to you. A bias written before the open is the only version of your opinion that was made with a calm nervous system, and it is the version worth trusting when the day gets loud.

So write it down early, in one sentence, and make that sentence name three things: the side you favour, the area that would take you there, and the thing that would tell you you were wrong.

A bias you cannot state in one sentence is not a bias. It is a mood.

It is worth being precise about what a bias is not.

- It is not a prediction of the close. Price can go your way for hours and still finish the day against you. The bias concerns the move you intend to trade, not the settlement.
- It is not permission to enter. It selects a side. Entry is a separate decision with its own conditions, and it happens later.
- It is not fixed. Conditions change during the day. A bias that has been invalidated is discarded, not defended.
- It is not something you apply after the fact. If you are building the case for a trade you have already taken, you are rationalising, not biasing.

A useful bias is falsifiable. If you cannot say what would make you drop it, you have not formed one – you have formed a hope. Write the invalidation next to the lean, in the same sentence, before the session begins, while it costs you nothing to be honest.

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> Honest framing first, because it matters more than confidence. A raid on a prior level, taken on its own, is close to a coin flip. Price reaching for liquidity tells you where the market went looking. It does not tell you what happens next. The confirmation is the CISD — the close back through the level after the raid. The bias tells you which raid you are interested in. The CISD tells you whether that raid was rejected. Neither makes a trade more likely to work: measured, entries on that close reach 2R about 1 time in 3, roughly what chance gives.

02 The stack you read each morning

You read four things, in this order, and you stop as soon as you have a lean. The order matters because each layer constrains the one below it. Once it is habit, the whole pass takes a few minutes.

1. Where yesterday closed inside its own range. Take yesterday's high and low as one unit and ask where the close sits between them. A close pinned near one extreme, with the body of the day behind it, is a market that ended the session still moving in one direction. A close parked in the middle is a market that resolved nothing. The first gives you a starting lean — a description of yesterday, not a forecast of today. The second tells you yesterday was a coin toss, and today's information will have to come from somewhere else.
2. Which side's liquidity is still untaken. Mark the prior-day high and the prior-day low. These are the two obvious pools of resting orders. Ask which one has not been touched. If yesterday ran the low and left the high alone, the high is the unfinished business. If both are untouched, the market has an errand in both directions and you have less to lean on, not more. How often price gets to either one is mostly a matter of how far away it is.
3. What the higher-timeframe candle is doing. Step up to the daily or the weekly, depending on how you frame your week, and read the current candle as it is forming. Is it expanding away from its open, or is it still building a wick and going nowhere? It tells you whether the backdrop is expanding or stalling — in our tests, the frames agreeing did not improve the odds.
4. Whether the session has already swept a side. By the time you sit down, part of the day may already be spent. Check the overnight and the early session for a raid on either side of the range. A side already swept is no longer untaken, so the other side becomes the obvious one to watch. Sweeping a side is ordinary — London takes an Asia extreme on most days — so it is not a signal on its own.

Then write the sentence. In shape it reads like this: yesterday closed near its high, the prior-day high is still untaken, the higher-timeframe candle is expanding, so I favour the upside toward that high, and I drop the lean if we trade and hold below yesterday's low. Nothing more elaborate than that. If your sentence needs a second clause to survive, the read is not clean.

> The four layers will not always agree. When they conflict, do not average them into a weak opinion — that is how a no-trade day becomes a losing one. Record the conflict as it stands and treat the session as one where the lower timeframe has to do considerably more work before you act.

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03 Using it during the day

The bias picks the side. It never picks the moment. Those are two separate decisions, and collapsing them is the most common way a good read turns into a bad trade.

In practice you wait for the market to come to the area your bias named – the untaken level, the unfinished side – and then you watch the lower timeframe. The raid takes the liquidity. What you need next is the close back through: price reclaiming the level it just ran, on a closed candle, on the timeframe you have chosen to work from. Until that happens, a raid is only a raid, and a raid alone is roughly a coin flip. Waiting for the close back through stops you acting on the raid alone; it does not turn the lean into a forecast.

YOUR LEAN	WHAT THE MARKET DOES	WHAT YOU DO
Long, prior-day high untaken	Raids the prior-day low, then closes back above it	Side and confirmation agree. Now work the entry.
Long	Raids the low and keeps going, no reclaim	No confirmation, no trade. The lean may now be wrong.
Long	Trades and holds beyond your stated invalidation	The bias is dead. Drop it. Do not flip it in a hurry.
None	Anything at all	Stand aside. You have no side to be patient about.

When to stand aside

- The morning stack disagrees with itself and no layer is clearly dominant.
- Both prior-day extremes are still untaken and the market has no obvious errand.
- Scheduled high-impact news falls inside your window and you are not in the business of trading it.
- The area your bias named is far away, and you would have to invent a reason to trade something nearer.
- You have already taken a loss this session and the next idea is arriving faster than your thinking.

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Standing aside is a position. Days with no readable bias are common, and forcing a side onto them is how a sound method ends up with an unsound record. You can do all of this by hand with two horizontal lines and some patience. The Distilled Pro marks the levels and flags the close back through for you, which saves time and settles the argument about whether a candle really closed where you wanted it to. The reading is the same either way.

> That is the method, in full. The members' edition of this guide, in the vault, goes through each stage of this stack against five years of data on NQ, Gold and BTC. You do not need those figures to use it: you can read the stack, write the sentence and wait for the close back through without knowing a single one. None of it turns a lean into a forecast.

The Distilled Pro and The Distilled V-Shape, plus the members' edition of this guide, live in the vault.

whop.com/the-distilled-indicator

> **Risk warning.** Education only, not financial advice. Trading carries a high risk of loss. Charts are real historical data; nothing here is a signal or a promise of results.

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