



Weekly Routine and Checklist

WEEKLY TIMELINE TRAINING

If you want to replace your paycheck with options, you must build a weekly routine that is simple, repeatable, and structured.

The Freedom Income Engine works because every day has a purpose.

Every day moves you closer to financial independence.

This system protects your time, protects your capital, and gives you consistency.

Let's walk through your weekly rhythm, starting with the most important day of preparation.

SUNDAY: The Strategic Scan (15 minutes)

Sunday sets the tone for your entire week.

This is where you identify the best tickers, catalysts, and opportunities for the upcoming week.

This is where your approved list comes from.

Not from guesswork.

Not from social media hype.

Not from emotion.

You use your scan results to determine which stocks qualify for Monday's Cash-Secured Put trade.

On Sunday, you will:

1. Run your weekly scans.
2. Identify stocks with strong catalysts, clean trends, and high liquidity.
3. Narrow your list to the tickers that meet the Freedom Income criteria.
4. Save your list as your “Approved Monday Candidates.”
5. Check Telegram for updates, alerts, and notes from me or the community.

Why this matters for your freedom:

Most traders react to the market.

You will enter the week prepared.

You begin Monday confident, clear, and focused.

Freedom comes from preparation, not panic.

MONDAY: Cash-Secured Put Day (15 minutes)

Monday is your primary income day.

This is when you place your weekly Cash-Secured Put using the tickers you selected on Sunday.

Those are for Thursday’s Profit Stacking Blueprint.

Monday trades come directly from your **Sunday scan list**.

On Monday, you will:

1. Review your approved list from Sunday.

2. Select the strongest candidate for a CSP.
3. Sell one Cash-Secured Put using the Freedom Income criteria.
4. Enter the trade into your spreadsheet immediately.
5. Check Telegram for any notes, updates, or warnings.

Why Monday matters for your freedom:

This trade is the foundation of your weekly income.

It creates structure.

It generates consistent premium.

And it builds your confidence as a disciplined income trader.

Replacing your paycheck begins with building predictable weekly income.

Monday is where that income starts.

TUESDAY: Position Check (5 minutes)

Tuesday is your first follow-up.

You are simply confirming that the market is behaving as expected and your CSP position is healthy.

This is not a trading day.

This is a management day.

On Tuesday, you will:

1. Check your open CSP.
2. Confirm distance from strike and overall trend.

3. Ensure your spreadsheet reflects your real exposure.
4. Check Telegram for community discussion or alerts.

Why Tuesday matters for your freedom:

Freedom comes from control.

You don't achieve financial independence by ignoring your trades.

You achieve it by staying calmly aware.

This five-minute habit prevents small issues from turning into large mistakes.

WEDNESDAY: Midweek Touch (5 minutes)

Wednesday is a quick midpoint check.

The goal is simple: confirm stability and avoid surprises.

On Wednesday, you will:

1. Review your open positions.
2. Make sure volatility hasn't shifted dramatically.
3. Record any changes in your spreadsheet.
4. Check Telegram for midweek updates or commentary.

Why Wednesday matters for your freedom:

Midweek is where inexperienced traders get emotional.

They overthink.

They overanalyze.
They overtrade.

But not you.

The Freedom Income system teaches confidence through consistency, not chaos.

THURSDAY: Profit Stacking Blueprint Day (15 minutes)

This is your second income generator of the week.

Thursday is where you stack additional income using SPY, QQQ, DIA, or IWM through the Profit Stacking Blueprint trade.

On Thursday, you will:

1. Review the four approved index ETFs (SPY, QQQ, DIA, IWM).
2. Select your weekly Profit Stacking Blueprint setup.
3. Place the trade using the defined strategy criteria.
4. Adjust existing positions if necessary.
5. Update your spreadsheet with precision.
6. Check Telegram for the official Thursday alert.

Why Thursday matters for your freedom:

This is where consistency turns into momentum.

Two income trades per week move you toward your replacement income goal much faster than one alone.

When you stack income week after week, freedom is no longer a dream.
It becomes a timeline.

FRIDAY: Weekly Closeout (5 minutes)

Friday is your weekly cleanup and reset day.

On Friday, you will:

1. Check the status of all open positions.
2. Close anything that should not carry over the weekend.
3. Update all entries in your spreadsheet.
4. Review capital deployment to ensure proper balance.
5. Check Telegram for closing notes or community updates.

Why Friday matters for your freedom:

You end the week organized and in control.

Clarity compounds the same way premium does.

This five-minute reset ensures that every week starts clean and focused.

Professionals close their week intentionally.

So should you.

SATURDAY: Optional Early Scan (15 minutes)

or

SUNDAY: The Primary Scan Day (15 minutes)

You can choose to scan on Saturday or Sunday.

Most members prefer Sunday because it's closer to market open and reflects the most current conditions.

On the weekend, you will:

1. Run your scanner.
2. Identify next week's potential CSP tickers.
3. Review catalysts, earnings dates, volatility, and trend.
4. Filter down to the top candidates.
5. Save these as next week's approved list.
6. Check Telegram for my weekly market notes.

Why weekend preparation matters for your freedom:

This is where you eliminate chaos from your trading life.

You enter the week knowing what to trade, why to trade it, and how to manage it.

Preparation is the foundation of independence.

WHY THE SYSTEM WORKS

This timeline keeps everything simple.

It removes guesswork.

It removes emotion.

It removes inconsistent habits.

Replacing your paycheck with options is not about prediction.

It's about repetition.

Daily structure.

Weekly rhythm.

Consistent income.

When you follow this schedule, you're not trading randomly.

You're operating a disciplined, repeatable income engine.

This is the path to freedom.

Freedom Income Options – Weekly Schedule Table

Day	Primary Action	Description of Tasks	Time Required
Sunday	Weekly Scan & Preparation	Run your market scans, identify catalysts, build your approved list for Monday CSP. Review volatility, earnings dates, and overall trend. Check Telegram for weekly notes.	15–20 minutes

Monday	Cash-Secured Put Trade	Choose your CSP from Sunday's approved list. Place the trade, confirm risk, and log it in the spreadsheet. Check Telegram for updates.	15 minutes
Tuesday	Position Check	Review open CSP position, confirm distance from strike, update spreadsheet, verify capital exposure, and check Telegram.	5–10 minutes
Wednesday	Midweek Touch	Quick review of all positions, ensure nothing unexpected is happening, update spreadsheet, and check Telegram.	5 minutes
Thursday	Profit Stacking Blueprint	Select SPY, QQQ, DIA, or IWM for the Thursday Blueprint trade. Enter the trade, adjust positions if needed, update spreadsheet, and check Telegram for the official alert.	15–20 minutes
Friday	Weekly Closeout	Review and close any positions you don't want over the weekend. Update the spreadsheet, confirm cash deployment levels, and check Telegram.	5–10 minutes

Saturday or Sunday	Optional Early Scan / Primary Scan	Run scans to prepare for next week. Identify catalysts, trends, and new approved list candidates. Review market conditions and check Telegram.	15–20 minutes
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