

1. Don't sell options with income in mind: "I gotta make \$x this week". That's how you will quickly lose money, because no one can predict where the stock will go and, meanwhile, you're betting on a fixed strike due to income desire. Rather, sell with success in mind: "Based on TA, what delta or OTM% will make me win this week?" Income will be smaller, but probability of success is very high. (Trust me on this, I have proven stats.) I personally try to not go below 1 standard deviation from previous Friday Close, no matter what TA lines say. So you left a lot of money on the table. That's still better than weekly loss or rolling for debit or rolling with no income for weeks.

2. Do not go all-in, betting the farm especially at the start of the week because of "theta harvesting." Theta is overrated. One can many times get better premis on Wed than Mon. Patience is key.

3. At the risk of stating the obvious, wait for move with momentum before selling. That's where we get the high credits. If i see a sudden vertical spike up or down, that's my cue.

4. If selling IC, don't sell both sides in one transaction. If the day reversed, one side is quickly underwater. Wider width is much, much better than more contracts with narrow width: you want the IC to mimic a Short Strangle for easier rolling. Also, cheaper if rolling for debit.

5. Layer in. This is probably my #2 most important learning from the years. (#1 is Don't Lose Capital). If you have room for 12 contracts, do only 3 a day. This averaging will smooth out the week's unrealized loss, if any. Mon down: 3 BPS. Tue up: 6 BCS. Wed up again: 3 BCS. Thur down: 6 BPS. Sell only the side that's moving until all 12 are filled. On each day's sell, watch for the new delta or OTM%. So the Wed BCS should be different strikes than the Tue BCS, because you're de-risking and not getting stuck-up only on a particular strike due to "tall call wall or put wall." That's why you see my IC with many legs. Each day's new legs are moving in the direction of the stock. My IC is growing AND following the money. If the stock moved too far by Friday, then i only need to roll Monday's 3 legs, not all 12. 9 legs are safe this week. That means

75% win rate instead of rolling everything for debit. *That's very important lesson from layering*: only 3 out of 12 strikes are at risk of being breached. If the 3 are rolled out to many weeks, i still have 9 to make income.

6. To get extra income, I mirror this week's trades into next week. So if Mon i sell 12/22 16 delta BPS, i will also sell 12/29 16 delta BPS at the same time. Just taking advantage of the spike. Both should/will have diff strikes. Then close everything on Fri and be all-cash on the weekend, unless next week's is a loss so i will let that ride out.

7. Don't sell on Fridays, the Risk/Reward ratio is awful and gamma is at the highest at 0DTE (ie riskiest day to trade).

8. Avoid noise: FUD, China numbers, analyst ratings, AI, FSD, etc. TA lines are often reliable, but don't bet based on them. Sure, "242 is strong resistance". But i'd rather be at 262.5 (smaller income and protected by 250/260 even numbers) than at 245. Don't trust heatmaps which can be faked. I trust tall gamma walls but don't stay too close to them, just in case. Last Friday was classic example. All week long, everyone was sure about MM defending the 250 call wall and tall 250 gamma wall but both failed.

Not advice!

later i'll show some mind-boggling stats... Which Works Better? Rolling for Same Strike or Rolling for 5-Strike Improvements or Rolling for 10-Strike Improvements? How Many Weeks Before They Go OTM If I Keep On Rolling My ITM?

next week is probably 240-260/265 for now:all you guys DO know this already and you are a much more educated crowd than those in Twitter... imma just preaching to the choir here