

When I am faced with a demanding task, I normally complete it in the afternoon. This demanding task requires your mental effort to complete successfully and to its full potential. The demanding task is the stock market and the use of its many and tools its guidelines. Such tools and guidelines include televised broadcasts, the opening and closing of the market and finally lunch.

It is best to watch the stocks in the afternoon, because that is when different live televised programs are broadcasting what is happening in the stock market. If it were not for these televised programs I would not know what stocks are dropping in value and which stocks are rising in value. These are also important in the fact that the programs make predictions that I can read to learn what stocks are going to rise and going to fall in the near future. These broadcasts also give me time to eat lunch and then continue to keep watching them.

I am 25% Italian so food is important to my well being and my thought process. A common expression used among my family is you can't think on an empty stomach. I find this fact true considering that I make huge errors when I am hungry. Sure you can grab a snack here and there but that interrupts your thought process and you might miss something huge and important like a 25 dollar drop in your 100 shares.