# ICT One Trade Setup For Life Trading Strategy

The **ICT One Trade Setup For Life** is a trading method designed based on **market analysis and liquidity identification**.




ICT One Trade Setup For Life Trading Strategy in Bearish Daily Bias

This model is suitable for **day trading and scalping**, as it identifies key liquidity points and market shifts.

## What is the ICT One Trade Setup For Life?

The One Trade Setup For Life is a structured trading model based on key ICT principles such as:

- **ICT Daily Bias**
- **Draw on Liquidity (DOL)**
- **PM Session Liquidity Raid**
- **London Session Liquidity Raid**
- **Opening Range Gaps**
- **New York Lunch Liquidity Raid**
- **AM Session Liquidity Raid**

LIVEWORKSHEETS

The One Trade Setup For Life **repeats consistently** and is applicable for **both scalping and day trading**. This **ICT Strategy** is a **standalone model** and does not require any additional trading approach.

## What is the Draw on Liquidity (DOL)?

In simple terms, **liquidity in Forex** refers to the **availability of buyers and sellers in the market**, allowing for smoother trade execution. In trading, liquidity represents **areas where buy or sell orders can be quickly executed**.

**"Draw on Liquidity" (DOL)** refers to the **liquidity sweep** that targets active traders' **stop-losses** or triggers pending orders (**Buy Stop or Sell Stop**).

DOL is the key factor **determining a price movement's direction and primary objective**.

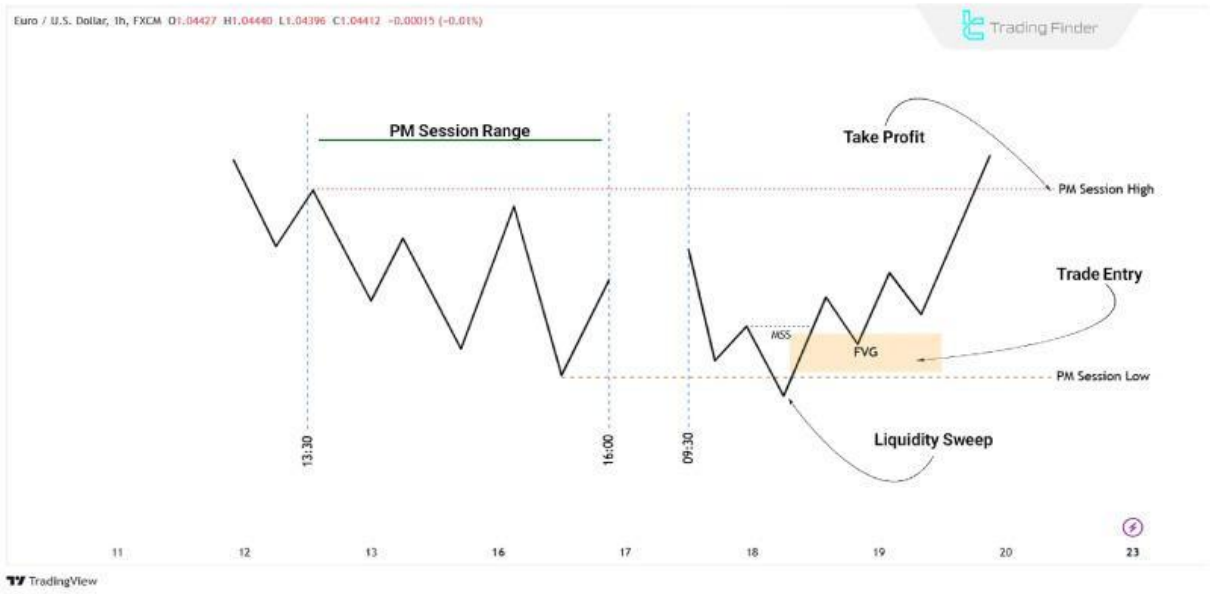
## How to Trade the ICT One Trade Setup For Life?

To trade using the model, follow the **steps explained by ICT**:

1. Identify **Daily Bias** and the **Draw on Liquidity (DOL)**;
2. Mark the **highest high and lowest low** of the selected range (typically the **PM session from 1:30 PM to 4:00 PM NY time**);
3. Wait for a **sweep** above the high or below the low of the chosen range in the **opposite direction** of the identified bias;
4. Look for an **FVG (Fair Value Gap) with Displacement**, preferably with a **Market Structure Shift (MSS)**. From this point, target **opposite-side liquidity levels** or other liquidity areas.

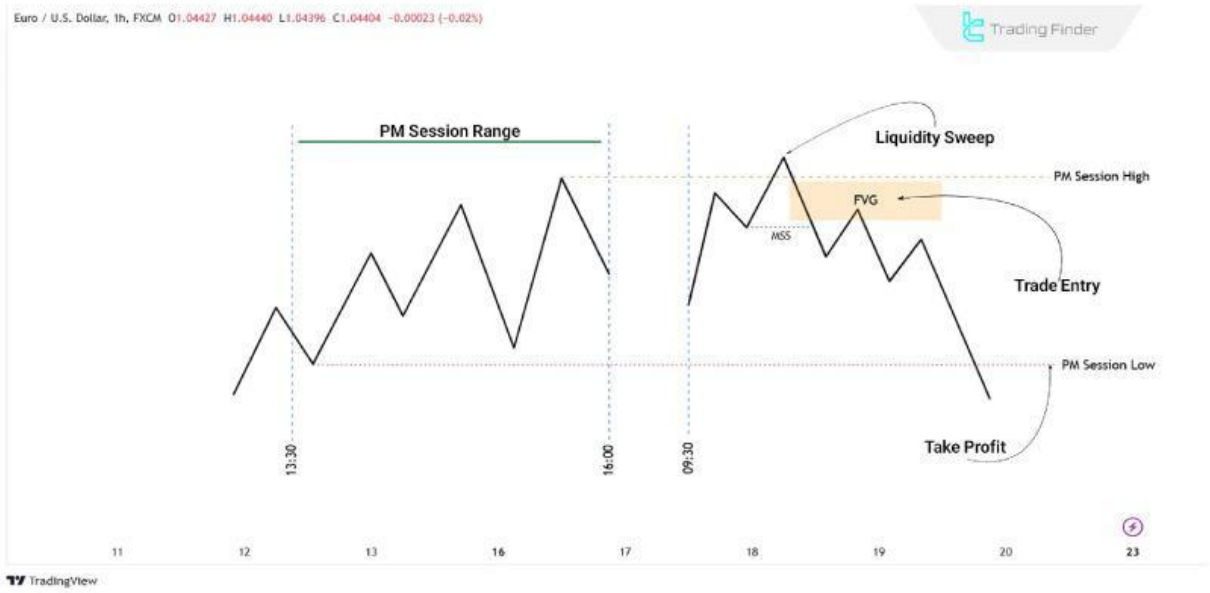
Below is the **schematic of the bullish setup** for **ICT One Trade Setup For Life**.

LIVEWORKSHEETS




Bullish One Trade Setup For Life

Below is the **schematic of the bearish setup** for **ICT One Trade Setup For Life**.




Bearish One Trade Setup For Life

The **recommended entry time** is between **9:30 AM to 11:00 AM Eastern Time**. Setting **the trading session time zone to New York local time** is essential.

Below are the **setup conditions for different session timeframes**.

LIVEWORKSHEETS

## PM Session Ranges

The **PM session range** reflects **the price movement of the previous day**. This range covers the **timeframe from 1:30 PM to 4:00 PM NY time**. To identify liquidity points:

1. **Mark the session high (Higher High) and low (Lower Low);**
2. **Above the session high lies Buy-Side Liquidity (BSL);**
3. **Below the session low lies Sell-Side Liquidity (SSL).**

In a **bullish daily bias**, the price moves **below the PM session low**, sweeping **SSL** and creating an **ICT Judas Swing**.

The price moves **above the PM session high** in a bearish daily bias, sweeping **BSL**.




One Trade Setup For Life on a 5-minute EUR/USD chart during the PM session range

## London Session Liquidity Raid

If the **PM session range** is **irrelevant** or the price has moved significantly away, the **London Session Liquidity Raid** is used instead.

The London session range is from 2:00 AM to 5:00 AM NY time, often leading to a major **Liquidity Raid** before the New York open.

LIVEWORKSHEETS

During the **New York opening**, price is expected to:

- Move **below the London session low** in a **bullish scenario;**
- Move **above the London session high** in a **bearish scenario.**




ICT One Trade Setup For Life on a 5-minute EUR/USD chart during the London session range

## Opening Range Gaps

**Opening Range Gaps** occur at **8:30 AM for forex** and **9:30 AM for indices**.

In a **bearish daily bias**, the price moves towards the **opening range gap**, sweeping liquidity built in the morning and during the **New York lunch period**.

## New York Lunch Liquidity Raid

If no liquidity sweeps have occurred earlier, the **New York Lunch Range** is examined from **12:00 PM to 1:30 PM NY time**. Price may:

- **Move towards the session high**, initiating a **bearish move**;
- **Move towards the session low**, initiating a **bullish move**;

LIVEWORKSHEETS




ICT One Trade Setup For Life on a 5-minute XAU/USD (Gold) chart during the New York lunch session

## AM Session Liquidity Raid

The **final liquidity target is based on the previous day's AM session range (9:30 AM to noon)**.

- **For a bullish setup, the session high is the target;**
- **For a bearish setup, the session low is the target.**

# Conclusion

The **ICT One Trade Setup For Life** provides a **comprehensive trading framework** designed based on a **detailed analysis of market movements and liquidity zones**.

This model helps traders by introducing **discipline, predictability, and structure** in their trading approach.

Following the setup, traders can confidently execute their strategies and take advantage of **repeatable trading opportunities**.

LIVEWORKSHEETS

**source:**

**1.our website link :**
**https://tradingfinder.com/education/forex/ict-one-trade-setup-for-life-trading-strategy/**

**2.all Education :**
**https://tradingfinder.com/education/forex/**

**3.TradingFinder Support Team (Telgram):**
**https://t.me/TFLABS**



TradingFinder


Educational link





TradingFinder


tradingfindercom

LIVEWORKSHEETS