

## Template: Forex Trading Global Market Checklist

Generated: 4/15/2026

Based on Article: "The Role of Global Markets in Forex Trading"

Website: <https://nairafx.ng>

A practical checklist for strategic forex trading by understanding global market influences.

### Checklist Items:

- 1. Monitor Market Sessions**  
Keep an eye on the timing of market sessions (Sydney, Tokyo, London, New York) as they greatly affect liquidity and price movement.  
Reference Section: How global market structure shapes forex price action
- 2. Analyze Central Bank Policies**  
Stay informed about major central bank decisions (Fed, ECB, BoE, BoJ) as they can rapidly influence forex pricing.  
Reference Section: Opening thought: What if global markets matter more than your local news?
- 3. Follow Commodity Prices**  
Track the price of oil and other commodities, as they can significantly impact currency pairs, especially for oil-dependent economies.  
Reference Section: Opening thought: What if global markets matter more than your local news?
- 4. Assess Global Risk Sentiment**  
Evaluate the overall risk appetite in global markets to anticipate currency movements and volatility.  
Reference Section: Opening thought: What if global markets matter more than your local news?
- 5. Identify Major Economic Indicators**  
Keep track of international economic reports that can influence forex markets such as employment data, GDP figures, and inflation rates.  
Reference Section: International economic indicators and geopolitical events that move forex
- 6. Stay Updated on Geopolitical Events**  
Monitor geopolitical developments that could lead to rapid changes in market sentiment and currency valuation.  
Reference Section: International economic indicators and geopolitical events that move forex
- 7. Utilize Risk Management Strategies**  
Implement risk management tools to protect your trading account from unexpected market movements.  
Reference Section: Risk management and tools to track international influence
- 8. Evaluate Market Correlations**  
Understand correlations between various forex pairs and assets to enhance your trading decisions and risk assessments.  
Reference Section: Market correlations and cross-asset influence
- 9. Prepare for Session Overlaps**  
Recognize and prepare for periods of overlap between major market sessions, as these are often times of high volatility and liquidity.  
Reference Section: How global market structure shapes forex price action

## **10. Develop a Macro Context Filter**

Incorporate macroeconomic analysis into your trading decisions to better understand price movement beyond local news.

Reference Section: Opening thought: What if global markets matter more than your local news?