

PREFLOP

- Did you change your preflop range based on your position?
- Did you change your opening ranges based on your opponents at the table?

BLIND STEALING

- Did you attempt to steal the blinds as often as possible?
- Did you adjust your late position range based on your opponents in the blinds?
- Did you adjust your steal sizing based on your opponents stack and tendencies?

ISOLATION AND DEAD MONEY

- Did you look to isolate limpers at every opportunity?
- Did you adjust your range based on the limpers tendencies?
- Did you have a "dead money focus" during your session?
- Did you actively look for squeeze opportunities?

THREE AND FOUR BETTING

- Did you actively identify candidates to light 3 bet?
- Did you actively identify candidates to light 4 bet?
- Did you adjust your 3 bet range based on your opponents?
- If being 3 bet light by your opponents did you action a counter strategy?
- Did you adjust your postflop strategy in 3 bet pots based on your opponents?

CONTINUATION BETTING

- On the flop as the PFR did you actively focus on the texture of the board in regards to c-betting?
- Did you identify those opponents who could be exploited through c-betting?
- Did you enact strategies to exploit those opponents who would not fold to c-bets?
- Did you actively identify those opponents who were aware of board texture in regards to c-betting and enact a strategy to exploit this?
- Did you actively think about bet sizing with every c-bet action?

FLOATING

- Did you actively identify those opponents who c-bet too often?
- When calling the PFR did you focus on the board texture from the PFR's perspective?

MULTIWAY POTS

- Did you actively identify spots where you could stab at multiway pots?
- Did you look for situations in multiway pots where you could take them down without strong holdings?

POSITION

- Was position a consideration in every action?
- Did you actively play more and larger pots in position?
- Did you actively identify situations where the power of position assisted you in winning the hand?

HAND RANGES

- In every hand you were involved in did you make a conscious effort to identify your opponents hand range?
- When not involved in hands did you actively try to identify opponents ranges?
- When hands went to showdown did you use this information combined with your hand range assumptions to strengthen or adjust your reads?
- Did you actively use your hand range assumptions to influence lines and bet sizing?
- Did you consider your own hand range from your opponents perspective?

OPPONENT TYPES

- Did you actively identify what type of players your other opponents were?
- Did you use their actions to strengthen or adjust these reads?
- Did you adjust your lines and bet sizing based on the opponent type?

BET SIZING

- Did you consider bet sizing in every action?
- Did you adjust bet sizing based on board texture, the opponents range and opponent type?
- Did you consider stack sizes in relation to every bet sizing decision?
- When value betting did you always consider what bet sizing was the most profitable?
- When bluffing did you always consider what the lowest bet sizing was to achieve your goal?

FISH EXPLOITATION

- Did you ensure that you were focusing on the actions of the fish at your tables?
- Did you identify a strategy to exploit that specific fish?
- Did you ensure to adjust your reads based on the fish's actions?
- Did you note down the fish's exploitive tendencies?

REG/TAG EXPLOITATION

- Did you actively look for exploitable tendencies in your TAG opponents?
- Did you pay specific attention to their 3 betting and c-betting behaviour?

FOCUS

- Did you surf the net, look at emails or talk on AIM/MSN during your session?
- Did you look at your results during your session?
- Did you actively focus at the table?
- Did you play your A game?

NOTE TAKING

- Did you take numerous notes throughout your session?
- Did you actively look for unusual or out of line actions by your opponents and note them down?
- Do you feel that if you met your opponents at a later date you have a better read on them than you did before you played today?

TABLE SELECTION

- Did you ensure that there was always a fish at every one of your tables?
- Did you leave the table when the fish left?

TILT CONTROL

- Did you tilt during this session?
- Did you learn about situations that induce tilt?
- If you experienced the beginnings of tilt did you use your tilt prevention techniques to calm yourself down?

SESSION REVIEW

- Have you improved your understanding of your Current Learning Focus?
- Did you perform your session review?